

SENSITIVE SYSTEM *Meal Plan*



Carb with Fiber

Fiber Goal: 10g

Examples:

- Oatmeal (1 cup dry = 4g fiber)
- Chia seeds (¼ cup = 13g fiber)
- Toast/bagel (look for at least 2g/slice)
- Granola (fiber depends on type)
- Smoothie (fiber depends on ingredients)

Protein

Goal: 25-30g

Examples:

- Eggs (1 egg = 6g protein)
- Breakfast turkey sausage (3 links = 11g protein)
- Greek yogurt (1 cup = 13g protein)
- Icelandic yogurt (Skr) (¾ cup = 18g protein)
- Cottage cheese (1 cup = 28g protein)
- Chia seeds (¼ cup dry = 7g protein)
- Peanut butter (2 Tbsp = 8g protein)
- Cooked quinoa (1 cup = 8g protein)
- Cooked spinach (1 cup = 4g protein)

A little Fat

Don't need to focus on this category directly - most animal sources of protein will also have a little bit of fat.

Look for high quality sources whenever possible.

- Mono & polyunsaturated fats have been shown to decrease inflammation.
 - Olive oil
 - Avocado (1 medium fruit = 13g & 9g fiber)
 - Omega-3 (fish oil, chia seeds, ground flax seeds)

Color

Include 1-2 fruits/vegetables in a **0.5 - 1 cup serving**

- We get different nutrients from different colored foods, so have fun mixing it up!

Focus on cooked (steamed, roasted, or sauteed) veggies, which are gentler on digestion. Start at the top of this list and work your way down as tolerated:

1. Greens (spinach, kale, chard, bok choy, arugula)
2. Root veggies (sweet potato, carrot, beet)
3. Legumes (beans, lentils, peanuts)
4. Cruciferous veggies (broccoli, cauliflower, Brussels sprouts, cabbage)

Type of Meal

BREAKFAST

Instructions

1. Pick something from each category.
2. Mix & match fiber & protein sources to meet the respective gram goal.
 - **NOTE: Don't increase fiber intake all at once.**
3. Use the space below to experiment & record your meal ideas.

NOTES

Try sprouted grains/legumes/seeds for easier digestibility.

- Article on how to sprout things yourself
- Ezekiel bread is made with sprouted grains

Other Product Recommendations:

- Dave's Killer Bread
- Banza or Trader Joe's chickpea pasta
- TruRoots Sprouted Rice or Quinoa
- TruRoots Sprouted Beans or Lentils
- Nuts.com for sprouted lentils or nuts

Example:

- Make a large batch of quinoa w/ cooked veggies & sausage to eat throughout the week
- Prep smoothie chia seeds/oatmeal the night before for easy grab-&-go

Option #1

C/F _____
P _____
F _____
C _____

Option #2

C/F _____
P _____
F _____
C _____

Option #3

C/F _____
P _____
F _____
C _____

SENSITIVE SYSTEM *Meal Plan*



Type of Meal

LUNCH / DINNER

Carb with Fiber

Fiber Goal: 10g

Examples:

- Cooked quinoa (1/2 cup = 3g fiber)
- Cooked rice (fiber depends on type)
- Pasta (fiber depends on type)
- Cooked lentils (1/2 cup = 9g fiber)
- Cooked chickpeas (1/2 cup = 5g fiber)

Protein

Goal: 25-30g

Examples:

- Ground beef (3 oz = 22g protein)
- Salmon (3 oz = 19 g protein)
- Sirloin (3 oz = 25g protein)
- Canned tuna in water (2 oz = 15g protein)
- Cooked lentils (1/2 cup = 12g protein)
- Cooked quinoa (1 cup = 8g protein)
- Cooked spinach (1 cup = 4g protein)
- Cooked mushrooms (1 cup = 4g protein)

A little Fat

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Look for high quality sources whenever possible.

- Mono & polyunsaturated fats have been shown to decrease inflammation.
 - Olive oil
 - Avocado (1 medium fruit = 13g & 9g fiber)
 - Omega-3 (fish oil, chia seeds, ground flax seeds)

Color

Include 1-2 fruits/vegetables in a **0.5 - 1 cup serving**

- We get different nutrients from different colored foods, so have fun mixing it up!

Focus on cooked (steamed, roasted, or sauteed) veggies, which are gentler on digestion. Start at the top of this list and work your way down as tolerated:

1. Greens (spinach, kale, chard, bok choy, arugula)
2. Root veggies (sweet potato, carrot, beet)
3. Legumes (beans, lentils, peanuts)
4. Cruciferous veggies (broccoli, cauliflower, Brussels sprouts, cabbage)

Instructions

1. Pick something from each category.
2. Mix & match fiber & protein sources to meet the respective gram goal.
 - **NOTE: Don't increase fiber intake all at ounce.**
3. Use the space below to experiment & record your meal ideas.

NOTES

Try sprouted grains/legumes/seeds for easier digestibility.

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Tips:

- Make a large batch of lentils, cool it & enjoy cold with other veggies & protein sources.
- Cooked/cooled starches (potatoes, legumes, rice, etc.) contain resistant starch, which your gut loves!

Option #1

C/F _____
P _____
F _____
C _____

Option #2

C/F _____
P _____
F _____
C _____

Option #3

C/F _____
P _____
F _____
C _____

SENSITIVE SYSTEM

Meal Plan

Protein

Goal: 8-10g

Examples:

- Deli turkey (3 oz = 19g protein)
- Hard boiled egg (1 egg = 6g protein)
- Tuna salad
- Greek yogurt (1 cup = 13g protein)
- Icelandic yogurt (Skr) (2/3 cup = 18g protein)
- Cheese (1 slice = 7-9g protein)
- Cottage cheese (1 cup = 28g protein)
- Peanut butter (2 Tbsp = 8g protein)
- Meat stick (1 stick = 7g protein)
- Nuts (1 oz = 5-6g protein)
- Sprouted pumpkin seeds (1/4 cup = 8g protein)
- Edamame (1/2 cup = 11g protein)
- Hummus (1 oz = 2g protein & 2g fiber)



Carb/Color with Fiber

Fiber Goal: 3-4g

Focus on fruits & veggies that are gentler on digestion (raw cruciferous & root vegetables - like carrot sticks & broccoli - are very hard to digest).

Start here:

- Banana
- Avocado
- Berries
- Crackers
- Corn tortilla chips
- Brown rice cake
- Popcorn

Try these next, if tolerated:

- Apple
- Peaches/Nectarine
- Dried fruit (apricots, raisins, tart cherries, etc.)
- Celery
- Tomatoes
- Cucumber

Extras:

- Broccoli sprouts (good for liver detox support)

Type of Meal

SNACK

Instructions

1. Pick a one item from each of the snack categories - Protein and Carb/Color with Fiber
2. Mix & match fiber & protein sources to meet the respective gram goal
3. Use the space below to experiment & record your snack idea

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Ideas:

- Brown rice cake with peanut butter & banana
- Cottage cheese with sliced peaches & cinnamon
- Tuna salad with crackers & apples
- Avocado toast with broccoli sprouts

Option #1

C/F _____
P _____
F _____
C _____

Option #2

C/F _____
P _____
F _____
C _____

Option #3

C/F _____
P _____
F _____
C _____