

# GERD DIET PLAN

	Breakfast	Lunch	Dinner	Snacks
Monday	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>Sliced bananas</li> <li>Almonds</li> </ul>	<ul style="list-style-type: none"> <li>Grilled chicken</li> <li>Brown rice</li> <li>Steamed broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Baked salmon</li> <li>Sweet potato</li> <li>Sautéed spinach</li> </ul>	<ul style="list-style-type: none"> <li>Carrots</li> <li>Hummus</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>Scrambled eggs</li> <li>Avocado toast</li> </ul>	<ul style="list-style-type: none"> <li>Turkey sandwich w/ whole wheat bread</li> </ul>	<ul style="list-style-type: none"> <li>Baked cod</li> <li>Quinoa</li> <li>Asparagus</li> </ul>	<ul style="list-style-type: none"> <li>Cucumber slices</li> <li>Greek yogurt</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>Greek yogurt</li> <li>Blueberries</li> <li>Honey</li> </ul>	<ul style="list-style-type: none"> <li>Lentil soup</li> <li>Multigrain bread</li> </ul>	<ul style="list-style-type: none"> <li>Roasted turkey</li> <li>Mashed cauliflower</li> <li>Green beans</li> </ul>	<ul style="list-style-type: none"> <li>Rice cakes</li> <li>Almond butter</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>Whole grain cereal</li> <li>Almond milk</li> </ul>	<ul style="list-style-type: none"> <li>Tuna salad</li> <li>Whole wheat crackers</li> </ul>	<ul style="list-style-type: none"> <li>Grilled shrimp</li> <li>Barley</li> <li>Grilled zucchini</li> </ul>	<ul style="list-style-type: none"> <li>Apple slices</li> <li>Cheddar cheese</li> </ul>
Friday	<ul style="list-style-type: none"> <li>Protein smoothie</li> <li>Spinach</li> <li>Banana</li> </ul>	<ul style="list-style-type: none"> <li>Chicken salad</li> <li>Cherry tomatoes</li> <li>Cucumber</li> </ul>	<ul style="list-style-type: none"> <li>Steamed fish</li> <li>Basmati rice</li> <li>Mixed veggies</li> </ul>	<ul style="list-style-type: none"> <li>Raw almonds</li> <li>Dried apricots</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>Veggie omelet</li> <li>Whole grain toast</li> </ul>	<ul style="list-style-type: none"> <li>Quinoa salad</li> <li>Grilled veggies</li> </ul>	<ul style="list-style-type: none"> <li>Baked chicken</li> <li>Roasted beets</li> <li>Kale</li> </ul>	<ul style="list-style-type: none"> <li>Celery sticks</li> <li>Peanut butter</li> </ul>
Sunday	<ul style="list-style-type: none"> <li>Banana pancakes</li> <li>Maple syrup</li> </ul>	<ul style="list-style-type: none"> <li>Roast beef wrap</li> <li>Romaine lettuce</li> </ul>	<ul style="list-style-type: none"> <li>Grilled tofu</li> <li>Sweet corn</li> <li>Brussel sprouts</li> </ul>	<ul style="list-style-type: none"> <li>Melon cubes</li> <li>Low-fat cottage cheese</li> </ul>



Consult with your doctor, dietitian, or healthcare provider before making any drastic diet changes.