

Gastritis Meal Plan

	Breakfast	Lunch	Dinner	Snacks
Monday	<ul style="list-style-type: none"> Oatmeal Topped w/ sliced bananas & cinnamon 	<ul style="list-style-type: none"> Grilled chicken salad w/ mixed greens & carrots Light olive oil dressing 	<ul style="list-style-type: none"> Baked salmon Steamed broccoli Quinoa 	<ul style="list-style-type: none"> Apple slices A handful of almonds
Tuesday	<ul style="list-style-type: none"> Greek yogurt Topped w/ honey & almonds 	<ul style="list-style-type: none"> Vegetable stir-fry w/ tofu Brown rice 	<ul style="list-style-type: none"> Baked chicken breast Sweet potato Green beans 	<ul style="list-style-type: none"> A banana Carrot sticks
Wednesday	<ul style="list-style-type: none"> Smoothie w/ spinach, banana, & almond milk 	<ul style="list-style-type: none"> Quinoa salad w/ cucumbers, tomatoes (optional), & feta cheese 	<ul style="list-style-type: none"> Grilled fish Side salad Boiled potatoes 	<ul style="list-style-type: none"> Sliced melon Yogurt
Thursday	<ul style="list-style-type: none"> Scrambled eggs w/ spinach Whole grain toast 	<ul style="list-style-type: none"> Tuna salad (light on mayo) Lettuce wraps 	<ul style="list-style-type: none"> Stir-fried tofu w/ broccoli & bell peppers Brown rice 	<ul style="list-style-type: none"> Apple slices A handful of almonds
Friday	<ul style="list-style-type: none"> Banana oat pancakes (made w/ bananas, oats, & eggs) 	<ul style="list-style-type: none"> Chicken soup w/ vegetables Whole grain bread 	<ul style="list-style-type: none"> Baked cod Asparagus Quinoa 	<ul style="list-style-type: none"> Greek yogurt Carrot sticks
Saturday	<ul style="list-style-type: none"> Whole grain toast w/ avocado Scrambled eggs 	<ul style="list-style-type: none"> Brown rice bowl w/ grilled chicken, kale, & sliced almonds 	<ul style="list-style-type: none"> Baked sweet potato stuffed w/ sautéed spinach & feta 	<ul style="list-style-type: none"> Banana A handful of almonds
Sunday	<ul style="list-style-type: none"> Greek yogurt w/ mixed berries & a sprinkle of granola 	<ul style="list-style-type: none"> Lentil soup Side salad 	<ul style="list-style-type: none"> Grilled salmon Steamed carrots Brown rice 	<ul style="list-style-type: none"> Sliced apples Yogurt

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