

GERD Meal Plan

Created by Restored Identity LLC



GERD Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	High Protein Sunbutter Oatmeal with Strawberries	Soba Breakfast Bowl	Turkey Apple Breakfast Hash	Kefir Berry Smoothie	Kefir Berry Smoothie	Eggs & Toast Breakfast Box	Savory Oats with Poached Egg
Snack 1	Cherries, Banana & Cottage Cheese	Sunflower Seed Butter Stuffed Dates	Cherries, Banana & Cottage Cheese	Dried Mango	Sunflower Seed Butter & Strawberry Sandwich	Dried Mango	Lemon & Mint Edamame Salad
Lunch	Chicken Fried Rice	Buckwheat Sweet Potato Bowl	Chicken Fried Rice	Cheezy Beef & Zoodle Bowl	Pea & Basil Buckwheat Risotto	Rice, Beef & Spinach	Creamy Dill Chicken with Rice
Snack 2	Sunflower Seed Butter Stuffed Dates	Cherries, Banana & Cottage Cheese	Sunflower Seed Butter Stuffed Dates	Sunflower Seed Butter & Strawberry Sandwich	Sardine & Avocado Endive Wraps	Sardine & Avocado Endive Wraps	Dried Mango
Dinner	Buckwheat Sweet Potato Bowl	Chicken Fried Rice	Cheezy Beef & Zoodle Bowl	Pea & Basil Buckwheat Risotto	Rice, Beef & Spinach	Creamy Dill Chicken with Rice	Rice, Beef & Spinach

GERD Meal Plan

42 items

Fruits

- 1 1/2 Avocado
- 4 Banana
- 1 1/2 cups Cherries
- 3 1/4 cups Strawberries

Breakfast

- 1 2/3 cups Buckwheat Groats
- 24 pieces Dried Unsweetened Mango

Seeds, Nuts & Spices

- 1 tsp Dried Basil
- 1 1/2 tbsps Hemp Seeds
- 2 tsps Sea Salt

Frozen

- 3 cups Frozen Berries

Vegetables

- 3 cups Baby Spinach
- 1 cup Basil Leaves
- 1/4 cup Chives
- 1/3 cup Cilantro
- 18 Cremini Mushrooms
- 1 1/2 heads Endive
- 3 tbsps Fresh Dill
- 1 cup Fresh Peas
- 1 cup Kale Leaves
- 2 cups Snap Peas
- 1 Sweet Potato
- 2 Zucchini

Boxed & Canned

- 2 cups Jasmine Rice
- 1 1/2 cups Quick Oats
- 9 ozs Sardines
- 1 1/2 cups Vegetable Broth

Baking

- 1/4 cup Nutritional Yeast
- 3/4 cup Pitted Dates

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 8 ozs Chicken Breast, Cooked
- 1 3/4 lbs Extra Lean Ground Beef
- 8 slices Gluten-Free Bread

Condiments & Oils

- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1 cup Sunflower Seed Butter
- 2 1/4 tsps Tamari

Cold

- 2 tbsps Butter
- 3 cups Cottage Cheese
- 8 Egg
- 1 1/2 cups Egg Whites
- 2 cups Plain Kefir

Other

- 4 cups Water

High Protein Sunbutter Oatmeal with Strawberries

6 ingredients · 5 minutes · 3 servings



Directions

1. Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
2. Transfer to a bowl and top with sunflower seed butter, hemp seeds and strawberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt.

Additional Toppings

Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or chia seeds.

Make it Vegan

Omit the egg whites.

No Sunflower Seed Butter

Use almond butter, tahini, pumpkin seed butter or peanut butter instead.

Ingredients

- 1 1/2 cups Quick Oats
- 1 1/2 cups Water
- 1 1/2 cups Egg Whites
- 3 tbsps Sunflower Seed Butter
- 1 1/2 tbsps Hemp Seeds
- 3/4 cup Strawberries (stems removed, chopped)

Kefir Berry Smoothie

4 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Make it Vegan & Dairy-Free

Use coconut yogurt instead of kefir.

No Sunflower Seed Butter

Use almond or peanut butter instead.

Likes it Sweet

Add maple syrup, honey, or dates to taste.

Ingredients

1 1/2 cups Frozen Berries

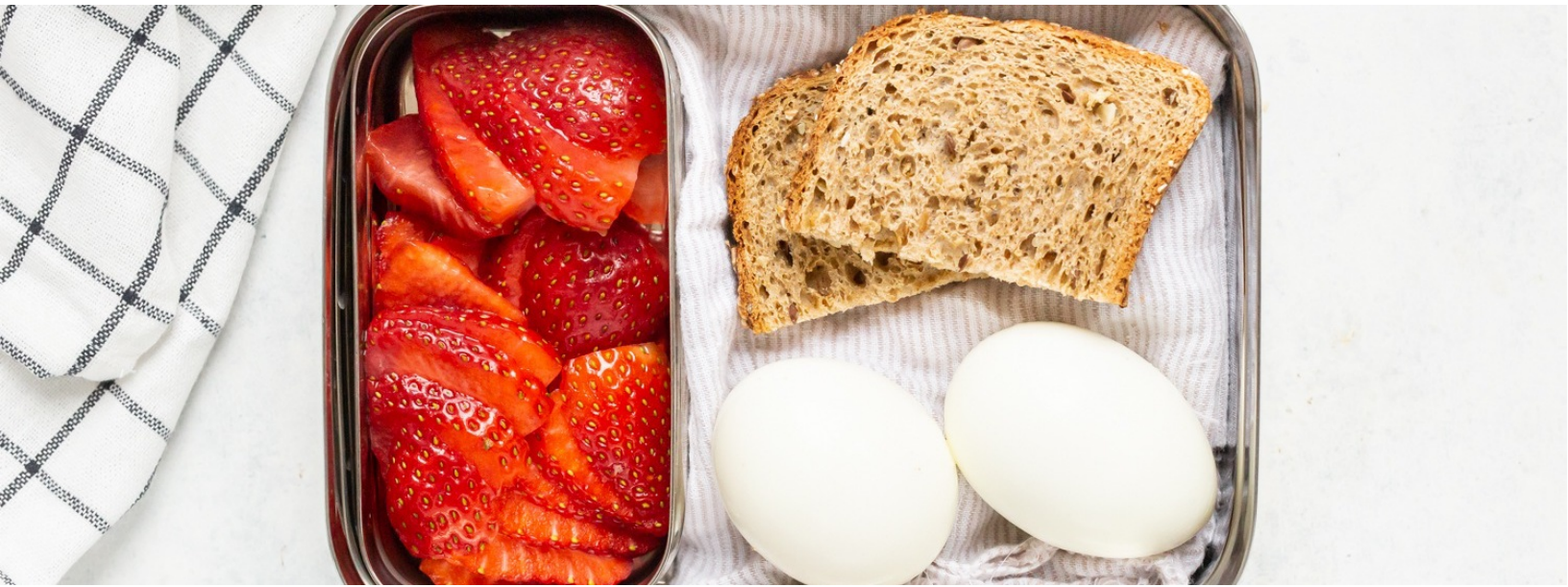
1 cup Plain Kefir

1/2 Banana (medium)

1 tbsp Sunflower Seed Butter

Eggs & Toast Breakfast Box

4 ingredients · 15 minutes · 2 servings



Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle.
3. Spread the butter over the toast. Arrange the hardboiled eggs, toast, and strawberries in a container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add tahini, almond butter, peanut butter or sunflower seed butter to the toast.

Ingredients

- 4 Egg
- 4 slices Gluten-Free Bread (toasted)
- 2 tbsps Butter
- 2 cups Strawberries (sliced)

Cherries, Banana & Cottage Cheese

3 ingredients · 5 minutes · 3 servings



Directions

1. Top the cottage cheese with banana slices and cherries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Make it Vegan

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

Additional Toppings

Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.

Ingredients

3 cups Cottage Cheese

3 Banana (medium, sliced)

1 1/2 cups Cherries (pitted, fresh or frozen)

Dried Mango

1 ingredient · 5 minutes · 3 servings



Directions

1. Portion into bowls and enjoy!

Notes

Serving Size

One serving of 8 pieces of dried mango is equal to about 64 grams in total.

Ingredients

24 pieces Dried Unsweetened Mango

Chicken Fried Rice

8 ingredients · 20 minutes · 3 servings



Directions

1. Cook the rice according to the directions on the package.
2. Heat a non-stick pan over medium heat. Add the eggs to the pan and move them around with a spatula continuously until fluffy, about two minutes. Transfer to a bowl.
3. In the same pan, heat the water over medium to medium-high heat. Add the mushrooms, snap peas, chicken and half the salt, scraping up any bits at the bottom of the pan. Cook for about five minutes, or until the water has absorbed and the mushrooms are soft and the snap peas are tender crisp.
4. Stir in the scrambled eggs, cooked rice and chives, breaking up any large chunks. Season with the remaining salt to taste. Divide into bowls and garnish with additional chives (optional). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 3/4 cups.

More Flavor

Add tamari or coconut aminos and adjust the salt as needed. Add grated ginger, garlic, or black pepper. Cook with your choice of oil instead of water.

Make it Vegan

Use marinated tempeh or more veggies instead of chicken. Use scrambled tofu instead of eggs, or omit the eggs completely.

Save Time

Use any leftover rice, meat, or vegetables in this recipe.

Ingredients

- 2/3 cup Jasmine Rice (uncooked)
- 4 Egg (whisked)
- 1/4 cup Water
- 6 Cremini Mushrooms (sliced)
- 2 cups Snap Peas (chopped)
- 8 ozs Chicken Breast, Cooked (chopped)
- 1/2 tsp Sea Salt (divided)
- 1/4 cup Chives (plus more for garnish)

Sunflower Seed Butter Stuffed Dates

2 ingredients · 5 minutes · 3 servings



Directions

1. Use a knife to make a slit in each date and open the date slightly.
2. Spoon an even amount of sunflower seed butter into the center of each date. Enjoy!

Notes

Serving Size

One serving is equal to approximately four to five stuffed dates.

Additional Toppings

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

Ingredients

3/4 cup Pitted Dates

1/3 cup Sunflower Seed Butter

Sunflower Seed Butter & Strawberry Sandwich

3 ingredients · 5 minutes · 2 servings



Directions

1. Toast the bread (optional). Spread the sunflower seed butter onto the bread and top with sliced strawberries. Close the sandwich and slice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Additional Toppings

Maple syrup, honey, hemp seeds, chia seeds or crushed nuts.

Ingredients

4 slices Gluten-Free Bread

1/4 cup Sunflower Seed Butter

1/2 cup Strawberries (stems removed, sliced)

Sardine & Avocado Endive Wraps

3 ingredients · 5 minutes · 3 servings



Directions

1. In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
2. Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately three endive-filled leaves.

Additional Toppings

Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive

Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.

Ingredients

9 ozs Sardines (packed in oil, drained)

1 1/2 Avocado (cubed)

1 1/2 heads Endive (leaves separated)

Buckwheat Sweet Potato Bowl

8 ingredients · 30 minutes · 2 servings



Directions

1. In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
2. In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
3. Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 2 cups.

More Flavor

Add diced onions or minced garlic.

Ingredients

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 Sweet Potato (chopped into small cubes)
- 1 cup Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil
- 1/3 cup Cilantro (chopped)

Cheezy Beef & Zoodle Bowl

5 ingredients · 25 minutes · 2 servings



Directions

1. Add the beef to a pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add the nutritional yeast, half of the fresh dill and sea salt. Mix together until evenly combined and set the mixture aside in a bowl.
2. Drain the excess beef drippings and place the pan back on medium heat. Toss in the zucchini and cook for 2 to 3 minutes, or until cooked to your preference.
3. Divide the zucchini noodles into bowls and top with the ground beef mixture and remaining dill. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Additional Toppings

Add cherry tomatoes or bell peppers.

Make it Vegan

Use black beans instead of ground beef.

No Spiralizer

Chop the zucchini into small circles and sauté until they're cooked to your preference.

Ingredients

- 1 lb Extra Lean Ground Beef
- 3 tbsps Nutritional Yeast
- 1 tbsps Fresh Dill (chopped, divided)
- 1/4 tsp Sea Salt
- 2 Zucchini (spiralized)

Pea & Basil Buckwheat Risotto

6 ingredients · 20 minutes · 2 servings



Directions

1. In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
2. Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
3. When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 1 3/4 cup.

More Flavor

Add a splash of apple cider vinegar and/or your desired herbs and spices.

Additional Toppings

Top with red pepper flakes and/or a dollop of yogurt.

Ingredients

2/3 cup Buckwheat Groats (soaked overnight, drained & rinsed)

1 1/2 cups Vegetable Broth (divided)

1 cup Fresh Peas (or frozen, divided)

1 cup Basil Leaves (stems removed)

1 tbsp Nutritional Yeast

1/4 tsp Sea Salt

Rice, Beef & Spinach

4 ingredients · 20 minutes · 3 servings



Directions

1. Cook the rice according to the directions on the package.
2. Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
3. Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
4. Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add fresh garlic or ginger to the beef with the spinach.

Additional Toppings

Hot sauce, sesame seeds, sliced green onions and/or cilantro.

No Tamari

Use soy sauce or coconut aminos instead.

No Beef

Use ground chicken, turkey or pork instead.

No Jasmine Rice

Use brown rice, quinoa or cauliflower rice instead.

Ingredients

3/4 cup Jasmine Rice

12 ozs Extra Lean Ground Beef

3 cups Baby Spinach (packed)

2 1/4 tsps Tamari

Creamy Dill Chicken with Rice

6 ingredients · 20 minutes · 2 servings



Directions

1. Cook the rice according to the directions on the package.
2. Preheat the oven to 425°F (220°C). Line a baking sheet with foil. Flatten the chicken breast with a mallet or rolling pin to about half-inch thick.
3. In a small bowl, combine the mayonnaise and dill.
4. Arrange the chicken on the baking sheet and evenly spread the creamy dill sauce overtop. Bake for 10 minutes or until cooked through. Slice into strips.
5. Meanwhile, heat the water in a pan over medium-high heat. Cook the mushrooms for about three minutes or until soft. Add more water as needed to prevent sticking.
6. Divide the rice, mushrooms and chicken onto plates and garnish with additional dill (optional). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Use broth instead of water to cook the rice and mushrooms. Sauté onions and garlic with the mushrooms. Add garlic powder, onion powder, black pepper, and/or salt to the creamy dill sauce.

Additional Toppings

A squeeze of lemon juice.

Egg-Free

Use a vegan or egg-free mayonnaise instead.

No White Rice

Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.

Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 8 ozs Chicken Breast (skinless, boneless)
- 2 tbsps Mayonnaise
- 2 tbsps Fresh Dill (chopped, plus more for garnish)
- 2 tbsps Water
- 12 Cremini Mushrooms (sliced)