

7 Day 'Gut Friendly' Example Meal Plan



CALIFORNIA CENTER *for*
FUNCTIONAL MEDICINE

<i>Day</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>
Day 1	Scrambled eggs with spinach, tomato, and a side of cucumber	Grilled chicken with mixed greens and olive oil	Baked salmon with zucchini and mashed sweet potatoes	1/4 cup macadamia nuts
Day 2	Smoothie (spinach, frozen strawberries, chia seeds, protein powder, almond milk)	Grilled turkey with roasted carrots and cucumber	Grilled shrimp with roasted eggplant and kale	1/4 cup pumpkin seeds & a few squares of dark chocolate
Day 3	Omelette with zucchini, spinach, and 1/8th avocado	Mixed greens salad with grilled chicken, cucumber, and olive oil	Grilled steak with mashed sweet potato and 1/2 cup broccoli	1/4 cup almonds & berries
Day 4	2 boiled eggs with sautéed spinach and tomato	Grilled chicken with roasted sweet potatoes and steamed green beans	Baked cod with roasted carrots and zucchini	1 small orange & a few slices of deli turkey
Day 5	Chia pudding with blueberries, coconut milk, and walnuts	Tuna salad (tuna, lettuce, cucumber, olive oil)	Stir-fried chicken with bell peppers and spinach	1/4 cup sunflower seeds & berries
Day 6	Scrambled eggs with 1/8th avocado and cucumber	Grilled turkey breast with steamed zucchini	Baked chicken thighs with roasted pumpkin and kale	Carrot sticks with guacamole
Day 7	Smoothie (spinach, frozen strawberries, flaxseeds, protein powder, coconut milk)	Shrimp salad with mixed greens, cucumber, and olive oil	Grilled pork with roasted zucchini and mashed sweet potatoes	1/4 cup walnuts & few slices of deli turkey