

Acid Reflux Meal Planner

Monday

Breakfast Low-fat yoghurt, hard-boiled eggs, and apple	Lunch Roasted turkey, whole wheat tortilla wrap, and carrots	Dinner Poached salmon, brown rice, and baked asparagus
--	--	--

Tuesday

Breakfast Scrambled egg whites, whole-grain bread, and cranberry juice	Lunch Sweet potatoes, low-fat cottage cheese, and broccoli	Dinner High fibre pasta, shrimp, and steamed vegetables
--	--	---

Wednesday

Breakfast Oatmeal in water or skimmed milk, bananas, and apple	Lunch Roasted chicken, brown rice, and spinach	Dinner Zucchini noodles and grilled shrimp
--	--	--

Thursday

Breakfast Low-fat cereal, almond milk, and bananas	Lunch Quinoa salad with avocado and spinach, and cranberry juice	Dinner Baked chicken thighs, brown rice, and baked asparagus
--	--	--

Friday

Breakfast Scrambled egg whites, whole grain bread, and apple slices	Lunch Roasted turkey, brown rice, and broccoli	Dinner Baked salmon, baked potatoes, and papaya
---	--	---

Saturday

Breakfast Oatmeal with banana	Lunch Tuna salad, pita bread, and papaya	Dinner Roasted chicken, brown rice, and baby carrots
---	--	--

Sunday

Breakfast Low-fat yoghurt, hard-boiled eggs, and berries	Lunch Turkey, fat-free cream cheese, and whole wheat tortilla wrap	Dinner High fibre pasta, chicken, and papaya
--	--	--

Your Trigger Foods

Common Trigger Foods

The majority of patients with acid reflux see significant improvement by making small changes to their diets. To begin the diet plan, the first step is to avoid food that makes symptoms worse.

These include:

- Citrus fruits and juices
- Chocolate
- Garlic
- Onion
- Spicy foods (pepper, chilli powder)
- Fatty or fried foods (potato chips, french fries)
- High-fat meats (bacon, sausage)
- Nuts and seeds (especially peanuts)



Use our 7-day Acid Reflux meal planner to monitor your diet patterns so you are managing your condition as effectively as possible.

Week Commencing

Shopping List