

Meal Planning for Digestive Health

Dear [Recipient's Name],

To support your digestive health, we have created a meal plan that includes nutrient-rich foods while avoiding irritants. Please find below the suggested meals for the week:

Weekly Meal Plan

Monday

- Breakfast: Oatmeal with sliced bananas and almonds
- Lunch: Grilled chicken salad with avocado and mixed greens
- Dinner: Quinoa with steamed broccoli and salmon

Tuesday

- Breakfast: Greek yogurt with honey and blueberries
- Lunch: Lentil soup with carrots and celery
- Dinner: Zucchini noodles with marinara sauce and turkey meatballs

Wednesday

- Breakfast: Smoothie with spinach, banana, and almond milk
- Lunch: Chickpea salad with cucumber and feta
- Dinner: Baked sweet potato with black beans and salsa

Thursday

- Breakfast: Scrambled eggs with spinach and tomatoes
- Lunch: Quinoa and vegetable stir-fry
- Dinner: Grilled shrimp with asparagus and brown rice

Friday

- Breakfast: Chia seed pudding with mixed berries
- Lunch: Turkey wraps with lettuce and hummus
- Dinner: Fish tacos with cabbage slaw and avocado

Saturday

- Breakfast: Smoothie bowl with granola and seeds
- Lunch: Roasted vegetable and quinoa bowl
- Dinner: Chicken stir-fry with bell peppers and brown rice

Sunday

- Breakfast: Whole grain toast with avocado
- Lunch: Spinach and berry salad with walnuts
- Dinner: Vegetable curry with lentils and basmati rice

Feel free to adjust portion sizes and ingredients based on your preferences. Drinking plenty of water throughout the day is also recommended to aid digestion.

Sincerely,

[Your Name]