



POTS Diet Plan



Breakfast

Overnight Oats:

- 1/2 cup of oats (150 calories)
- 1 cup of almond milk (60 calories)
- 1 tablespoon chia seeds (70 calories)
- Topped with 1 sliced banana (105 calories) and a sprinkle of cinnamon

Mid-morning Snack

- A handful of raw, unsalted almonds (1 oz) (164 calories)
- 1 medium orange (62 calories)

Lunch

Quinoa Salad:

- 1 cup of cooked quinoa (220 calories)
- A mix of colorful veggies: bell peppers, cucumber, tomatoes (50 calories)
- 1/4 cup of chickpeas (72 calories)
- Dressing: 1 tablespoon olive oil (120 calories) and lemon juice

Afternoon Snack

- 1 cup of Greek yogurt, no added sugar (146 calories)
- 1/4 cup of blueberries (21 calories)

Dinner

- 4 oz grilled chicken breast (184 calories)
- 1 cup of steamed spinach (41 calories)
- 1/2 baked sweet potato (103 calories)

Evening Snack

- 1 slice of whole grain bread (69 calories)
- Topped with 1 tablespoon of almond butter (98 calories)
- Sprinkle of chia seeds (35 calories)



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