

7-DAY ACID REFLUX DIET



MON

BREAKFAST	LUNCH	DINNER	SNACKS
Oatmeal with bananas and almond milk	Grilled chicken salad with a lot of greens, cucumbers, and light vinaigrette	Baked salmon with steamed broccoli and quinoa	A handful of almonds

TUE

Whole grain toast with avocado	Lentil soup with a side of whole-grain bread	Baked turkey with sweet potatoes and green beans	A bowl of watermelon cubes
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WED

Scrambled egg whites with spinach and a whole grain toast	Quinoa salad with mixed vegetables and tofu	Grilled fish with brown rice and asparagus	A cup of mixed berries
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THU

Banana smoothie with spinach, chia seeds, and almond milk	Turkey sandwich on whole grain bread with lettuce and tomatoes	Baked chicken with roasted Brussels sprouts and sweet potatoes	Baby carrots with hummus
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FRI

Oatmeal with blueberries and almond milk	Brown rice with steamed vegetables and grilled tofu	Shrimp stir-fry with a variety of vegetables	A peach
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SAT

Egg white omelet with mushrooms and spinach	Chicken soup with a side of whole-grain bread	Baked cod with quinoa and steamed zucchini	A handful of walnuts
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SUN

Smoothie with strawberries, banana, and almond milk	Turkey and avocado wrap with whole grain tortilla	Baked lean beef with mashed sweet potatoes and peas	An apple
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