

MEAL PLAN FOR ULCERS

FROM: / / TO: / /

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Oatmeal with honey and bananas	Chicken and rice soup	Greek yogurt with honey	Baked salmon with quinoa and broccoli
TUE	Smoothie with aloe vera juice, blueberries, and spinach	Turkey wrap with avocado	Apple slices with almond butter	Turkey stir-fry with brown rice
WED	Scrambled eggs with spinach	Lentil soup with carrots and celery	Carrot sticks with hummus	Baked chicken with sweet potatoes and beans
THU	Overnight oats with chia seeds and berries	Tuna salad with whole-grain crackers	Mixed nuts	Grilled shrimp with couscous and asparagus
FRI	Whole-grain toast with avocado and egg	Quinoa salad with cucumbers and tomatoes	Celery sticks with cream cheese	Beef stew with carrots and potatoes
SAT	Cottage cheese with pineapple	Turkey wrap with lettuce and tomato	Smoothie with kale, pineapple, coconut water	Baked cod with wild rice and spinach
SUN	Berry parfait with granola	Vegetable minestrone soup	Rice cakes with peanut butter	Grilled tofu with stir-fried veggies and rice

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