

A close-up photograph of a plate of food. The plate contains a serving of white rice with green herbs, two slices of avocado, a portion of sautéed mushrooms and onions, and a side of steamed broccoli. The plate is set on a bamboo placemat. The text is overlaid on a white, torn-edge background.

# THE COMPLETE GERD DIET COOKBOOK

Quick, Delicious, Low-Acid Recipes  
for Lasting Acid Reflux Relief

28-Day Meal Plan & Time-Saving  
Shopping Lists to Restore Comfort  
and Confidence in Eating

*Regina Bowman*

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# Chapter 1: Welcome to Your Healing Kitchen



For many people, acid reflux isn't just a momentary discomfort — it's a daily interruption. That familiar burning sensation, the sudden pressure after meals, the restless nights when lying down feels like a gamble... It can feel as though your own body has turned against you.

But here's the truth: your body isn't broken — it's asking for balance.

As a nutrition professional, I've seen how much control food and lifestyle can give back to people dealing with reflux. The right meals don't just prevent heartburn; they can soothe, strengthen, and restore the natural harmony of your digestive system. This book is about rediscovering that harmony — one delicious, calming, satisfying bite at a time.

## Why I Wrote This Book

There's no shortage of advice about reflux. Some tell you to avoid almost everything; others hand you lists without guidance or joy. But real healing happens not in restriction — it happens in relearning how to nourish yourself wisely.

For years, after consultations, many of my clients would ask me for something tangible to take home — a printed guide, a list of recommendations, or a few recipes to help them remember what we discussed. They wanted reassurance, structure, and inspiration in one place.


What began as a simple set of personalized notes and meal ideas — a methodology for my patients — gradually evolved into something greater. The more I refined it, the more I saw how powerful these small, consistent changes could be. Eventually, I realized it was time to go beyond individual sessions and share this framework more widely. That's how this book was born: from real people, real stories, and real results.

I wanted to create a cookbook that:

- ▶ Explains the why behind every recommendation,
- ▶ Empowers you to personalize your choices, and
- ▶ Brings flavor, comfort, and confidence back to your plate.

You'll find meals that are simple yet elegant, comforting yet light, gentle yet deeply satisfying. Every recipe is guided by the principles of digestive calm and nutritional balance — with flavors inspired by global traditions that have long valued digestive wellness.





## Rethinking Acid Reflux: It's More Than “Too Much Acid”

Most people think reflux means your stomach is simply overproducing acid. In reality, it's often about where that acid ends up — not how much you have. When the muscle at the base of your esophagus (the lower esophageal sphincter) relaxes too often, acid “splashes back” upward, causing irritation and burning.

Certain foods, habits, and even stress can weaken or relax this muscle. Over time, small daily choices — late-night meals, large portions, high-fat dishes, or lying down right after eating — can all add up to chronic reflux.

That's why this book takes a holistic approach: it doesn't just tell you what to eat, but also how and when to eat. Because the path to calm digestion is a blend of food, rhythm, and mindful living.

## From Restriction to Freedom

Let's be honest: most people come to reflux cookbooks expecting a long list of “no's” — no coffee, no tomato, no chocolate, no spice.

But your journey shouldn't be about deprivation. It should be about discovery. You'll learn to build meals that fit your unique tolerance level, to experiment safely, and to enjoy eating again without fear.

You'll also see that not all “acidic” foods are harmful — and not all “safe” foods are harmless. Your body's responses are personal, and this book gives you the tools to read them clearly. Through mindful eating and the symptom tracker included in this guide, you'll start recognizing patterns that no list online can predict.

## A Gentle Start, Not a Rigid Diet

If you're beginning this journey, know that there's no need for overnight change. Start small: a few swaps, a few mindful habits, a few calmer meals. Healing doesn't happen through extremes — it happens through consistency and care.

Every recipe in this cookbook was tested with that philosophy in mind: low in fat but rich in nourishment, easy to digest but exciting to taste. You'll find:

- ▶ Bright breakfasts that wake up your energy without waking up reflux
- ▶ Comforting soups and dinners that settle your stomach
- ▶ Snacks that support calm digestion between meals
- ▶ And even desserts that soothe your body and your cravings

Because life without enjoyment isn't healing — it's survival. And you deserve better than that.

## Your Healing Starts Here

Think of this book as both a nutrition guide and a personal companion. Use it not only to cook but to reflect, track, and gradually transform how you relate to food. With each recipe, you'll not only learn what supports your digestion — you'll also learn to trust your body again.

This is your invitation to step into a gentler rhythm — one that replaces discomfort with balance, frustration with understanding, and fear with freedom.

Welcome to your healing kitchen.

Let's begin.

# Chapter 2: Understanding Acid Reflux Beyond the Basics



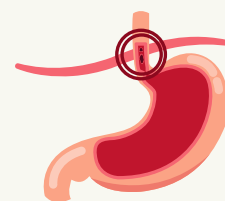
When you read about acid reflux (also called GERD, or gastroesophageal reflux disease; or when it reaches the throat, LPRD), it can feel like a jumble of terms, causes, and conflicting advice. My goal in this chapter is to untangle that: to show you how reflux develops, why some foods or habits trigger it, and which recent science is changing what we thought. Because the more you know, the more empowered you are.

## What Is Acid Reflux — Physiologically

At its core, reflux occurs when digestive juices (gastric acid, bile, sometimes pepsin) move backward from the stomach into the esophagus. The esophagus isn't designed to withstand that environment, which can lead to irritation, inflammation, and symptoms such as heartburn, regurgitation, and, in LPRD, chest discomfort or chest/throat symptoms.

Key components:

- **Lower Esophageal Sphincter (LES):** a ring-like muscular valve between the esophagus and stomach. When it works well, it prevents gastric contents from refluxing. When it relaxes inappropriately or is weakened, reflux is more likely.
- **Esophagogastric Junction (EGJ):** the structural area around the LES; its tone, stiffness, and ability to close properly are partly mechanical and partly muscular. Recent research shows that changes in EGJ mechanics — stiffness, relaxation, etc. — are central to the risk of reflux.
- **Stomach emptying / gastric motility:** if the stomach holds onto food or fluid too long (delayed gastric emptying), pressure builds up, pushing contents backwards. High-fat meals, large-volume meals, or certain medical issues can slow down emptying.
- **Other contributors:** acid production, bile, pepsin, and exposure to inflammation. Also, reflux of non-acid or weakly acidic contents (important in LPRD).




## What Triggers Reflux — Science-Backed Factors

To understand what to avoid (or test), it helps to know what recent studies support as real triggers.

Trigger	What Science Shows	Why It Matters/Mechanism
High-fat meals & fatty foods	Diet & lifestyle study: high-fat diet correlates with more severe GERD symptoms.	Fat delays gastric emptying; fat also relaxes the LES, increasing reflux episodes.
Large or late meals & eating close to bedtime	Multiple studies find late dinners, or eating too close to lying down, worsen symptoms.	Gravity no longer helps; full stomach increases upward pressure.






Trigger	What Science Shows	Why It Matters/Mechanism
Simple sugars / high sugar intake	RCTs show that reducing simple sugars improves both objective acid exposure (via pH monitoring) and symptoms.	Sugary or high-sugar foods can increase gastric acidity, feed gut microbiota that increase fermentation or gas, or promote obesity, which increases intra-abdominal pressure.
Trigger foods (spicy, chocolate, tomato, fried, etc.)	In a randomized, prospective study of GERD patients, many identified trigger foods; abstaining from them reduced symptoms significantly.	These foods may irritate the lining, relax the LES, or increase acid secretion.
Obesity & abdominal pressure	Long-established, large epidemiological and prospective studies (for example, the Nurses' Health Study) show that higher BMI is associated with more severe reflux and that weight loss often reduces symptoms.	More pressure from around the stomach pushes contents upward, and there is more mechanical stress on the LES/EGJ.
Smoking, alcohol, caffeine	Studies of LPRD / GERD diet + lifestyle interventions show that reducing or eliminating alcohol and limiting caffeine help.	These substances can both increase acid production and weaken LES tone.
Genetic + dietary interactions	Newer studies show that genetic risk factors interact with dietary patterns to shape the risk of GERD, Barrett's esophagus, and related conditions. That means what works well for one person may not for another.	Personal variation in inflammation, mucosal resilience, acid secretion, and motility.

## What New Research Is Teaching Us

Because medicine and nutrition are evolving, some of the more recent findings are particularly useful and will strengthen your foundation.

- **Fermented soybean powder + prebiotics/probiotics:** A 12-week randomized controlled trial in Malaysia found that supplementation with a fermented soybean mix (with supportive ingredients like inulin, digestive enzymes, beneficial bacteria) significantly reduced heartburn and regurgitation and lowered inflammatory markers (IL-6, IL-8, IL-4) compared to placebo.
- **Reduction of simple sugars improves acid exposure:** As above, the study from Vanderbilt & co. found that reducing intake of simple sugars lowers objective measurements of reflux (acid pH, number of reflux events) as well as subjective symptoms.

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- **Diet + lifestyle interventions can be nearly as effective as medications for some individuals:** Systematic reviews for Laryngopharyngeal Reflux Disease (LPRD) show that dietary recommendations (low-fat, low caffeine, low or alcohol-free, alkaline foods) lead to significant symptom reduction in 54-83% of untreated patients.
  - **Diet + genetic risk studies:** A study (2025) in Food & Function shows that dietary exposures (e.g., types of fat, beverage habits, fruit/vegetable intake) interact with genetic risk to influence not only GERD but risk of Barrett's esophagus and esophageal adenocarcinoma. This underscores the importance of prevention, especially for people with a family history.

## Which Forms of Reflux Are Most Relevant Here (GERD vs LPRD)

Because sometimes people have symptoms not just from stomach acid, but when acidic or otherwise irritating fluid reaches the throat/voice box, sinuses, etc. That's laryngopharyngeal reflux disease (LPRD).

**GERD** is reflux into the esophagus—heartburn, regurgitation, and chest discomfort.

**LPRD** is reflux that reaches above the upper esophageal sphincter — often with symptoms like hoarseness, throat clearing, chronic cough, a sensation of a lump in the throat, and mucus. Many foods and lifestyle triggers overlap, but in LPRD, non-acid components (pepsin, bile) may irritate more, and acid may be less obvious. Knowing which symptoms you tend toward helps you tailor your diet and habits more precisely.



## How Your Body Heals — What Happens When You Make Changes

When you follow a reflux-friendly diet and lifestyle consistently, science shows several things begin to shift:

- **Reduced acid exposure time** — fewer reflux events and less overall exposure of the esophagus to harmful agents.
- **Decreased inflammation** — measures like IL-6, IL-8, IL-4 (in inflammatory studies) go down when diet (especially fermented/anti-inflammatory foods) improves. Lower inflammatory markers correlate with fewer symptoms. NutraIngredients.com
- **Improved LES and EGJ function** — reducing fat intake and avoiding foods that relax the LES (e.g. certain fatty, spicy, or acidic foods) helps LES to maintain its tone. Gravity (not lying flat) supports its work.
- **Better motility / gastric emptying** — lighter meals, smaller portions, and less fat mean food moves more quickly from the stomach, reducing pressure.
- **Reduced oxidative damage and risk over time** — by reducing chronic irritation, you reduce the risk of complications (esophagitis, Barrett's esophagus, perhaps even long-term cancer risk, especially for those with genetic predisposition).

## Myths vs What We Know — Clarity Box

Common Myth	What Current Evidence Actually Suggests
<i>“Acidic foods always trigger reflux.”</i>	Not always. It depends on the amount, the overall meal composition (fat content, volume), and individual sensitivity. Some acidic foods in small quantities may be tolerated. What matters more: LES support, inflammation, and meal timing.
<i>“Only medications can heal severe reflux.”</i>	Diet & lifestyle changes can substantially reduce symptoms and, in many cases, reduce or eliminate the need for meds—especially in mild to moderate disease and with high adherence.
<i>“If I lose weight, I’ll be cured.”</i>	Weight loss helps, especially for people who are overweight or obese. But it’s not always enough on its own; it must be combined with diet quality, meal timing, etc.
<i>“All dairy/spicy/fried foods are bad for everyone.”</i>	Some people tolerate certain types of dairy/fat/spice well; others do not. It’s highly individual. Testing and tracking help.

### Key Takeaways

Acid reflux is a multifactorial issue: LES, stomach motility, volume/timing of meals, dietary composition, individual physiology & genetics all play a role.

Many dietary & lifestyle factors are backed by solid science: reducing fat, limiting simple sugar, avoiding late or big meals, moderate caffeine/alcohol, achieving a healthy weight, etc.

Recent research shows fermented / anti-inflammatory foods, personalized nutrition and diet + lifestyle interventions can rival medication in symptom relief for many people.

Knowing whether your reflux tends toward esophageal (GERD) or laryngopharyngeal (LPRD) symptoms helps you focus your diet & practices.

Change doesn’t happen overnight. Healing is gradual and steady and works best when diet, habits, and lifestyle align.

# Chapter 3: The Acid Reflux Reset Philosophy

## Gentle on the Stomach, Kind to the Taste Buds

For many people, managing acid reflux has become a daily balancing act — between fear and flavor, between eating for comfort and eating for health. Over the years of working with clients, I realized that long-term relief doesn't come from strict restriction but from resetting the body's relationship with food and digestion.

This is what I call The Acid Reflux Reset — a compassionate, evidence-based framework that helps you calm irritation, restore balance, and rediscover pleasure in eating. It's not a "diet" in the traditional sense. It's a shift toward understanding your digestive rhythm, choosing foods that support healing, and cultivating habits that help your body thrive.

## The Four Pillars of Reflux-Friendly Eating

### 1. Soothe — Calm the Fire Within

At the root of acid reflux lies inflammation — subtle but persistent irritation in the lining of the esophagus and stomach. Modern research shows that certain foods naturally soothe this process by reducing inflammatory mediators and supporting mucosal healing.

Foods like bananas, oats, ginger, melons, fennel, and leafy greens provide soluble fiber and anti-inflammatory compounds that calm acid activity and protect the esophageal lining. These are not "bland" foods — they're cooling foods that signal safety to the gut.

Think of this pillar as pressing the "reset button" for your digestive system. Every soothing meal gives your body a break from irritation and allows the gut to focus on repair instead of defense.

Nutrition note: A 2023 review in *Nutrients* highlighted that high-fiber, plant-based diets rich in polyphenols can reduce reflux frequency by improving gastric motility and lowering intra-abdominal pressure.



### 2. Balance — Support the Body's Natural Rhythm

Digestive balance isn't only about what we eat but also how and when we eat. The gastrointestinal tract thrives on rhythm — regular meals, mindful chewing, and a steady pH environment.

When the stomach becomes either too empty or overloaded, acid regulation falters. That's why spacing meals 3–4 hours apart, avoiding late-night eating, and maintaining gentle portion sizes can be powerful. The body digests best in balance — not in feast-or-fast extremes.

"Balancing" also means designing meals that combine complex carbohydrates, lean protein, and small amounts of healthy fats to keep pH and blood sugar stable. This prevents the spikes in acid production that often accompany heavy, greasy, or overly spicy meals.

**Tip:** Aim for a plate that feels light yet grounding — like quinoa with roasted vegetables and grilled chicken, or oatmeal with mashed banana and cinnamon. These meals nurture calm digestion without dulling the joy of eating.



### 3. Lighten — Nourish Without Overloading

Heaviness — from rich fats, oversized portions, or dense meals — is one of the most overlooked reflux triggers. Research shows that high-fat meals delay gastric emptying, increasing pressure in the stomach and raising the likelihood of reflux episodes.

The Lighten pillar encourages you to reimagine fullness. You can still enjoy comfort foods — just rebalanced for digestion. Think baked instead of fried, avocado instead of butter, and roasted sweet potato instead of creamy mash. The goal is to lighten the meal without sacrificing satisfaction.

This doesn't mean living on salads and air — it means mastering the art of gentle satisfaction. The right portion, texture, and cooking method can make all the difference. Steaming, baking, poaching, or slow roasting keeps food tender, moist, and easy on the stomach.

**Science insight:** A 2022 clinical trial in Gastroenterology Research and Practice found that lowering overall fat intake (especially saturated fats) led to significant reductions in heartburn frequency, independent of weight loss.



### 4. Restore — Rebuild Digestive Strength Naturally

After months or years of irritation, your digestive system deserves to heal — and that's where restoration begins. Restore focuses on supporting natural acid balance, motility, and microbiome diversity through nutrient-dense, whole foods.

Mildly acidic foods like apple cider vinegar, kefir, or fermented vegetables (in small, tolerated amounts) may help retrain acid regulation over time. Likewise, magnesium- and potassium-rich foods (leafy greens, bananas, sweet potatoes) support muscle tone of the lower esophageal sphincter — your natural anti-reflux valve.

Gentle movement, hydration, and relaxation also belong here. The gut-brain connection is powerful: stress can tighten the chest and loosen the sphincter, literally making reflux worse. Restoring calm restores function.

**Scientific link:** Emerging studies (2022–2024) highlight how stress reduction, moderate exercise, and a fiber-rich diet promote microbial diversity — leading to fewer reflux episodes and better motility.



## From Avoidance to Replacement: A New Way to Eat

Many reflux patients come to me with long “don't eat” lists — citrus, tomato, chocolate, coffee, onions, garlic, and so on. While these lists may help in the short term, they often leave people frustrated and nutritionally limited.

The Reset philosophy shifts the focus from avoidance to replacement:

- ▶ Instead of citrus juices, try pear–apple–ginger blends for gentle brightness.
- ▶ Instead of tomato sauces, use roasted red pepper or carrot purées for richness.
- ▶ Instead of spicy chili, rely on fresh herbs, basil, and mild turmeric for flavor depth.
- ▶ Instead of coffee, explore chicory or roasted barley drinks that comfort the senses.

This mindset reawakens culinary creativity — and empowers readers to cook intuitively, not fearfully. Once the body begins to heal, many people can reintroduce mild forms of their favorite foods in moderation, guided by awareness rather than restriction.

The Acid Reflux Reset is not about giving up flavor — it's about reclaiming it, one balanced, soothing meal at a time. It's about rebuilding trust in your body's signals, supporting your digestive rhythm, and eating with mindfulness and joy. When you learn to soothe, balance, lighten, and restore, your food becomes more than sustenance — it becomes a form of self-care, connection, and calm.



# Chapter 4: Finding Your Safe Zone — Trigger Awareness & Food Journaling



## Discover What Your Body Truly Tolerates

One of the most powerful lessons I've learned in practice is this:

**No two reflux experiences are the same.**

Some people enjoy oatmeal and bananas daily without issue. Others find even mild tomatoes or onions uncomfortable. The key to lasting relief isn't memorizing a universal "safe foods" list — it's learning how your body responds, and building your own Safe Zone.

This chapter introduces a practical, compassionate system to help you do just that — through observation, gentle experimentation, and mindful tracking.

## Why Awareness Beats Restriction

Many reflux sufferers start their journey with long "forbidden" food lists. These lists might help temporarily, but they often create anxiety around eating — and worse, they disconnect people from their own body's cues.

Science now confirms what many clinicians observe: individual triggers vary widely. While classic culprits like fatty foods, mint, coffee, or acidic fruits can aggravate reflux, recent studies show that meal size, timing, and stress may be just as important.

A 2023 study in *Alimentary Pharmacology & Therapeutics* found that subjects who practiced mindful eating and reduced meal volume experienced fewer reflux symptoms — even without eliminating major food groups.



Instead of guessing or over-restricting, I encourage readers to approach reflux like a detective — using a structured method to uncover patterns and create their personalized "comfort map."

## The 3-Step Self-Discovery Method

This simple, three-step system helps you reconnect with your body and confidently build your personal reflux-safe diet.

### Step 1: Observe — Start with Awareness, Not Elimination

For the first 7–10 days, don't make any drastic changes.

Just notice. Record what you eat, when you eat, and how you feel — both physically and emotionally.

Include symptoms such as:

- ▶ Heartburn or chest discomfort
- ▶ Throat irritation, coughing, or hoarseness
- ▶ Bloating, burping, or fullness
- ▶ Nausea or sleep disturbance

Also note context — time of day, posture, stress levels, hydration, and portion size. Often, it's the how and when of eating that makes a bigger difference than a single ingredient.

You'll use your Symptom Tracker and Food Journal (included later in this book) to connect the dots.



**Professional insight:** Studies show that mindful journaling not only identifies triggers but can reduce symptom intensity by improving eating pace and awareness.



## Step 2: Adjust — Test and Tune

Once you've identified patterns, start gentle testing. Choose one change at a time:

- ▶ If spicy foods seem problematic, reduce spice for a week and observe changes.
- ▶ If reflux happens mostly at night, try finishing dinner 3 hours before bed.
- ▶ If large meals trigger symptoms, try smaller, more frequent portions.

Avoid drastic elimination phases unless medically indicated. This isn't about deprivation — it's about tuning in.

If a food seems questionable (e.g., yogurt, mild coffee, or tomatoes), move it to your "Test Zone" (you'll see how below) and reintroduce it in small amounts once your symptoms stabilize.

## Step 3: Define — Build Your Personal Safe Zone

After 3–4 weeks of mindful observation and gentle testing, you'll begin to see your personal "digestive fingerprint." This is your Safe Zone — foods and habits that support calm, comfortable digestion.

You'll divide foods into three simple categories:

Zone	Meaning	Examples
● Green Zone — Safe & Soothing	Foods that consistently feel good, reduce irritation, and promote calm digestion.	Oats, bananas, melons, rice, potatoes, lean poultry, tofu, fennel, zucchini
● Yellow Zone — Test & Track	Foods that may be tolerable in moderation or with certain prep methods.	Tomato (peeled & cooked), mild citrus, yogurt, coffee substitutes, onions (infused oil)
● Red Zone — Avoid or Limit	Foods that reliably worsen symptoms for you — not everyone.	Fried foods, high-fat cheese, peppermint, chocolate, carbonated drinks, alcohol

Use this "traffic light" system to visualize your comfort level at a glance. Over time, your yellow zone may expand as your digestive system strengthens — a sign that your Reset journey is working.

## Smart Testing: How to Safely Explore Foods Again

When reintroducing foods, follow these simple guidelines:

1. Test one food at a time — ideally after 3–4 symptom-free days.
2. Start small — one bite or sip is enough.
3. Track your body's reaction within 2–4 hours and again the next morning.
4. Note your preparation method. (Raw tomatoes might irritate, but roasted or pureed versions may not.)
5. Repeat the test two more times before labeling a food "trigger."

This gentle exploration helps you rebuild a confident, enjoyable relationship with food — without fear or unnecessary restriction.

**Did you know?** According to a 2022 meta-analysis in *Frontiers in Gastroenterology*, individualized dietary adjustment — rather than strict elimination — resulted in better long-term symptom control and nutritional adequacy for people with GERD.





## How Journaling Changes the Game

Food journaling is more than data collection — it's digestive mindfulness. Writing down what you eat encourages slower, more intentional choices. Over time, your journal becomes your digestive diary — a personal roadmap of what truly works for you.

Your upcoming Symptom Tracker will include:

- ▶ Date, time, and meal description
- ▶ Portion size & cooking method
- ▶ Pre- and post-meal symptoms
- ▶ Lifestyle notes (stress, sleep, posture)
- ▶ Hydration & meal timing

When you look back after a few weeks, patterns will become obvious — empowering you to make choices based on evidence, not guesswork.

## Reclaiming Trust in Your Body

Your digestive system isn't broken — it's simply asking for awareness.

When you learn your triggers, your body feels safer.

When your body feels safe, digestion naturally improves.

The Finding Your Safe Zone method turns reflux management from a restriction-based struggle into a process of reconnection. You become the expert of your own body — guided by science, supported by structure, and grounded in self-trust.

## Download & Print Your Reflux-Friendly Tools

To make your journey easier and more interactive, this book includes two companion printables designed to help you personalize your acid reflux reset plan.

Simply scan the QR codes below (or follow the provided download links in your eBook) to access your printable materials:

### 1. Traffic Light Trigger Chart

Easily identify your “safe,” “test,” and “avoid” foods. Use this color-coded chart to build confidence around what supports your digestion—and what might be holding it back.

<https://reginabowman.live/Chart>

SCAN  
ME



### 2. Food & Symptom Tracker

Your personal reflection tool. Track meals, portion sizes, and symptoms day by day to uncover your unique trigger patterns and safe foods.

<https://reginabowman.live/Tracker>

SCAN  
ME



Print these tools and keep them in your kitchen or wellness journal. Regular tracking helps transform awareness into lasting relief.



# Chapter 5: How to Build a Reflux-Friendly Plate

Translating nutrition science into everyday comfort and confidence.

## The 1/3–1/3–1/3 Framework: Balanced Nutrition for a Calm Digestive System

A reflux-friendly diet means strategic balance. The goal is to nourish your body while minimizing digestive stress, and one of the most effective ways to achieve this is through the 1/3–1/3–1/3 plate method.

Each meal should include:

### ► 1/3 Lean Protein.

Support satiety and tissue repair with easily digestible options such as skinless poultry, white fish, tofu, eggs, or lentils. Lean proteins are less likely to trigger reflux because they reduce gastric pressure and stimulate only moderate acid secretion.

### ► 1/3 Complex Carbohydrates

Choose gentle, slow-digesting sources of energy such as oatmeal, quinoa, brown rice, sweet potatoes, or whole-grain pasta. Complex carbohydrates help buffer stomach acid, promote a steady release of energy, and support a healthy gut microbiome.

### ► 1/3 Soothing Produce

Focus on low-acid vegetables and fruits such as zucchini, spinach, carrots, cucumber, melons, and bananas. These foods provide essential micronutrients and antioxidants while naturally promoting an alkaline environment that supports mucosal healing.

**Clinical Insight:** Balanced meals that combine lean protein and complex carbohydrates have been shown to promote gastric motility and reduce reflux episodes, compared with high-fat, high-protein meals that slow gastric emptying.



## Smart Fats: Quality Over Quantity

Healthy fats are essential for hormone regulation and nutrient absorption, but excessive intake can delay stomach emptying and increase reflux risk. The goal is moderation and mindful selection.

### Recommended sources:

- 1–2 teaspoons of extra virgin olive oil or avocado oil for cooking.
- ¼ avocado as a creamy, plant-based fat source.
- Ground flaxseed or chia seeds (1–2 teaspoons daily) for omega-3 fatty acids.
- Natural nut butters in small amounts (almond or cashew preferred).

### Limit or avoid:

Fried foods, heavy cream sauces, large portions of cheese, butter, and fatty meats, which commonly exacerbate reflux symptoms.

**Science Snapshot:** Research indicates that meals high in total fat can transiently relax the lower esophageal sphincter (LES), allowing acid to reflux more easily. Opting for smaller amounts of unsaturated fats supports both cardiovascular and digestive health.





## The 3–3–3 Rule: Structure That Supports Digestion

Meal timing and portion rhythm are just as important as food composition. The 3–3–3 Rule offers a simple, sustainable structure for reflux management:

- ▶ **3 Balanced Meals:** Eat at consistent times to prevent long fasting periods that can increase stomach acid production.
- ▶ **3 Light Snacks:** Maintain energy and stabilize digestion. Choose gentle options like a banana-oat bite, a small bowl of lactose-free yogurt with melon, or rice cakes with nut butter.
- ▶ **Stop Eating 3 Hours Before Bed:** Allow adequate time for gastric emptying before lying down to prevent nighttime reflux.

**Clinical Observation:** Late-night eating is one of the strongest predictors of nocturnal reflux. Finishing dinner earlier significantly reduces both symptoms and esophageal exposure to acid.



## Hydration and Herbal Support

Proper hydration aids digestion, supports pH balance, and helps maintain healthy mucosal lining in the esophagus. However, temperature, volume, and beverage type matter.

### Recommended options:

- ▶ Room-temperature or warm water, sipped throughout the day.
- ▶ Herbal infusions such as chamomile, licorice root (DGL), slippery elm, marshmallow root, or mild ginger tea.
- ▶ Aloe vera juice (unsweetened and in moderation) for its potential mucosal protective properties.

### Best avoided:

Coffee (caffeinated or decaf), carbonated beverages, peppermint tea, citrus juices, and alcohol — all known to relax the LES and increase reflux potential.

**Scientific Note:** Several studies confirm that caffeine and carbonation both contribute to transient LES relaxations, which are major contributors to acid reflux events.



## Cooking Methods That Protect the Stomach Lining

How food is prepared can be as important as what's on your plate. Gentle cooking preserves nutrients, enhances digestibility, and minimizes irritants.

### Optimal methods:

- ▶ Steaming or poaching – maintains moisture and softness.
- ▶ Baking or roasting – with minimal oil and no charring.
- ▶ Slow cooking or pressure cooking – ideal for tender, easy-to-digest meals.

### Methods to minimize:

- ▶ Frying or deep-frying – high-fat, high-heat cooking increases reflux risk.
- ▶ Searing or grilling at high temperatures – may produce compounds that irritate the esophageal lining.
- ▶ Cooking with strong aromatics (onion, garlic, chili) – common triggers that can be replaced with herbs such as basil, parsley, dill, or turmeric.

**Practical Tip:** If you enjoy flavor, build it through gentle layering — roasted herbs, infused oils, or fresh greens added post-cooking can enhance taste without irritating your stomach.



# Chapter 6: The Lifestyle Link — Beyond the Plate



## Why Lifestyle Matters as Much as Food

Nutrition is only one part of the reflux equation. The digestive system doesn't operate in isolation — it's deeply influenced by how you move, breathe, and rest.

Studies consistently show that stress, posture, sleep patterns, and body weight distribution can all impact the tone of the lower esophageal sphincter (LES), the muscle that prevents acid from flowing back into the esophagus.

This chapter is designed to help you translate science into daily life — simple, sustainable routines that strengthen your digestive system naturally.

### 1. Body Positioning After Meals

How you sit or lie down after eating can dramatically affect reflux. Gravity is your best natural ally — it helps keep food and stomach acid where they belong.

The 20–30 Minute Rule: After each meal, remain upright for at least 20–30 minutes. Avoid reclining, slouching, or lying flat.

Ideal post-meal positions:

- ▶ Sit tall with feet flat on the floor, shoulders relaxed.
- ▶ Take a gentle walk — even 5–10 minutes aids gastric motility.
- ▶ If resting, use a pillow to support the upper body at a 30–45° angle.

**Scientific Insight:** Clinical research shows that lying down immediately after eating significantly increases reflux episodes, while post-meal movement enhances gastric emptying and reduces LES pressure.



Tip for visual learners: Imagine a “gravity line” running from your throat to your stomach — the more upright you are, the smoother digestion flows.

### 2. The Hidden Link Between Stress, Sleep, and Reflux


Stress doesn't just live in the mind — it changes digestion. Elevated cortisol and adrenaline slow gastric emptying and increase acid secretion. Chronic tension also heightens visceral sensitivity, meaning you feel more discomfort from smaller reflux events.

How to counter it:

- ▶ Set consistent sleep times. Poor sleep is strongly correlated with increased nighttime reflux.
- ▶ Create an evening wind-down ritual: turn off screens 60 minutes before bed, use soft lighting, and practice deep breathing.
- ▶ Prioritize recovery. Short naps are okay — but avoid sleeping within 3 hours of eating.

**Evidence Snapshot:** A 2021 study in *Alimentary Pharmacology & Therapeutics* found that sleep disturbances and psychological stress independently increased GERD symptoms — even in participants who maintained dietary control.





### 3. Gentle Movement for Digestive Support

Vigorous exercise can sometimes worsen reflux due to intra-abdominal pressure, but gentle, rhythmic movement does the opposite — it encourages digestion, enhances circulation, and relieves bloating.

Ideal forms of movement:

- ▶ Post-meal walking: 10–20 minutes, at a comfortable pace.
- ▶ Gentle yoga: child’s pose, seated spinal twist (modified), and cat-cow stretch help relieve gas and tension.
- ▶ Core relaxation work: soft stretches that improve posture without compressing the abdomen.

**Tip:** Avoid crunches, heavy lifting, or inverted positions immediately after eating — they can push acid upward.

Digestive Routine Example:

Morning: 10-minute walk or light yoga flow.

Midday: 5-minute desk stretch (stand, roll shoulders, open chest).

Evening: Relaxed breathing or a gentle walk after dinner.

### 4. Breathing and Mindfulness for a Calm Gut

Your diaphragm — the same muscle used for breathing — also influences LES pressure.

When you breathe shallowly (especially during stress), abdominal tension increases, often worsening reflux symptoms.

Try this 2-minute diaphragmatic breathing exercise:

1. Sit upright or recline at a 45° angle.
2. Place one hand on your chest and the other on your abdomen.
3. Inhale slowly through your nose, expanding your belly while keeping your chest still.
4. Exhale through your mouth, letting your stomach fall gently.
5. Repeat for 10 breaths.

Regular practice can improve LES tone, reduce anxiety, and promote parasympathetic (“rest and digest”) activity.

**Scientific Note:** Studies in Neurogastroenterology & Motility have shown that regular diaphragmatic breathing can reduce acid exposure in the esophagus and improve quality of life in GERD patients.



### 5. Dining Out, Travel, and Social Eating Without Fear

Living reflux-free isn’t about avoidance — it’s about confidence and preparation. You can enjoy meals away from home by making mindful choices and minor adjustments.

When dining out:

- ▶ Check menus ahead of time for grilled, steamed, or baked options.
- ▶ Ask for dressings or sauces on the side.
- ▶ Eat slowly and mindfully; put your fork down between bites.
- ▶ Skip appetizers that are fried or acidic (e.g., tomato, citrus).

When traveling:

- ▶ Pack reflux-friendly snacks like oat bars, rice cakes, or banana chips.
- ▶ Stay hydrated with still water or herbal tea.
- ▶ Maintain your “3-3-3” meal timing as best as possible.

**Mindset Shift:** Social eating is about connection, not perfection. A calm, unhurried meal in good company supports digestion far more than stress over one “imperfect” dish. Your digestive system doesn’t just need the right food — it requires the right environment. When you breathe deeply, move gently, and rest consistently, your stomach works with you, not against you.

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# Low-Acid Creamy Rice Porridge



 **Prep Time:**  
5 minutes

 **Cook Time:**  
15 minutes

 **Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 190  
Protein: 4g  
Carbs: 36g  
Fats: 3g  
Fiber: 3g  
Cholesterol: 0mg  
Sodium: 60mg  
Potassium: 210mg

## Ingredients

- ½ cup cooked white rice
- ¾ cup oat milk or almond milk
- 1 tsp maple syrup
- 1 tsp chia seeds
- 1 tsp vanilla extract
- ¼ cup diced papaya or cantaloupe

## Directions

1. In a small pot, combine rice and oat milk.
2. Heat over medium-low until warm and creamy, about 8–10 minutes.
3. Stir in maple syrup, chia seeds, and vanilla.
4. Serve topped with papaya or cantaloupe.



## QUICK TIPS

- Use jasmine rice for extra softness.
- Avoid acidic fruits like oranges and strawberries as toppings.

# Zucchini & Herb Omelet Wrap

## NUTRITIONAL INFO (PER SERVING)

Calories: 190  
Protein: 4g  
Carbs: 36g  
Fats: 3g  
Fiber: 3g  
Cholesterol: 0mg  
Sodium: 60mg  
Potassium: 210mg

 **Prep Time:**  
5 minutes

 **Cook Time:**  
8 minutes

 **Yields:**  
1 serving



## Ingredients

- 2 large eggs
- ½ cup grated zucchini (squeezed dry)
- 1 tbsp chopped fresh chives
- 1 tsp olive oil
- 1 tbsp lactose-free cream cheese
- 1 small low-sodium whole wheat wrap (if tolerated)

## Directions

1. Beat the eggs in a bowl, then stir in the zucchini and chives.
2. Heat olive oil in a nonstick pan over medium-low heat.
3. Pour in the egg mixture and cook gently, lifting the edges to let the uncooked egg flow underneath.
4. Once set, spread cream cheese over the top, roll into a wrap, and serve.



## QUICK TIPS

- Swap zucchini for spinach or mushrooms (cooked first).
- Skip the wrap and serve as a folded omelet for a lower-carb option.
- Use goat cheese instead of cream cheese for a tangier flavor.
- Add a sprinkle of ground flaxseed for extra omega-3s.



# Savory Spinach & Quinoa Breakfast Bowl

 **Prep Time:**  
5 minutes

 **Cook Time:**  
15 minutes

 **Yields:**  
1 serving


**NUTRITIONAL INFO  
(PER SERVING)**  
 Calories: 190  
 Protein: 4g  
 Carbs: 36g  
 Fats: 3g  
 Fiber: 3g  
 Cholesterol: 0mg  
 Sodium: 60mg  
 Potassium: 210mg

## Ingredients

- ½ cup cooked quinoa (cooled slightly)
- 1 cup fresh baby spinach
- 1 large egg (soft scrambled)
- 1 tbsp lactose-free ricotta or cottage cheese
- 1 tsp olive oil
- 1 tbsp chopped fresh parsley
- Pinch of ground turmeric
- Pinch of salt (optional)

## Directions

1. Heat olive oil in a nonstick pan over medium-low heat.
2. Add spinach and sauté for 1–2 minutes until just wilted.
3. Push spinach to the side of the pan, add the egg, and gently scramble until softly set.
4. Place cooked quinoa in a bowl, top with spinach, scrambled egg, and ricotta.
5. Sprinkle with parsley and turmeric before serving.


 **QUICK TIPS**

- Swap quinoa for millet or amaranth for variety.
- Replace ricotta with lactose-free Greek yogurt for extra protein.
- Add chopped zucchini or yellow squash for more volume and fiber.
- Use egg whites only if you prefer lower cholesterol.

# Pear & Almond Butter Overnight Oats

## NUTRITIONAL INFO (PER SERVING)

- Calories: 420
- Protein: 15 g
- Carbs: 55 g
- Fats: 15 g
- Fiber: 9 g
- Cholesterol: 2 mg
- Sodium: 55 mg
- Potassium: 500 mg

**Prep Time:**  
5 minutes  
(+overnight) 

**Yields:**  
1 serving 




## Ingredients

- ½ cup rolled oats
- ½ cup unsweetened almond milk
- ½ cup lactose-free Greek yogurt
- 1 medium ripe pear, diced
- 1 tbsp almond butter (unsweetened)
- 1 tbsp chia seeds
- 1 tsp maple syrup (optional)

## Directions

1. Combine oats, almond milk, Greek yogurt, pear, almond butter, and chia seeds in a jar or bowl.
2. Mix well, cover, and refrigerate overnight.
3. Serve cold or slightly warmed in the morning.

 **QUICK TIPS**

- Use sunflower seed butter if you have nut allergies.
- Swap pear for peeled papaya or ripe banana for sweetness.
- Top with puffed quinoa or seeds for crunch.

# Millet & Blueberry “Pancake Muffins”



## NUTRITIONAL INFO (PER SERVING)

Calories: 370  
Protein: 7 g  
Carbs: 60 g  
Fats: 11 g  
Fiber: 7 g  
Cholesterol: 0 mg  
Sodium: 30 mg  
Potassium: 350 mg



**Prep Time:**  
10 minutes



**Cook Time:**  
20 minutes



**Yields:**  
1 serving

## Ingredients

- ½ cup cooked millet
- ¼ cup unsweetened almond milk
- ½ ripe banana, mashed
- ¼ cup blueberries (fresh or frozen, rinsed)
- 1 tsp maple syrup (optional)
- 1 tsp coconut oil (for greasing)

## Directions

1. Preheat oven to 350°F (175°C) and grease a muffin tin with coconut oil.
2. In a bowl, mix cooked millet, almond milk, banana, and maple syrup until smooth.
3. Gently fold in blueberries.
4. Spoon mixture into muffin tin.
5. Bake 18–20 minutes until set and lightly golden.



## QUICK TIPS

- Use a peeled pear instead of blueberries.
- Swap almond milk for coconut milk for creamier muffins.
- Serve slightly warm or refrigerated for a grab-and-go breakfast.

# Zucchini & Ricotta “Breakfast Cups”

## NUTRITIONAL INFO (PER SERVING)

Calories: 420  
Protein: 18 g  
Carbohydrates: 10 g  
Fats: 32 g  
Fiber: 2 g  
Cholesterol: 185 mg  
Sodium: 80 mg  
Potassium: 450 mg

**Prep Time:**  
10 minutes



**Cook Time:**  
15 minutes



**Yields:**  
1 serving



## Ingredients

- ½ cup lactose-free ricotta
- ½ cup grated zucchini (squeezed dry)
- 1 egg
- 1 tsp olive oil
- Pinch of mild herbs (parsley, chives)

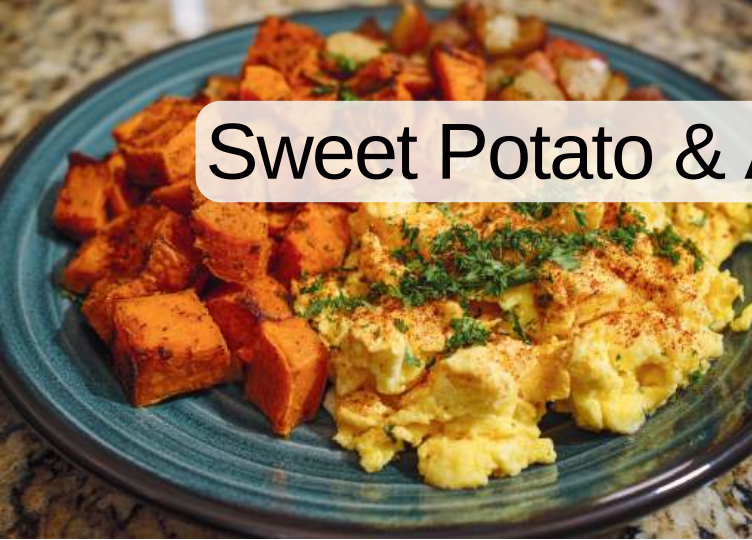
## Directions

1. Preheat oven to 375°F (190°C).
2. Mix ricotta, zucchini, egg, olive oil, and herbs.
3. Spoon mixture into two small ramekins.
4. Bake 12–15 minutes until set and lightly golden.
5. Serve warm.



## QUICK TIPS

- Replace zucchini with peeled carrot or pumpkin.
- Swap ricotta for silken tofu for vegan version.
- Add a sprinkle of sunflower seeds for crunch.



# Sweet Potato & Apple Breakfast Skillet

**Prep Time:**  
10 minutes

**Cook Time:**  
15 minutes

**Yields:**  
1 serving

**NUTRITIONAL INFO  
(PER SERVING)**  
 Calories: 430  
 Protein: 18 g  
 Carbs: 50 g  
 Fats: 18 g  
 Fiber: 8 g  
 Cholesterol: 185 mg  
 Sodium: 100 mg  
 Potassium: 800 mg

## Ingredients

- 1 small sweet potato, diced
- ½ peeled apple, diced
- 1 tsp olive oil
- 2 large eggs (or egg whites for lower cholesterol)
- Pinch cinnamon
- 1 tsp fresh parsley, chopped

## Directions

1. Steam or parboil sweet potato cubes for 5 minutes until slightly tender.
2. Heat olive oil in a skillet over medium-low heat. Add sweet potato and apple, and sauté for 6–8 minutes, until tender and lightly golden.
3. Push the sweet potato and apple to the side, crack the eggs into the skillet, and cook to your preference (soft scrambled or poached).
4. Sprinkle cinnamon and parsley before serving.

### QUICK TIPS

- Use a pear instead of an apple for milder sweetness.
- Add cooked quinoa or millet for extra bulk.
- For a vegan option, replace eggs with soft tofu cubes.

# Soft Polenta & Pear “Breakfast Tart”

## NUTRITIONAL INFO (PER SERVING)

Calories: 390  
 Protein: 8 g  
 Carbs: 55 g  
 Fats: 14 g  
 Fiber: 6 g  
 Cholesterol: 0 mg  
 Sodium: 35 mg  
 Potassium: 400 mg

**Prep Time:**  
5 minutes

**Cook Time:**  
15 minutes

**Yields:**  
1 serving



## Ingredients

- ½ cup instant polenta
- ¾ cup unsweetened oat milk
- ½ ripe pear, sliced thin
- 1 tsp almond butter
- ½ tsp cinnamon

## Directions

1. Bring oat milk to a simmer in a small pan.
2. Stir in the polenta and cook for 5–7 minutes, until creamy.
3. Pour polenta into a small plate or bowl.
4. Top with thin slices of pear, a drizzle of almond butter, and a sprinkle of cinnamon.

### QUICK TIPS

- Use papaya slices for tropical flair.
- Top with chia or hemp seeds for protein and texture.
- Keep cinnamon to a minimum to avoid any potential reflux triggers.

# Creamy Oat & Pumpkin Breakfast Bake



**Prep Time:**  
5 minutes

**Cook Time:**  
25 minutes

**Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 390  
Protein: 13 g  
Carbs: 55 g  
Fats: 12 g  
Fiber: 8 g  
Cholesterol: 70 mg  
Sodium: 50 mg  
Potassium: 450 mg

## Ingredients

- ½ cup rolled oats (gluten-free if needed)
- ½ cup canned pumpkin purée (unsweetened)
- ½ cup unsweetened almond milk
- 1 large egg
- 1 tsp maple syrup (optional)
- ¼ tsp cinnamon
- 1 tsp ground flaxseed

## Directions

1. Preheat oven to 350°F (175°C).
2. In a bowl, combine oats, pumpkin purée, almond milk, egg, maple syrup, cinnamon, and flaxseed.
3. Pour mixture into a small greased oven-safe dish.
4. Bake for 20–25 minutes until set and lightly golden. Serve warm.



## QUICK TIPS

- Replace pumpkin with sweet potato purée.
- Swap egg for silken tofu for a vegan option.
- Add a sprinkle of unsweetened coconut flakes for extra texture.

# Papaya & Coconut Smoothie Bowl

## NUTRITIONAL INFO (PER SERVING)

Calories: 400  
Protein: 6 g  
Carbs: 70 g  
Fats: 12 g  
Fiber: 10 g  
Cholesterol: 0 mg  
Sodium: 30 mg  
Potassium: 650 mg

**Prep Time:**  
5 minutes

**Yields:**  
1 serving



## Ingredients

- ½ cup ripe papaya, diced
- ½ cup ripe banana, diced
- ½ cup unsweetened coconut milk
- 1 tbsp chia seeds
- 1 tsp maple syrup (optional)
- 1 tbsp unsweetened shredded coconut for topping

## Directions

1. Blend papaya, banana, coconut milk, chia seeds, and maple syrup until smooth.
2. Pour into a bowl and top with shredded coconut.
3. Serve immediately.



## QUICK TIPS

- Swap papaya for peeled pear or cantaloupe if preferred.
- Add a spoonful of almond butter for extra protein and calories.
- Sprinkle puffed millet or quinoa on top for crunch.



# Savory Carrot & Millet Patties

**Prep Time:**  
10 minutes

**Cook Time:**  
15 minutes

**Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 420  
Protein: 16 g  
Carbs: 50 g  
Fats: 18 g  
Fiber: 6 g  
Cholesterol: 185 mg  
Sodium: 60 mg  
Potassium: 550 mg

## Ingredients

- ½ cup cooked millet
- ½ cup grated carrot
- 1 large egg
- 1 tsp olive oil
- 1 tbsp oat flour
- Pinch of parsley or mild herbs

## Directions

1. Mix millet, grated carrot, egg, oat flour, and herbs in a bowl.
2. Form into two small patties.
3. Heat olive oil in a skillet over medium-low heat. Cook patties 5–7 minutes per side until golden.
4. Serve warm.



## QUICK TIPS

- Swap carrot with peeled zucchini or pumpkin.
- Top with lactose-free yogurt for creaminess.
- Replace millet with cooked rice, quinoa, or buckwheat.
- Add 1 tsp flax or chia seeds for extra fiber and omega-3s.

# Savory Chickpea & Spinach Pancakes

## NUTRITIONAL INFO (PER SERVING)

Calories: 380  
Protein: 14 g  
Carbohydrates: 45 g  
Fats: 15 g  
Fiber: 8 g  
Cholesterol: 0 mg  
Sodium: 50 mg  
Potassium: 450 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
10 minutes

**Yields:**  
1 serving



## Ingredients

- ½ cup chickpea flour
- ½ cup water or unsweetened almond milk
- ½ cup finely chopped spinach
- 1 tsp olive oil
- ½ tsp cumin (optional, mild)
- Pinch of salt

## Directions

1. Mix chickpea flour and water until smooth. Add spinach, olive oil, cumin, and salt.
2. Heat a non-stick skillet over medium-low heat. Pour batter to form two small pancakes.
3. Cook 4–5 minutes per side until golden and firm.
4. Serve warm, optionally with lactose-free yogurt.



## QUICK TIPS

- Swap spinach for grated zucchini or peeled carrot.
- Add mild herbs like parsley or chives for extra flavor.
- Serve with avocado slices for healthy fats.

# Baked Carrot & Apple Breakfast Squares



## NUTRITIONAL INFO (PER SERVING)

Calories: ~220 kcal  
Protein: 6 g  
Carbs: 32 g  
Fats: 8 g  
Fiber: 5 g  
Cholesterol: 55 mg  
(0mg if using tofu)  
Sodium: 70 mg  
Potassium: 460 mg



**Prep Time:**  
10 minutes



**Cook Time:**  
20 minutes



**Yields:**  
1 serving

## Ingredients

- ½ cup grated carrot
- ½ cup grated peeled apple
- ¼ cup oat flour
- 1 egg or 3 tbsp silken tofu (vegan)
- 1 tsp olive oil
- ½ tsp cinnamon

## Directions

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients until combined.
3. Pour the mixture into a small greased baking dish and spread it out evenly.
4. Bake for 18–20 minutes, or until set.
5. Cut into squares and serve warm.



## QUICK TIPS

- Replace apple with pear or papaya.
- Add a sprinkle of sunflower or pumpkin seeds on top for crunch.
- Use whole wheat flour or almond flour. Almond flour will give a nuttier flavor and lower carbs slightly.

# Buckwheat Pancakes with Berry Compote

## NUTRITIONAL INFO (PER SERVING)

Calories: 350  
Protein: 10g  
Carbs: 62g  
Fat: 9g  
Fiber: 6g  
Cholesterol: 0mg  
Sodium: 190mg  
Potassium: 280mg

**Prep Time:**  
10 minutes



**Cook Time:**  
15 minutes



**Yields:**  
1 serving



## Ingredients

- ½ cup buckwheat flour
- 1 tsp baking powder
- ½ cup lactose-free milk or oat milk
- 1 tbsp olive oil
- ½ cup blueberries (fresh or frozen)
- 1 tsp maple syrup

## Directions

1. In a bowl, whisk buckwheat flour, baking powder, milk, and ½ tsp olive oil until smooth.
2. Heat a non-stick skillet over medium-low heat, cooking the pancakes 2–3 minutes per side.
3. In a saucepan, simmer blueberries with maple syrup until thickened.
4. Serve pancakes topped with berry compote.




## QUICK TIPS

- Replace buckwheat flour with spelt flour for a milder flavor.
- Use chopped strawberries instead of blueberries for variety.
- For added protein, stir 1 tbsp hemp seeds into the batter.



# Turkey & Zucchini Breakfast Skillet

 **Prep Time:**  
7 minutes

 **Cook Time:**  
10 minutes

 **Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 290  
Protein: 30g  
Carbs: 7g  
Fats: 15g  
Fiber: 2g  
Cholesterol: 85mg  
Sodium: 85mg  
Potassium: 500mg

## Ingredients

- 100g lean ground turkey
- ½ medium zucchini, diced
- ½ red bell pepper, diced (optional if tolerated)
- 1 tsp olive oil
- 1 tbsp fresh basil or parsley, chopped
- ¼ tsp ground turmeric
- Pinch of salt (optional)

## Directions

1. Heat olive oil in a skillet over medium heat. Add turkey, breaking it apart with a spatula. Cook for 5–6 minutes, or until the meat is no longer pink.
2. Add the zucchini (and bell pepper, if using) and cook for an additional 3–4 minutes, until the vegetables are tender.
3. Stir in herbs and turmeric before serving.




## QUICK TIPS

- Swap turkey for chicken breast strips or tempeh.
- Serve over cooked brown rice or millet for extra carbs if needed.
- Avoid heavy spices like black pepper or chili powder, which may trigger reflux.

# Oat–Peach Smoothie

## NUTRITIONAL INFO (PER SERVING)

Calories: 290  
Protein: 9 g  
Carbohydrates: 48 g  
Fat: 7 g  
Fiber: 6 g  
Cholesterol: 0 mg  
Sodium: 75 mg  
Potassium: 580 mg

 **Prep Time:**  
5 minutes

 **Yields:**  
1 serving



## Ingredients

- ½ cup (45 g) rolled oats
- 1 medium ripe peach, peeled and sliced
- ¾ cup (180 ml) unsweetened almond milk (or oat milk)
- ¼ cup (60 ml) lactose-free yogurt or coconut yogurt
- ½ small ripe banana
- 1 tsp ground flaxseed (optional)
- ¼ tsp pure vanilla extract (optional)

## Directions

1. Add oats to a blender and pulse a few times until finely ground.
2. Add peach, banana, almond milk, yogurt, flaxseed, and vanilla extract.
3. Blend until smooth and creamy. If too thick, add a little more milk to reach the desired consistency.



## QUICK TIPS

- Add 1 tablespoon lactose-free protein powder or silken tofu for extra protein.
- For a smoother consistency, soak oats in almond milk for 10–15 minutes before blending.



# Baked Sweet Potato Breakfast Boats with Ricotta & Blueberries

## NUTRITIONAL INFO (PER SERVING)

Calories: 340  
Protein: 12g  
Carbs: 56g  
Fats: 9g  
Fiber: 8g  
Cholesterol: 25mg  
Sodium: 130mg  
Potassium: 850mg

**Prep Time:**  
5 minutes



**Cook Time:**  
30 minutes



**Yields:**  
1 serving



## Ingredients

- 1 medium sweet potato, scrubbed
- 1/3 cup low-fat ricotta cheese
- 1/2 cup fresh blueberries
- 1 tsp maple syrup (optional)
- 1 tbsp chopped walnuts (optional, for crunch)

## Directions

1. Preheat oven to 400°F (200°C). Pierce the sweet potato with a fork and bake for 25–30 minutes, or until tender.
2. Slice the sweet potato lengthwise and gently mash the inside with a fork.
3. Spoon ricotta into the center, top with blueberries, drizzle with maple syrup if desired, and sprinkle with walnuts.





## QUICK TIPS

- Swap ricotta for lactose-free cottage cheese or plain Greek yogurt (if tolerated). Stick to low-fat ricotta or yogurt, since higher-fat dairy may worsen reflux symptoms. For a dairy-free option, replace ricotta with plain, unsweetened soy or almond yogurt, or a cashew-based alternative.
- Replace blueberries with sliced peaches or baked pears for a warm variation.
- Add a sprinkle of cinnamon or ground flaxseed on top for extra nutrients without triggering reflux.
- For a savory twist, replace the blueberries with diced cucumber and fresh herbs (such as parsley or dill), and skip the syrup.
- For meal prep, bake multiple sweet potatoes at once and refrigerate for up to 4 days.
- To make it more filling, pair it with a slice of whole-grain toast or a small smoothie.



# Rice Vermicelli Stir-Fry with Egg & Zucchini

 **Prep Time:**  
10 minutes

 **Cook Time:**  
10 minutes

 **Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 340  
Protein: 13 g  
Carbs: 53 g  
Fat: 8 g  
Fiber: 4 g  
Cholesterol: 185 mg  
Sodium: 240 mg  
Potassium: 460 mg

## Ingredients

- 2.5oz (75 g) rice vermicelli noodles
- 1 medium egg, beaten
- ½ zucchini, julienned
- ½ cup (40 g) bok choy, sliced
- 1 tsp sesame oil (optional, mild)
- 1 tsp low-sodium soy sauce (or coconut aminos)

## Directions

1. Cook the noodles according to the package instructions, rinse, and set aside.
2. Heat a pan, scramble the egg, and set it aside.
3. Add zucchini and bok choy, stir-fry with sesame oil for 2–3 minutes.
4. Toss in noodles, egg, and soy sauce. Stir well before serving.




## QUICK TIPS


- Add shrimp or tofu for extra protein.
- Replace soy sauce with a drizzle of olive oil if very sensitive.
- Use whole-grain rice noodles for more fiber.

# Polenta Cakes with Wilted Spinach & Carrot Purée

## NUTRITIONAL INFO (PER SERVING)

Calories: 380  
Protein: 8 g  
Carbs: 40 g  
Fats: 22 g  
Fiber: 10 g  
Cholesterol: 0 mg  
Sodium: 15 mg  
Potassium: 400 mg

**Prep Time:** 5 minutes 

**Cook Time:** 30 minutes 

**Yields:** 1 serving 



## Ingredients

- ½ cup instant polenta (cornmeal)
- 1 cup low-sodium vegetable broth
- 1 cup (100g) fresh spinach leaves
- 1 medium carrot, chopped
- 1 tsp olive oil
- 1 tbsp lactose-free Greek yogurt

## Directions

1. Cook polenta with broth until it thickens, then spread it onto a lined tray and let it cool until firm. Slice into 2–3 cakes.
2. Roast carrot chunks at 375°F (190°C) for 20 minutes, then blend with yogurt into a purée.
3. Brush polenta cakes with olive oil, bake or pan-sear until golden.
4. Wilt spinach in a hot pan for 1–2 minutes.
5. Serve polenta cakes with carrot purée and spinach.



## QUICK TIPS

- Swap spinach with chard or kale (lightly cooked).
- Make ahead: Polenta can be cooked and chilled overnight.
- Carrot purée can be replaced with parsnip or pumpkin purée.



# Banana-Coconut Soufflé

**Prep Time:**  
10 minutes

**Cook Time:**  
20 minutes

**Yields:**  
1 serving

**NUTRITIONAL INFO (PER SERVING)**  
 Calories: 180  
 Protein: 7 g  
 Carbs: 25 g  
 Fat: 6 g  
 Fiber: 3 g  
 Cholesterol: 185 mg  
 Sodium: 45 mg  
 Potassium: 480 mg

## Ingredients

- 1 medium ripe banana, mashed
- 1 large egg, separated
- 1 tbsp (15 ml) light coconut milk
- ½ tsp vanilla extract

## Directions

1. Preheat oven to 350°F (175°C).
2. Mix mashed banana, egg yolk, coconut milk, and vanilla.
3. Whip egg white until stiff peaks form, then gently fold into the banana mix.
4. Pour into a lightly greased ramekin.
5. Bake 18–20 minutes until puffed and golden. Serve immediately.

### QUICK TIPS

- For dairy-free lovers, drizzle with oat cream or yogurt.
- Replace banana with mashed sweet potato for variety.
- Avoid overbaking — it should stay soft and moist inside.

# Creamy Millet & Mango Parfait

## NUTRITIONAL INFO (PER SERVING)

- Calories: 265
- Protein: 9 g
- Carbs: 46 g
- Fat: 6 g
- Fiber: 4 g
- Cholesterol: 5 mg
- Sodium: 70 mg
- Potassium: 410 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
20 min (millet)

**Yields:**  
1 serving



## Ingredients

- ½ cup (90 g) cooked millet
- ½ cup (75 g) ripe mango, diced
- ⅓ cup (80 g) low-fat yogurt or lactose-free yogurt
- 1 tsp honey (optional)
- 1 tbsp unsweetened coconut flakes

## Directions

1. Cook millet according to package instructions.
2. Mix the cooked millet with 1–2 tsp yogurt until creamy.
3. In a glass, layer millet, yogurt, and mango.
4. Repeat layers, topping with coconut and honey.
5. Chill 10–15 min before serving.

### QUICK TIPS

- Swap mango for papaya, pear, or baked apple.
- Add a pinch of vanilla or cardamom for gentle sweetness.
- Replace yogurt with coconut yogurt for a dairy-free option.



# Mild Savory Quinoa Breakfast Bowl

**Prep Time:**  
10 minutes

**Cook Time:**  
15 minutes

**Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 235  
Protein: 10 g  
Carbs: 29 g  
Fat: 8 g  
Fiber: 4 g  
Cholesterol: 5 mg  
Sodium: 120 mg  
Potassium: 410 mg

## Ingredients

- ½ cup (90 g) cooked quinoa
- ¼ cup (30 g) finely chopped zucchini
- ¼ cup (15 g) baby spinach, chopped
- 1 tbsp (10 g) grated carrot
- 1 tsp olive oil
- 1 tbsp (15 g) low-fat ricotta or soft tofu
- ½ tsp chopped fresh parsley or dill
- Pinch of salt (optional)

## Directions

1. Heat olive oil in a small pan over medium-low heat.
2. Add zucchini and carrot; sauté for 3–4 minutes until softened.
3. Stir in quinoa and spinach; cook for another 2 minutes.
4. Remove from heat and mix in ricotta or tofu.
5. Sprinkle with herbs and serve warm.

- Swap quinoa for cooked brown rice for variety.
- Replace ricotta with lactose-free cottage cheese or mashed white beans.
- Add steamed peas or grated pumpkin for more color and sweetness.



**QUICK TIPS**

# Apple–Rice Flour Pancakes

## NUTRITIONAL INFO (PER SERVING)

Calories: 210  
Protein: 6 g  
Carbs: 33 g  
Fat: 6 g  
Fiber: 3 g  
Cholesterol: 0 mg  
Sodium: 95 mg  
Potassium: 230 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
10 min

**Yields:**  
1 serving



## Ingredients

- ¼ cup (30 g) rice flour
- 1 small apple, grated
- 1 large egg white
- ¼ cup (60 ml) low-fat milk or oat milk
- ½ tsp baking powder
- ½ tsp cinnamon (optional)
- ½ tsp olive or coconut oil for cooking

## Directions

1. Combine rice flour, baking powder, and cinnamon in a bowl.
2. In another bowl, whisk egg white and milk; fold in grated apple.
3. Mix wet and dry ingredients to form a smooth batter.
4. Heat a non-stick pan with a little oil; pour in small rounds.
5. Cook 2–3 minutes per side until golden.

- Use almond or rice milk for a lighter flavor.
- Replace apple with grated pear or mashed banana.
- Add 1 tbsp (8 g) oat flour for more structure.



**QUICK TIPS**

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# Salmon & Sweet Potato Cakes with Dill Yogurt

## NUTRITIONAL INFO (PER SERVING)

Calories: 325  
Protein: 28g  
Carbs: 25g  
Fats: 12g  
Fiber: 5g  
Cholesterol: 65mg  
Sodium: 200mg  
Potassium: 920mg

 **Prep Time:**  
10 minutes

 **Cook Time:**  
20 minutes

 **Yields:**  
1 serving

## Ingredients

- 3.5 oz (100g) cooked salmon, flaked
- ½ cup (120g) mashed sweet potato
- 1 tbsp chopped chives
- ½ tsp lemon zest (optional)
- 1 tbsp oat flour (or whole wheat)
- 1 tsp olive oil
- 3 tbsp low-fat Greek yogurt (lactose-free if needed)
- ½ tsp chopped fresh dill

## Directions

1. Mix salmon, sweet potato, chives, lemon zest, and flour until combined.
2. Shape into 2 small patties.
3. Heat olive oil in a skillet over medium heat and cook patties 3–4 minutes per side until golden.
4. Mix yogurt with dill for the dipping sauce.


## QUICK TIPS


- Use canned salmon (in water) or cooked cod, haddock, or trout for a similar effect.
- Replace oat flour with almond flour or ground flaxseed.
- Serve with a small side salad of cucumber and baby spinach for added freshness without triggering reflux.

# Mild Chicken & Rice Soup with Spinach

## NUTRITIONAL INFO (PER SERVING)

Calories: 295  
Protein: 27g  
Carbs: 34g  
Fats: 7g  
Fiber: 2g  
Cholesterol: 55mg  
Sodium: 180mg  
Potassium: 520mg

**Prep Time:** 5 minutes 

**Cook Time:** 20 minutes 

**Yields:** 1 serving 



## Ingredients

- 13.5 oz (100g) cooked chicken breast, shredded
- ¾ cup (125 g) cooked white rice
- 2 cups (480 ml) low-sodium chicken broth
- ½ cup (15 g) chopped spinach
- ¼ tsp ground turmeric
- ¼ tsp dried thyme
- ½ tsp olive oil

## Directions

1. Heat olive oil in a pot, add chicken, turmeric, and thyme. Stir for 1 minute.
2. Add broth and rice, simmer for 10 minutes.
3. Stir in spinach and cook for 2–3 minutes until wilted.

## QUICK TIPS

- Carrots, zucchini, or peeled courgette can be added for more bulk and nutrition.
- Use turkey breast or leftover rotisserie chicken (skin removed).
- Replace rice with small pasta shapes (like orzo) or quinoa if tolerated.



# Stuffed Eggplant with Lentils & Rice

## NUTRITIONAL INFO (PER SERVING)

Calories: 340  
Protein: 13 g  
Carbs: 59 g  
Fat: 8 g  
Fiber: 13 g  
Cholesterol: 0 mg  
Sodium: 60 mg  
Potassium: 940 mg

**Prep Time:**  
15 minutes



**Cook Time:**  
35 minutes



**Yields:**  
1 serving



## Ingredients

- 1 small eggplant (about 250 g / 9 oz), halved lengthwise
- ¼ cup (45 g) cooked brown or white rice
- ¼ cup (50 g) cooked green or brown lentils
- ¼ cup (30 g) zucchini, diced
- ¼ cup (30 g) carrots, diced
- 1 tsp olive oil
- 1 tbsp fresh parsley, chopped
- Pinch of salt (optional)

## Directions

1. Preheat oven to 375°F (190°C).
2. Scoop out the center of the eggplant, leaving about ½ inch (1.3 cm) shell. Dice the flesh and set aside.
3. Place eggplant halves, cut side down, on a baking sheet. Roast for 15 minutes until slightly softened.
4. In a skillet, heat olive oil. Sauté the reserved eggplant flesh, zucchini, and carrots for 4–5 minutes.
5. Stir in cooked lentils, rice, and parsley. Cook another 2–3 minutes.
6. Remove the eggplant shells from the oven, flip them, and stuff them with the mixture.
7. Return to the oven for 15 minutes until tender and golden.

- Swap rice for quinoa or millet for a higher protein option.
- Use red lentils instead of green/brown if you want a softer, creamier filling.
- If eggplant feels heavy for you, try zucchini boats instead (using the same method).
- Add a spoonful of lactose-free Greek yogurt or ricotta on top for creaminess.
- To reduce cooking time: pre-roast the eggplant halves in the microwave (3–4 minutes) before baking.
- Make it heartier by adding a spoonful of cooked millet or couscous.



**QUICK TIPS**



# Chicken & Pumpkin Risotto

 **Prep Time:**  
10 minutes

 **Cook Time:**  
25 minutes

 **Yields:**  
1 serving


**NUTRITIONAL INFO (PER SERVING)**  
 Calories: 385  
 Protein: 22g  
 Carbs: 58g  
 Fats: 7g  
 Fiber: 3g  
 Cholesterol: 45mg  
 Sodium: 280mg  
 Potassium: 610mg

## Ingredients

- ½ cup (100 g) Arborio rice
- 3 oz (85 g) cooked chicken breast, diced
- ½ cup (75 g) pumpkin, diced
- 1 ½ cups (360 ml) low-sodium chicken broth (warm)
- 1 tsp olive oil
- 1 tbsp fresh parsley, chopped

## Directions

1. Heat olive oil in a pan, add pumpkin, and sauté 5 minutes.
2. Stir in rice and cook 1 minute until lightly toasted.
3. Add broth gradually, stirring constantly until absorbed.
4. When rice is tender, stir in chicken and parsley. Serve warm.

 **QUICK TIPS**

- Turkey breast, lean ground chicken, or even white beans can replace chicken for variety.
- Replace Arborio rice with short-grain brown rice (cook slightly longer) or pearled barley for more fiber.
- Use butternut squash or sweet potato if pumpkin isn't available.

# Creamy Butternut Squash & White Bean Mash

## NUTRITIONAL INFO (PER SERVING)

- Calories: 280
- Protein: 10g
- Carbs: 46g
- Fats: 6g
- Fiber: 9g
- Cholesterol: 0mg
- Sodium: 120mg
- Potassium: 780mg

 **Prep Time:**  
10 minutes

 **Cook Time:**  
15 minutes

 **Yields:**  
1 serving




## Ingredients

- 1 cup (130 g) cubed butternut squash
- ½ cup (90 g) canned white beans, rinsed and drained
- 1 tsp olive oil
- ¼ tsp ground nutmeg
- Pinch of salt (optional)
- 1 tbsp chopped parsley

## Directions

1. Steam squash until tender, about 10 minutes.
2. Mash squash with beans, olive oil, nutmeg, and parsley until smooth.
3. Serve warm as a hearty plant-based lunch.

 **QUICK TIPS**

- Serve on top of toasted whole-grain bread or alongside grilled chicken/fish for a complete meal.
- Use cannellini, butter beans, or chickpeas depending on tolerance.
- For extra creaminess, blend in 1 tbsp lactose-free Greek yogurt or silken tofu.

# Baked Cod with Parsley & Mashed Cauliflower



## NUTRITIONAL INFO (PER SERVING)

Calories: 250  
Protein: 25g  
Carbs: 8g  
Fats: 12g  
Fiber: 3g  
Cholesterol: 50mg  
Sodium: 95mg  
Potassium: 770mg



**Prep Time:**  
10 minutes



**Cook Time:**  
15 minutes



**Yields:**  
1 serving

## Ingredients

4 oz (115 g) cod fillet  
1 tsp olive oil  
½ tsp dried parsley or 1 tsp fresh parsley  
1 cup (100 g) cauliflower florets  
1 tsp lactose-free milk or unsweetened almond milk  
Pinch of salt (optional)

## Directions

1. Preheat oven to 190°C (375°F). Place cod on baking sheet, drizzle with olive oil, and sprinkle with parsley. Bake for 12–15 minutes.
2. Steam cauliflower until tender (about 7 minutes), then mash with milk until smooth.
3. Serve cod with mashed cauliflower.



## QUICK TIPS

- Replace cod with salmon, haddock, trout, or tilapia.
- Pair with steamed green beans or zucchini for extra fiber without triggering reflux.
- Avoid adding lemon slices (commonly used with fish), as citrus can worsen reflux.

# Turkey & Spinach Rice Paper Rolls

## NUTRITIONAL INFO (PER SERVING)

Calories: 210  
Protein: 17g  
Carbs: 28g  
Fats: 4g  
Fiber: 3g  
Cholesterol: 35mg  
Sodium: 250mg  
Potassium: 420mg

**Prep Time:**  
15 minutes



**Cook Time:**  
10 minutes



**Yields:**  
1 serving



## Ingredients

3 rice paper sheets  
2 oz (55g) lean ground turkey  
½ cup (15 g) fresh spinach leaves  
¼ cup (25 g) cucumber, julienned  
¼ cup (25 g) carrot, julienned  
1 tsp low-sodium tamari or coconut aminos for dipping

## Directions

1. Heat a nonstick skillet over medium heat. Add the ground turkey with 1–2 tsp water or a light drizzle of olive oil. Cook for 6–8 minutes, breaking it apart with a spatula, until no longer pink and juices run clear. Allow to cool slightly.
2. Dip rice paper in warm water for 5–10 seconds to soften.
3. Lay spinach, turkey, cucumber, and carrot in the center.
4. Fold the sides and roll tightly. Serve with tamari or coconut aminos.



## QUICK TIPS

- Don't soak rice paper too long or it will tear—just soften lightly.
- Use cooked chicken breast strips, shrimp, or firm tofu instead of turkey.
- Swap cucumber with zucchini strips or add shredded lettuce for crunch.



# Mild Ginger Chicken & Veggie Stir-Fry

**Prep Time:**  
15 minutes

**Cook Time:**  
12 minutes

**Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 355  
Protein: 29 g  
Carbs: 38 g  
Fats: 10 g  
Fiber: 5 g  
Cholesterol: 65 mg  
Sodium: 160 mg  
Potassium: 710 mg

## Ingredients

- 3.5 oz (100g) chicken breast, cubed
- ½ cup (60g) carrots, thinly sliced
- ½ cup (60g) zucchini, thinly sliced
- ½ cup (40 g) bok choy, chopped
- 1 tsp fresh ginger, finely grated (mild amount)
- 1 tsp sesame oil
- 1 tbsp low-sodium chicken broth
- ½ cup (100g) cooked brown rice

## Directions

1. Heat sesame oil in a skillet over medium heat.
2. Add chicken and cook until lightly browned.
3. Add carrots, zucchini, bok choy, ginger, and broth.
4. Stir-fry until vegetables are tender.
5. Serve over brown rice.



## QUICK TIPS

- For vegetarian, use tempeh or firm tofu.
- Avoid high-heat frying to prevent acrid oil flavors.
- Ginger aids digestion but keep the amount mild to avoid irritation.

# Baked Salmon & Sweet Potato Mash

## NUTRITIONAL INFO (PER SERVING)

Calories: 365  
Protein: 27 g  
Carbs: 24 g  
Fats: 17 g  
Fiber: 4 g  
Cholesterol: 60 mg  
Sodium: 140 mg  
Potassium: 870 mg

**Prep Time:**  
15 minutes

**Cook Time:**  
20 minutes

**Yields:**  
1 serving



## Ingredients

- 3.5 oz (100 g) salmon fillet
- ½ tsp olive oil
- ½ cup (100 g) sweet potato, peeled and cubed
- ½ tbsp lactose-free milk
- ½ tsp fresh dill, chopped
- Pinch of sea salt

## Directions

1. Preheat oven to 180°C (350°F).
2. Rub salmon with olive oil and place on a baking tray. Bake for 15–18 minutes.
3. Boil sweet potato until tender; mash with milk, dill, and salt.
4. Serve salmon alongside mash.



## QUICK TIPS

- Use regular potatoes or parsnips for a different mash flavor.
- Double the recipe—salmon keeps well in the fridge for up to 2 days. Mash can be stored and reheated with a splash of milk.
- Swap salmon with trout, cod, haddock, or chicken breast for variety.



# Creamy White Bean & Spinach Wrap

**Prep Time:**  
10 minutes

**Cook Time:**  
5 minutes

**Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 315  
Protein: 14 g  
Carbs: 48 g  
Fats: 9 g  
Fiber: 8 g  
Cholesterol: 2 mg  
Sodium: 230 mg  
Potassium: 630 m

## Ingredients

- 1 medium whole wheat or spelt tortilla
- ½ cup (90 g) cooked white beans (cannellini or navy)
- 1 tbsp lactose-free Greek yogurt
- 1 tsp olive oil
- ½ cup (15 g) baby spinach, lightly wilted
- ¼ cup (30 g) grated zucchini, squeezed dry
- 1 tbsp chopped chives
- Pinch of sea salt

## Directions

1. Mash the beans with yogurt and olive oil until smooth and creamy.
2. Add spinach, zucchini, and chives, and mix.
3. Spread the mixture onto a tortilla and roll it up tightly.
4. Slice in half to serve.

## QUICK TIPS

- Use a gluten-free wrap if needed.
- Add shredded cooked chicken for an extra protein boost.
- For creaminess without yogurt, try blended silken tofu.
- Keep the filling chilled for meal prep.

# Mediterranean Couscous Salad with Dill Yogurt Dressing

## NUTRITIONAL INFO (PER SERVING)

Calories: 240 kcal  
Protein: 8 g  
Carbs: 40 g  
Fats: 6 g  
Fiber: 4 g  
Cholesterol: 5 mg  
Sodium: 130 mg  
Potassium: 340 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
5 minutes

**Yields:**  
1 serving



## Ingredients

- ½ cup (80 g) couscous
- ½ cup (120 ml) low-sodium vegetable broth or hot water
- ¼ cup (35 g) diced cucumber
- 1 tbsp finely chopped parsley
- 1 tbsp lactose-free Greek yogurt
- ½ tsp olive oil
- ½ tsp fresh dill, chopped
- ½ tsp lemon juice (or mild apple juice if citrus-sensitive)

## Directions

1. Place couscous in a small bowl. Pour over the hot broth or water, cover, and let sit for 5 minutes. Fluff with a fork.
2. In a separate bowl, whisk together Greek yogurt, olive oil, lemon juice, and dill.
3. Stir cucumber and parsley into couscous. Drizzle with dressing and toss gently. Serve cool or at room temperature.

## QUICK TIPS

- Replace couscous with cooked quinoa or millet.
- Vegan: Use coconut yogurt instead of Greek yogurt.
- Top with grilled chicken or a spoonful of white beans for a fuller meal.



# Creamy Chicken & Leek Pie (Lightened Version)

**Prep Time:**  
15 minutes



**Cook Time:**  
30 minutes



**Yields:**  
2 serving



## NUTRITIONAL INFO (PER SERVING)

Calories: 362 kcal  
Protein: 31 g  
Carbs: 28 g  
Fats: 13 g  
Fiber: 3 g  
Cholesterol: 75 mg  
Sodium: 240 mg  
Potassium: 720 mg

## Ingredients

7 oz (200 g) chicken breast, diced  
1 medium leek, white and light green part only, sliced  
1 medium carrot, diced  
1 tbsp olive oil  
1 cup (250 ml) low-sodium chicken stock  
½ cup (120 ml) lactose-free milk  
1 tbsp cornstarch (mixed with 2 tbsp water)  
2 sheets filo pastry  
1 tsp fresh thyme leaves (or ½ tsp dried)  
Pinch of salt and black pepper (optional, if tolerated)

## Directions

1. Preheat oven to 190°C (375°F).
2. In a skillet, heat olive oil. Add the leeks and carrots; sauté for 5 minutes, until softened.
3. Add chicken and cook until lightly browned.
4. Stir in chicken stock, thyme, and lactose-free milk. Simmer for 5 minutes.
5. Add cornstarch slurry and cook until the sauce thickens. Remove from heat.
6. Transfer mixture to a small ovenproof dish.
7. Layer filo pastry on top, brushing lightly with olive oil. Scrunch for texture.
8. Bake 15–20 minutes, until golden and crisp.



## QUICK TIPS

- Use turkey or cod instead of chicken.
- Replace carrots with zucchini or spinach for variety.
- Use oat or almond milk (unsweetened) instead of lactose-free milk.
- Make-ahead: Cook filling in advance; top with filo just before baking.
- Extra gentle: Omit pepper and stick with thyme or parsley only.



# Creamy Carrot & Ginger Soup with Quinoa

**Prep Time:**  
10 minutes

**Cook Time:**  
20 minutes

**Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 310  
Protein: 12g  
Carbs: 52g  
Fats: 6g  
Fiber: 7g  
Cholesterol: 5mg  
Sodium: 180mg  
Potassium: 700mg

## Ingredients

- 1 cup (130 g) chopped carrots
- ½ cup (120 mL) low-sodium vegetable broth
- ½ tsp fresh grated ginger (mild)
- ½ cup (100 g) cooked quinoa
- 2 tbsp plain Greek yogurt (low-fat)
- 1 tsp olive oil
- Fresh dill or parsley for garnish

## Directions

1. In a pot, heat olive oil and sauté carrots for 3–4 minutes. Add broth and ginger; simmer until carrots are tender (12–15 min).
2. Blend the soup until smooth, then stir in the yogurt for added creaminess.
3. Serve hot with quinoa stirred in and herbs sprinkled on top.

- Sweet potato can replace carrots.
- Substitute quinoa with rice or millet if preferred.
- Stir in zucchini chunks before blending for extra nutrition.
- Omit ginger if it causes reflux. Or replace with ½ tsp turmeric for a gentle anti-inflammatory boost.



**QUICK TIPS**

# Zucchini & Ricotta Roll-Ups

## NUTRITIONAL INFO (PER SERVING)

Calories: 185 kcal  
Protein: 11 g  
Carbs: 7 g  
Fats: 13 g  
Fiber: 2 g  
Cholesterol: 35 mg  
Sodium: 90 mg  
Potassium: 460 mg

**Prep Time:**  
15 minutes

**Cook Time:**  
15 minutes

**Yields:**  
1 serving



## Ingredients

- 1 medium zucchini, thinly sliced lengthwise
- ½ cup (120 g) ricotta cheese (part-skim)
- 1 tbsp fresh basil, chopped
- ½ tsp olive oil
- Pinch of salt

## Directions

1. Grill or bake zucchini slices until tender.
2. Spread the ricotta and basil mixture on each slice.
3. Roll them up, secure with toothpicks, drizzle with olive oil.

- Add grilled chicken, shrimp, or tofu for a fuller meal.
- Swap rice noodles with soba noodles (buckwheat) or quinoa for variety.
- Use spinach, green beans, or bell pepper instead of bok choy.
- Skip sesame oil if sensitive to fats; drizzle with mild olive oil instead.



**QUICK TIPS**



# Turkey & Sweet Potato Shepherd's Pie

## NUTRITIONAL INFO (PER SERVING)

Calories: 396 kcal  
Protein: 29 g  
Carbs: 44 g  
Fats: 11 g  
Fiber: 7 g  
Cholesterol: 70 mg  
Sodium: 230 mg  
Potassium: 960 mg

**Prep Time:**  
20 minutes



**Cook Time:**  
35 minutes



**Yields:**  
3 serving



## Ingredients

- 10 oz (300 g) lean ground turkey
- 1 medium carrot, diced
- 1 small zucchini, diced
- ½ cup (80 g) peas (frozen is fine)
- 1 tbsp olive oil
- ¾ cup (200 ml) low-sodium chicken or veggie broth
- 1 tsp dried oregano
- 2 medium sweet potatoes, peeled and cubed
- 2 tbsp lactose-free milk
- 1 tsp olive oil (for mash)
- Salt (optional, small amount if tolerated)

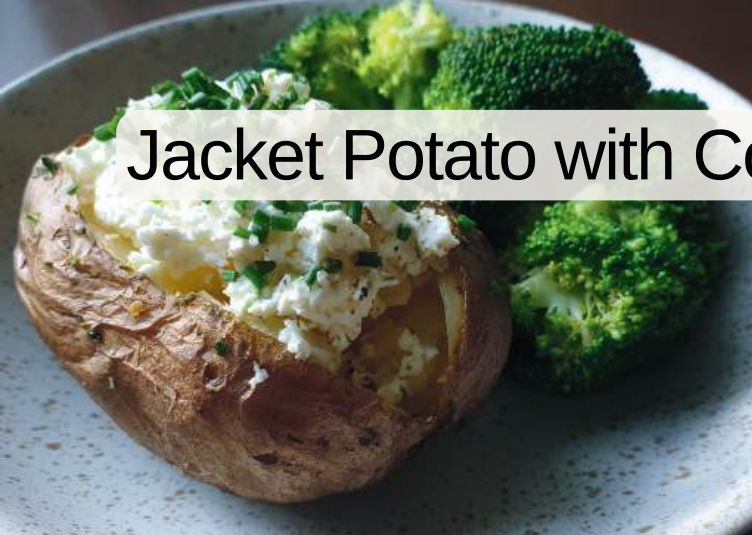
## Directions

1. Boil sweet potatoes until tender (12–15 minutes). Mash with milk and olive oil.
2. Heat olive oil in a skillet. Add turkey and cook until browned.
3. Add carrots and zucchini; cook 5 minutes.
4. Stir in broth, peas, and oregano. Simmer until slightly thickened.
5. Spread the mixture in a baking dish. Top with mashed sweet potato.
6. Bake at 190°C (375°F) for 20 minutes, until topping is lightly golden.



## QUICK TIPS

- Use chicken mince or lentils (for vegetarians).
- Try half sweet potato, half white potato for a milder flavor.
- Add spinach or green beans for an additional boost of nutrients.
- Batch cook: Make in a large dish, portion, and freeze.
- Avoid Worcestershire sauce or tomato paste, which are often added to traditional recipes.



# Jacket Potato with Cottage Cheese & Chives

**Prep Time:**  
5 minutes

**Cook Time:**  
45 minutes

**Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 295 kcal  
Protein: 19 g  
Carbs: 41 g  
Fats: 6 g  
Fiber: 6 g  
Cholesterol: 10 mg  
Sodium: 340 mg  
Potassium: 960 mg

## Ingredients

- 1 medium baking potato
- ½ cup (100g) low-fat cottage cheese
- 1 tbsp fresh chives, chopped
- 1 cup (90 g) steamed broccoli florets

## Directions

1. Bake the potato at 400°F (200°C) for 40–45 minutes, or until it is fluffy inside.
2. Slice open, fluff with a fork, and top with cottage cheese and chives.
3. Serve with steamed broccoli on the side.



## QUICK TIPS

- Use lactose-free cottage cheese if needed, or replace it with ricotta, Greek yogurt, or mashed avocado for variation.
- Add steamed green beans, zucchini, or spinach instead of (or with) broccoli.
- Add finely chopped spinach to the cottage cheese for an extra boost of greens.

# Egg Salad Lettuce Cups

## NUTRITIONAL INFO (PER SERVING)

Calories: 155 kcal  
Protein: 12 g  
Carbs: 2 g  
Fats: 11 g  
Fiber: 1 g  
Cholesterol: 280 mg  
Sodium: 120 mg  
Potassium: 190 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
10 minutes

**Yields:**  
1 serving



## Ingredients

- 2 hard-boiled eggs, chopped
- 1 tbsp plain Greek yogurt (lactose-free if needed)
- 1 tsp fresh chives
- 3 butter lettuce leaves
- Pinch of salt

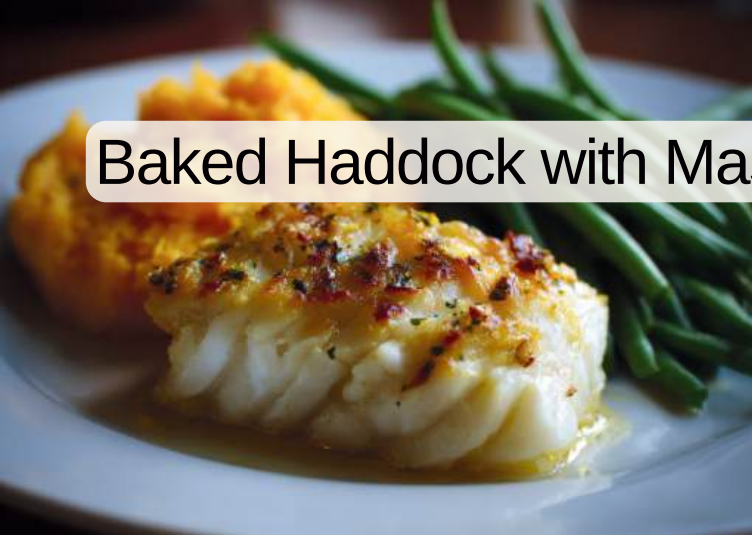
## Directions

1. Mix eggs, yogurt, and chives in a small bowl.
2. Spoon into lettuce leaves.
3. Serve as handheld wraps.



## QUICK TIPS

- Use lactose-free yogurt, mashed avocado, or light mayo.
- Use romaine, endive, or collard greens if butter lettuce isn't available.
- Add diced cucumber or celery (if tolerated) for crunch.
- Make the egg salad ahead of time; assemble it in lettuce cups just before serving.



# Baked Haddock with Mashed Swede & Green Beans

**Prep Time:**  
5 minutes

**Cook Time:**  
25 minutes

**Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 295 kcal  
Protein: 19 g  
Carbs: 41 g  
Fats: 6 g  
Fiber: 6 g  
Cholesterol: 10 mg  
Sodium: 340 mg  
Potassium: 960 mg

## Ingredients

- 1 haddock fillet (120 g), skinless
- 1 tsp olive oil
- ½ lemon (juice only)
- 1 small swede (rutabaga), peeled and cubed
- 1 cup (100 g) green beans, trimmed
- 1 tsp fresh dill, chopped

## Directions

1. Preheat oven to 375°F (190°C).
2. Place haddock on a baking tray, drizzle with olive oil and lemon juice, and bake for 15 minutes.
3. Meanwhile, boil swede cubes until tender (15 minutes), then mash with a splash of oat milk.
4. Steam green beans for 5 minutes.
5. Serve haddock with mashed swede, green beans, and dill sprinkled on top.

### QUICK TIPS

- Cod or pollock can replace haddock.
- For a dairy-free mash, use olive oil instead of oat milk.
- Add a teaspoon of horseradish root for flavor (if tolerated, low-acid).

# Turkey & Avocado Wrap (GERD-Friendly)

## NUTRITIONAL INFO (PER SERVING)

Calories: 340  
Protein: 28 g  
Carbs: 28 g  
Fats: 13 g  
Fiber: 7 g  
Cholesterol: 55 mg  
Sodium: 260 mg  
Potassium: 720 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
20 minutes

**Yields:**  
1 serving



## Ingredients

- 1 whole wheat tortilla (low-sodium)
- 3.5 oz (100 g) turkey breast, skinless
- ¼ avocado, mashed
- ½ cucumber, sliced into thin sticks
- 1 handful butter lettuce
- 1 tsp olive oil

## Directions


1. Preheat oven to 190°C (375°F). Place the turkey breast on a small baking sheet, brush lightly with olive oil, and season with a pinch of salt if tolerated. Roast for 18–20 minutes, or until cooked through. Let rest for 5 minutes, then slice thinly.
2. Warm the tortilla lightly. Spread mashed avocado over the tortilla.
3. Layer turkey, cucumber, and lettuce. Roll into a wrap, and slice in half.

### QUICK TIPS

- Swap turkey with grilled chicken or baked salmon.
- Replace the tortilla with a collard green wrap for a grain-free option.



# Creamy Zucchini & Basil Soup

 **Prep Time:**  
10 minutes

 **Cook Time:**  
20 minutes

 **Yields:**  
2 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 165  
Protein: 5 g  
Carbs: 21 g  
Fats: 7 g  
Fiber: 4 g  
Cholesterol: 0 mg  
Sodium: 160 mg  
Potassium: 780 mg

## Ingredients

- 1 tbsp olive oil (or 1 tsp for lighter option)
- 1 medium zucchini, chopped
- 1 small potato, peeled and diced
- 1 cup (30 g) baby spinach or kale
- 2 cups (480 mL) low-sodium vegetable broth
- ¼ cup (60 mL) lactose-free milk
- 1 tbsp (5 g) fresh basil, chopped
- Small pinch of salt (optional)

## Directions

1. Heat olive oil in a medium pot over low heat. Add zucchini and potato; cook for 5 minutes, stirring.
2. Pour in the broth and simmer for 15 minutes, until the vegetables are tender.
3. Stir in spinach and basil, cook 2 more minutes.
4. Blend until smooth, stir in milk, and serve warm.


- Add 1 tbsp of cooked quinoa for extra protein and creaminess.
- Use peeled zucchini for extra-sensitive stomachs.




# Silky Potato & Fennel Soup

## NUTRITIONAL INFO (PER SERVING)

Calories: 160  
Protein: 4 g  
Carbs: 24 g  
Fats: 5 g  
Fiber: 3 g  
Cholesterol: 0 mg  
Sodium: 150 mg  
Potassium: 720 mg

 **Prep Time:**  
10 minutes

 **Cook Time:**  
25 minutes

 **Yields:**  
2 serving



## Ingredients

- 1 small fennel bulb, chopped
- 1 medium potato, diced
- 2½ cups (600 mL) low-sodium chicken or vegetable broth
- ¼ cup (60 mL) lactose-free milk
- 1 tsp olive oil
- Fresh dill, for garnish

## Directions

1. Heat olive oil in a pot, and sauté fennel for 3 minutes.
2. Add the potato and broth, and simmer for 20 minutes.
3. Blend until smooth, stir in milk, and garnish with dill.

- Ideal for batch cooking — freezes well up to 1 month.
- Fennel can be swapped for celery root for a different but still gentle flavor.
- Add a squeeze of lemon-free acid (like apple purée) for a mild tang.





# Salmon & Potato Fishcakes with Steamed Veg

**Prep Time:**  
20 minutes



**Cook Time:**  
25 minutes



**Yields:**  
2 serving



## NUTRITIONAL INFO (PER SERVING)

Calories: 345 kcal  
Protein: 28 g  
Carbs: 25 g  
Fat: 14 g  
Fiber: 4 g  
Cholesterol: 80 mg  
Sodium: 180 mg  
Potassium: 840 mg

## Ingredients

7 oz (200 g) cooked salmon, flaked  
1½ cups (250 g) mashed potato  
(white potato, plain)  
1 tbsp chopped parsley  
2 tbsp oats (for binding)  
1 egg white, lightly beaten  
1 tbsp olive oil (for brushing)  
1 cup (100 g) green beans, trimmed  
1 cup (120 g) carrots, sliced into thin  
sticks or rounds  
2 tbsp lactose-free plain yogurt (or  
regular low-fat if tolerated)  
1 tsp fresh dill, finely chopped  
Pinch of salt and pepper (optional,  
mild seasoning only)

## Directions

1. Preheat the oven to 400°F (200°C) and line a baking tray with parchment paper.
2. Mix salmon, mashed potato, parsley, and oats in a bowl. Shape into 4 patties and brush with egg white.
3. Bake for 20–25 minutes, turning halfway, until golden and firm. Brush lightly with olive oil.
4. Steam vegetables: Add carrots to a steamer for 4–5 minutes, then green beans for another 3–4 minutes, until tender-crisp.
5. Make sauce: Combine yogurt and dill in a small bowl.
6. Serve two fishcakes with steamed vegetables and a dollop of yogurt-dill sauce.

- Use cod, haddock, or tuna instead of salmon.
- Replace oats with rice flour if avoiding grains.
- Swap vegetables for broccoli, zucchini, or peas.
- Make-ahead: Form patties and refrigerate; bake when ready.
- Skip the yogurt sauce if dairy is an issue — serve with mashed avocado.



**QUICK  
TIPS**

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# Chicken & Root Vegetable Hotpot

**Prep Time:**  
15 minutes

**Cook Time:**  
40 minutes

**Yields:**  
1 serving

**NUTRITIONAL INFO (PER SERVING)**  
 Calories: 360  
 Protein: 34 g  
 Carbs: 39 g  
 Fats: 8 g  
 Fiber: 6 g  
 Cholesterol: 75 mg  
 Sodium: 120 mg  
 Potassium: 950 mg

## Ingredients

- 4 oz (120 g) chicken breast, cubed
- 1 tsp olive oil
- ½ cup (60 g) carrots, diced
- ½ cup (60 g) parsnips, diced
- ½ cup (80 g) potatoes, thinly sliced
- ½ cup (120 mL) low-sodium chicken broth
- 1 tsp fresh thyme
- 1 bay leaf

## Directions

1. Heat oil in a pan and brown chicken lightly.
2. Add carrots, parsnips, and thyme. Pour in broth. Simmer for 20 minutes.
3. Layer sliced potatoes on top, cover, and simmer for another 20 minutes, or until tender.
4. Remove the bay leaf before serving.



**QUICK TIPS**

- Use turkey breast instead of chicken for variety.
- Add swede or turnips.
- For added creaminess, stir in 1 tsp lactose-free plain yogurt at the end.

# Baked Salmon with Minted Pea Purée & Baby Potatoes

## NUTRITIONAL INFO (PER SERVING)

- Calories: 410
- Protein: 35 g
- Carbs: 36 g
- Fats: 13 g
- Fiber: 7 g
- Cholesterol: 80 mg
- Sodium: 90 mg
- Potassium: 1,020mg

**Prep Time:**  
15 minutes

**Cook Time:**  
20 minutes

**Yields:**  
1 serving



## Ingredients

- 1 salmon fillet (~4 oz/120 g)
- 1 tsp olive oil
- ½ cup (75 g) peas, boiled and blended with 1 tbsp water
- 1 tsp fresh mint, chopped
- ½ cup (80 g) baby potatoes, boiled
- ½ cup (60 g) steamed carrots

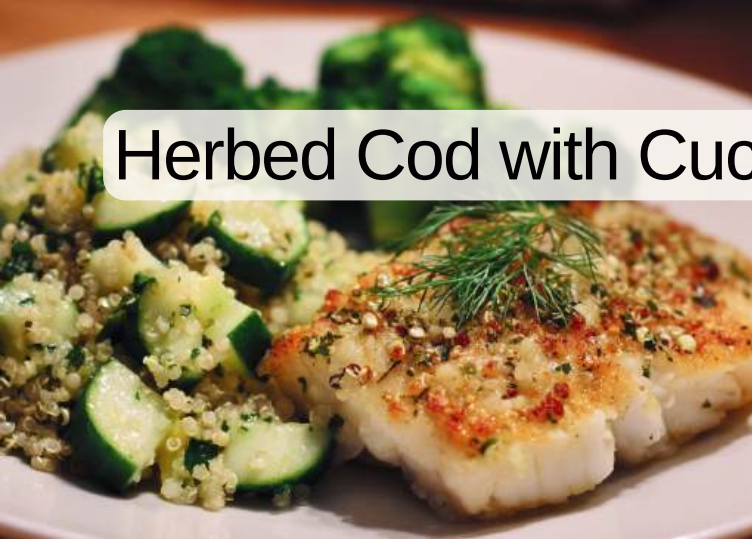
## Directions

1. Preheat oven to 375°F (190°C). Place salmon on parchment, brush with olive oil, bake for 15 minutes.
2. Blend peas with mint and a splash of water into a purée.
3. Serve salmon with minted pea purée, boiled baby potatoes, and steamed carrots.



**QUICK TIPS**

- Swap peas for broad beans.
- Use trout or cod instead of salmon.



# Herbed Cod with Cucumber-Dill Quinoa Salad

**Prep Time:**  
15 minutes

**Cook Time:**  
20 minutes

**Yields:**  
2 serving

**NUTRITIONAL INFO (PER SERVING)**  
 Calories: 365 kcal  
 Protein: 32 g  
 Carbs: 29 g  
 Fat: 13 g  
 Fiber: 5 g  
 Cholesterol: 70 mg  
 Sodium: 140 mg  
 Potassium: 950 mg

## Ingredients

- 4 oz(120 g) cod fillet, skinless
- 1 tsp olive oil
- 1 tbsp fresh parsley, chopped
- ½ tsp fresh dill, chopped
- Pinch of salt (if tolerated)
- ½ cup (75 g) cooked quinoa
- ½ cucumber, diced
- 1 tbsp fresh dill, chopped
- 1 tsp olive oil
- ½ cup (50 g) steamed broccoli

## Directions

1. Preheat oven to 190°C (375°F).
2. Rub cod with olive oil, parsley, dill, and optional pinch of salt. Place on a lined baking tray.
3. Bake for 12–15 minutes, until cod flakes easily with a fork.
4. In a bowl, combine quinoa, cucumber, dill, and olive oil. Toss gently. Serve baked cod with cucumber-dill quinoa salad and steamed broccoli.



**QUICK TIPS**

- Use brown rice or millet instead of quinoa.
- Cod can be replaced with haddock, pollock, or tilapia.
- Skip the raw cucumber and use lightly steamed zucchini cubes.

# Turkey & Sweet Potato Patties with Steamed Green Beans

## NUTRITIONAL INFO (PER SERVING)

Calories: 370 kcal  
 Protein: 33 g  
 Carbs: 10 g  
 Fat: 23 g  
 Fiber: 4 g  
 Cholesterol: 85 mg  
 Sodium: 95 mg  
 Potassium: 1040 mg

**Prep Time:**  
15 minutes

**Cook Time:**  
20 minutes

**Yields:**  
1 serving



## Ingredients

- 4 oz (120 g) ground turkey, lean
- ½ cup (100 g) sweet potato, mashed (cooked)
- 1 tbsp oat flour (or breadcrumbs if tolerated)
- 1 tbsp fresh parsley, chopped
- 1 tsp olive oil (for brushing)
- 1 cup(100g) green beans, steamed

## Directions

1. Boil or steam sweet potato until soft, mash, and let cool.
2. In a bowl, combine ground turkey, mashed sweet potato, oat flour, and parsley. Mix until well combined.
3. Shape into 2 patties. Brush lightly with olive oil.
4. Place on a parchment-lined baking tray. Bake at 190°C (375°F) for 18–20 minutes, flipping halfway through.
5. Serve with steamed green beans.



**QUICK TIPS**

- Trout, cod, or turkey breast can replace salmon.
- Use brown rice or quinoa instead of cauliflower rice.
- Skip lemon zest and stick to basil only if citrus is a trigger.



# Chicken & Rice Stuffed Bell Peppers

**Prep Time:**  
15 minutes



**Cook Time:**  
30 minutes



**Yields:**  
1 serving



## NUTRITIONAL INFO (PER SERVING)

Calories: 370 kcal  
Protein: 29 g  
Carbs: 39 g  
Fats: 10 g  
Fiber: 6 g  
Cholesterol: 65 mg  
Sodium: 250 mg  
Potassium: 870 mg

## Ingredients

- 1 large bell pepper, halved and deseeded
- 1 small chicken breast (~100g/3.5 oz)
- ½ cup (85 g) cooked white rice
- ⅓ cup (50 g) zucchini, finely diced
- ¼ cup (30 g) carrots, finely diced
- 1 tsp olive oil
- 1 tsp chopped parsley
- 2 tbsp lactose-free cottage cheese

## Directions

1. Preheat oven to 180°C / 350°F. Place the chicken breast on a baking tray, brush it lightly with olive oil, and season with a pinch of salt, if tolerated. Bake for 18–20 minutes, or until fully cooked through (internal temperature: 74°C / 165°F). Let it rest for 5 minutes, then shred with two forks.
2. While the chicken cooks, halve and deseed the bell pepper.
3. In a bowl, combine the shredded chicken, cooked rice, zucchini, carrots, olive oil, parsley, and cottage cheese.
4. Fill each pepper half with the mixture and place in a baking dish. Cover with foil and bake for 25–30 minutes, until the peppers are tender and the filling is hot throughout.



## QUICK TIPS

- Use ground turkey, lean beef, or tofu as a substitute for chicken.
- As rice alternatives, consider using brown rice or quinoa for added fiber, or cauliflower rice for a low-carb option.
- Cottage cheese can be replaced with ricotta, Greek yogurt, or lactose-free cream cheese.
- Add mushrooms, spinach, or peas for variety.
- Bake multiple peppers at once. Store leftovers in the fridge for up to 3 days or freeze.



# Beef & Barley Stew

**Prep Time:**  
15 minutes

**Cook Time:**  
1 hour

**Yields:**  
2 serving

**NUTRITIONAL INFO (PER SERVING)**  
 Calories: 390  
 Protein: 32g  
 Carbs: 36g  
 Fat: 12g  
 Fiber: 7g  
 Cholesterol: 70mg  
 Sodium: 280mg  
 Potassium: 1020mg

## Ingredients

- 7 oz (200g) lean beef stew meat, cubed
- 1 tsp olive oil
- ½ cup (60 g) carrots, diced
- ½ cup (60 g) parsnips, diced
- ⅓ cup (50 g) zucchini, diced
- ½ cup (90 g) pearl barley
- 2 cups (480 ml) low-sodium beef broth
- 1 bay leaf
- 1 tsp fresh thyme (or ½ tsp dried thyme)

## Directions

1. Heat olive oil in a pot over medium heat. Add beef cubes and sear for 3–4 minutes, turning occasionally.
2. Add carrots, parsnips, zucchini, pearl barley, beef broth, bay leaf, and thyme. Stir well.
3. Bring to a gentle boil, then reduce the heat to low. Cover and simmer for 45–60 minutes, or until the beef and barley are tender.
4. Remove the bay leaf before serving. Let the stew rest for 5 minutes to allow flavors to deepen.

**QUICK TIPS**

- Swap beef for chicken or turkey.
- Oats (steel-cut) can replace barley if needed.
- Freezes well for batch cooking.

# Turkey Meatloaf with Oat Crust

**NUTRITIONAL INFO (PER SERVING)**  
 Calories: 385  
 Protein: 36 g  
 Carbohydrates: 35 g  
 Fats: 9 g  
 Fiber: 6 g  
 Cholesterol: 70 mg  
 Sodium: 95 mg  
 Potassium: 900 mg

**Prep Time:**  
15 minutes

**Cook Time:**  
25 minutes

**Yields:**  
1 serving



## Ingredients

- 4 oz (120 g) ground turkey breast
- 2 tbsp (15 g) rolled oats
- 1 small egg white
- ½ tsp dried oregano
- ½ tsp parsley
- ½ cup (60 g) steamed green beans
- ½ cup (100 g) mashed sweet potato

## Directions

1. Preheat oven to 375°F (190°C). Mix turkey, oats, egg white, oregano, and parsley.
2. Shape into a mini loaf and bake for 20–25 minutes until cooked through.
3. Serve with green beans and mashed sweet potato.

**QUICK TIPS**

- Swap oats for quinoa flakes (gluten-free option).
- Can be made in muffin tins for portion control.
- Avoid ketchup glaze (acidic); instead, brush with a touch of olive oil before baking.



# Herb-Crusted Haddock with Sweet Potato Wedges

**Prep Time:**  
15 minutes

**Cook Time:**  
25 minutes

**Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 360  
Protein: 34 g  
Carbs: 39 g  
Fats: 8 g  
Fiber: 6 g  
Cholesterol: 75 mg  
Sodium: 120 mg  
Potassium: 950 mg

## Ingredients

- 1 haddock fillet (120g /4.2 oz), skinless
- 2 tbsp breadcrumbs (wholemeal if tolerated)
- 1 tsp fresh parsley, chopped
- 1 tsp olive oil
- 1 medium (150g) sweet potatoes, cut into wedges

## Directions

1. Preheat oven to 190°C (375°F).
2. Toss sweet potato wedges with ½ tsp olive oil; roast 25 minutes.
3. Mix breadcrumbs with parsley and ½ tsp olive oil. Press onto the haddock fillet.
4. Bake haddock for 12–15 minutes.
5. Serve with roasted wedges.



## QUICK TIPS

- Substitute cod or pollock for haddock.
- Use gluten-free breadcrumbs if needed, or crushed rice cakes for a lighter crust.
- White potatoes, butternut squash, or parsnips can replace sweet potatoes.

# Lemon & Herb Baked Chicken with Zucchini Ribbons

## NUTRITIONAL INFO (PER SERVING)

Calories: 280  
Protein: 31 g  
Carbs: 9 g  
Fat: 13 g  
Fiber: 4 g  
Cholesterol: 75 mg  
Sodium: 110 mg  
Potassium: 890 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
20 minutes

**Yields:**  
1 serving



## Ingredients

- 4 oz (120 g) chicken breast
- 1 tsp olive oil
- ½ tsp lemon zest
- 1 tbsp fresh parsley, chopped
- 1 zucchini, shaved into ribbons with peeler
- ½ cup (50 g) steamed broccoli

## Directions

1. Rub chicken with olive oil, lemon zest, and parsley. Bake at 375°F (190°C) for 20 minutes.
2. Lightly steam zucchini ribbons for 1–2 minutes.
3. Serve chicken with zucchini ribbons and broccoli.



## QUICK TIPS

- Swap chicken with turkey breast or white fish (cod, haddock) for a lighter variation.
- Replace zucchini with carrot ribbons or steamed green beans. Broccoli can be swapped with cauliflower.
- Try dill, thyme, or basil instead of parsley. If lemon triggers reflux, reduce zest or substitute with fresh basil for brightness.



# Stuffed Portobello Mushrooms with Quinoa & Ricotta

**Prep Time:**  
10 minutes

**Cook Time:**  
20 minutes

**Yields:**  
1 serving

**NUTRITIONAL INFO  
(PER SERVING)**  
Calories: 330  
Protein: 18 g  
Carbs: 32 g  
Fat: 14 g  
Fiber: 6 g  
Cholesterol: 35 mg  
Sodium: 180 mg  
Potassium: 840 mg

## Ingredients

- 2 large portobello mushrooms (200 g), stems removed
- ½ cup (85 g) cooked quinoa
- ¼ cup (60 g) ricotta cheese (part-skim)
- 2 tbsp (20 g) zucchini, diced
- 1 tbsp fresh parsley, chopped
- 1 tsp olive oil

## Directions

1. Preheat oven to 375°F (190°C).
2. Mix quinoa, ricotta, zucchini, and parsley in a bowl.
3. Brush the mushroom caps with olive oil, place them on a baking tray, and stuff them with the mixture.
4. Bake for 15–20 minutes, or until the mushrooms are tender.



- QUICK TIPS**
- Replace ricotta with lactose-free cottage cheese.
  - Add spinach to filling for extra greens.
  - Serve with a side of steamed broccoli or carrots.

# Cauliflower Rice & Spinach Bowl with Lemon-Basil Salmon

**NUTRITIONAL INFO  
(PER SERVING)**  
Calories: 370 kcal  
Protein: 33 g  
Carbs: 10 g  
Fat: 23 g  
Fiber: 4 g  
Cholesterol: 85 mg  
Sodium: 95 mg  
Potassium: 1040 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
15 minutes

**Yields:**  
1 serving



## Ingredients

- 4 oz (120 g) salmon fillet, skinless
- 1 tsp olive oil
- ½ tsp lemon zest (optional, if tolerated)
- 1 tbsp fresh basil, chopped
- 1½ cups (180 g) cauliflower rice
- 1 tsp olive oil
- 1 cup (30g) fresh spinach

## Directions

1. Preheat oven to 190°C (375°F).
2. Rub salmon with olive oil, basil, and lemon zest if tolerated. Bake for 12–15 minutes, or until flaky.
3. While salmon bakes, heat 1 tsp olive oil in a skillet. Add the cauliflower rice and sauté for 3–4 minutes, until tender.
4. Steam spinach until just wilted. Serve baked salmon over cauliflower rice with spinach on the side.



- QUICK TIPS**
- Trout, cod, or turkey breast can replace salmon.
  - Use brown rice or quinoa instead of cauliflower rice.
  - Skip lemon zest and stick to basil only if citrus is a trigger.



# Cod & Vegetable Cottage Pie

**Prep Time:**  
15 minutes



**Cook Time:**  
30 minutes



**Yields:**  
1 serving



## NUTRITIONAL INFO (PER SERVING)

Calories: 360 kcal  
Protein: 31 g  
Carbs: 41 g  
Fats: 8 g  
Fiber: 6 g  
Cholesterol: 65 mg  
Sodium: 230 mg  
Potassium: 930 mg

## Ingredients

- 120 g (4 oz) cod fillet, skinless, cut into small chunks
- 1 tsp olive oil
- ½ carrot, diced
- ½ zucchini, diced
- ½ cup low-sodium vegetable or fish broth
- 1 medium potato, peeled and diced
- 1 tbsp lactose-free milk (or almond milk)
- 1 tbsp fresh parsley, chopped
- Pinch of salt (optional)

## Directions

1. Place diced potatoes in a pot of water, bring to a boil, and cook for 12–15 minutes, or until tender. Drain, mash with lactose-free milk, and set aside.
2. Heat olive oil in a skillet. Add diced carrots and zucchini, and sauté for 5 minutes until softened.
3. Stir in the cod pieces and cook for 2–3 minutes, until the fish just starts to turn opaque.
4. Pour in the broth, reduce the heat, and let simmer for 5 minutes, until the fish is fully cooked and the mixture has slightly thickened. Stir in parsley.
5. Transfer mixture to a small oven-safe dish. Spread mashed potatoes evenly on top.
6. Place in a preheated oven at 375°F (190°C) for 10 minutes, or until the top is lightly golden.
7. Serve warm.

- Haddock, pollock, or tilapia can be used as substitutes for cod.
- Mix potato with parsnip or sweet potato for a slightly sweeter top.
- Try parsnips, zucchini, or green beans if you'd like to rotate your veggies.
- Use unsweetened almond milk or oat milk for the mash.
- Make in advance and store in the fridge for up to 2 days. Reheat gently in the oven.



**QUICK  
TIPS**



# Mild Coconut Fish Stew (Tomato-Free)

**Prep Time:**  
10 minutes

**Cook Time:**  
20 minutes

**Yields:**  
2 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 360  
Protein: 29 g  
Carbs: 13 g  
Fat: 21 g  
Fiber: 3 g  
Cholesterol: 60 mg  
Sodium: 200 mg  
Potassium: 780 mg

## Ingredients

- 1 white fish fillet (cod or haddock, ~120 g / 4 oz)
- ½ cup light coconut milk
- ½ cup low-sodium vegetable broth
- ½ cup (60 g) zucchini, diced
- ½ cup (60 g) carrots, diced
- 1 tsp olive oil
- 1 tsp fresh parsley, chopped

## Directions

1. Heat olive oil in a saucepan, add zucchini and carrots, and sauté 3 minutes.
2. Add coconut milk and broth; bring to a gentle simmer.
3. Add the fish fillet, cover, and cook for 8–10 minutes, or until the fish flakes easily.
4. Sprinkle with parsley and serve warm.



## QUICK TIPS

- Replace fish with shrimp or tofu for variation.
- Use oat cream instead of coconut milk for a lower-fat option.
- Serve over rice for a more filling meal.

# Spinach & Ricotta Stuffed Sweet Potato

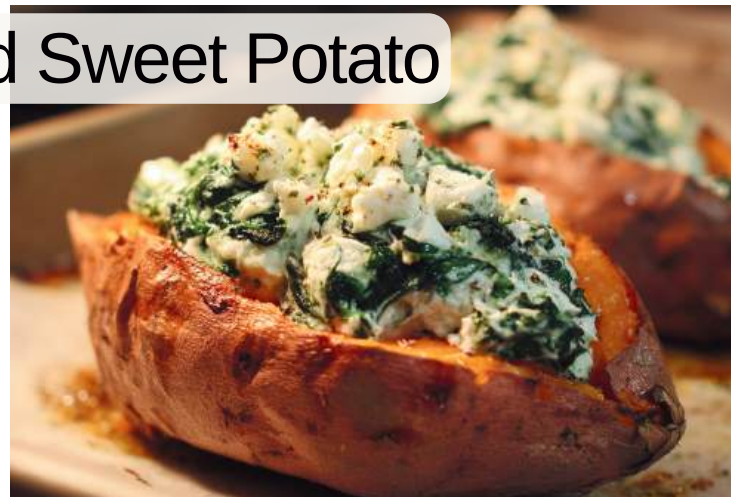
## NUTRITIONAL INFO (PER SERVING)

Calories: 330 kcal  
Protein: 18 g  
Carbs: 42 g  
Fat: 11 g  
Fiber: 6 g  
Cholesterol: 40 mg  
Sodium: 160 mg  
Potassium: 930 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
40 minutes

**Yields:**  
1 serving



## Ingredients

- 1 medium sweet potato, scrubbed
- ½ cup (100 g) part-skim ricotta cheese (lactose-free if needed)
- 1 cup (30 g) fresh spinach, lightly steamed and chopped
- 1 tsp olive oil
- 1 tbs fresh basil, chopped

## Directions

1. Preheat oven to 200°C (400°F).
2. Pierce the sweet potato with a fork, place it on a baking tray, and bake it for 35–40 minutes until tender.
3. In a bowl, combine ricotta, spinach, olive oil, and basil. Mix well.
4. Slice open the baked potato, fluff the inside with a fork, and stuff with the ricotta-spinach mixture.



## QUICK TIPS

- Swiss chard or baby kale can replace spinach.
- Top with toasted pumpkin seeds or a spoonful of quinoa.
- Use cottage cheese or soft goat cheese if ricotta isn't tolerated.



# Savoy Cabbage Rolls with Quinoa & Turkey Filling

## NUTRITIONAL INFO (PER SERVING)

Calories: 310  
Protein: 23 g  
Carbs: 32 g  
Fat: 9 g  
Fiber: 6 g  
Cholesterol: 55 mg  
Sodium: 180 mg  
Potassium: 880 mg

**Prep Time:**  
20 minutes



**Cook Time:**  
35 minutes



**Yields:**  
1 serving



## Ingredients

- 3–4 large savoy cabbage leaves
- 2 oz (60 g) lean ground turkey breast
- ¼ cup (45 g) cooked quinoa
- 2 tbsp (30 g) zucchini, finely diced
- 2 tbsp (30 g) carrot, finely diced
- 1 tsp olive oil
- ¼ cup (60 ml) low-sodium chicken broth (reflux-friendly, tomato-free)
- 1 tbsp fresh parsley, chopped
- Pinch of salt (optional)

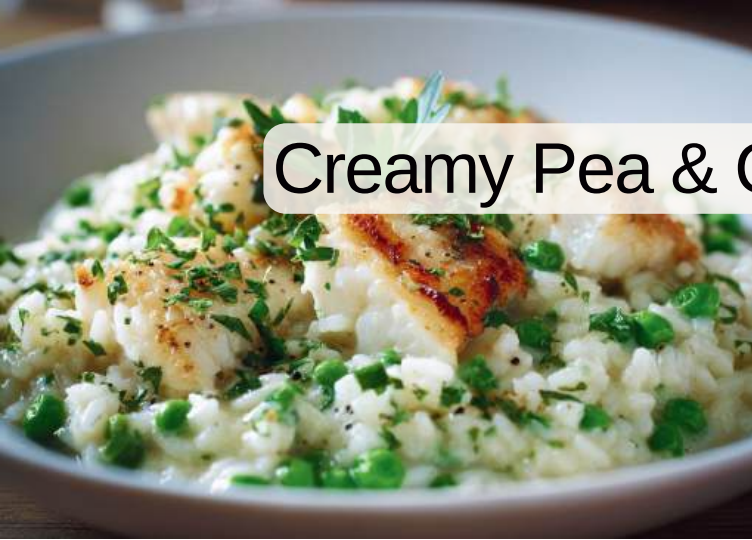
## Directions

1. Bring a pot of water to a boil. Blanch the cabbage leaves for 2–3 minutes, until they are pliable. Drain and pat dry.
2. Heat olive oil in a skillet. Add turkey, zucchini, and carrots, cooking for 4–5 minutes until the turkey is no longer pink.
3. Stir in quinoa and parsley. Remove from heat.
4. Lay each cabbage leaf flat. Spoon filling into the center, fold sides, and roll up tightly.
5. Place rolls seam-side down in a small baking dish. Pour broth over the top.
6. Cover with foil and bake at 350°F (175°C) for 25 minutes until tender.



## QUICK TIPS

- Swap turkey for ground chicken or tofu crumbles for a vegetarian version.
- For extra creaminess, mix in 1 tbsp lactose-free cottage cheese into the filling.
- Quinoa can be swapped with cooked rice, buckwheat, or millet.
- If cabbage feels too strong, use Swiss chard leaves or blanched collard greens as wraps.
- Cooking liquid: instead of broth, you can use water with a pinch of herbs (like parsley or thyme) to keep it lighter.
- These rolls can be made ahead, frozen, and reheated for meal prep.



# Creamy Pea & Cod Risotto (Dairy-Light)

**Prep Time:**  
10 minutes

**Cook Time:**  
25 minutes

**Yields:**  
1 serving

**NUTRITIONAL INFO (PER SERVING)**  
Calories: 410 kcal  
Protein: 33 g  
Carbs: 48 g  
Fat: 10 g  
Fiber: 5 g  
Cholesterol: 70 mg  
Sodium: 260 mg  
Potassium: 880 mg

## Ingredients

- 4 oz (120 g) cod fillet, skinless
- ½ cup (100 g) arborio rice
- 1 cup (240 ml) low-sodium chicken or vegetable broth, warm
- ½ cup (120 ml) lactose-free milk
- ½ cup (75 g) peas (fresh or frozen)
- 1 tsp olive oil
- 1 tbsp fresh parsley, chopped

## Directions

1. In a skillet, heat the olive oil and add the rice, stirring for 1–2 minutes. Gradually add warm broth, stirring often, until rice begins to soften (about 15 minutes).
2. Stir in lactose-free milk and peas, then simmer for an additional 5 minutes until creamy.
3. Meanwhile, bake the cod at 190°C (375°F) for 12–15 minutes, or until it is flaky.
4. Serve cod on top of pea risotto, and sprinkle with parsley.

- Use haddock, pollock, or turkey breast instead of cod.
- Extra veggies: Add diced zucchini or carrots with the peas.



**QUICK TIPS**

# Creamy Broccoli & Quinoa Casserole

**NUTRITIONAL INFO (PER SERVING)**  
Calories: 320 kcal  
Protein: 13 g  
Carbs: 46 g  
Fat: 10 g  
Fiber: 6 g  
Cholesterol: 5 mg  
Sodium: 120 mg  
Potassium: 710 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
25 minutes

**Yields:**  
1 serving



## Ingredients

- ½ cup (75 g) quinoa, cooked
- 1 cup (90 g) broccoli florets, lightly steamed
- ½ cup (120 ml) lactose-free milk
- 1 tsp olive oil
- 1 tbsp oats (for topping)
- 1 tbsp fresh chives, chopped

## Directions

1. Preheat oven to 190°C (375°F).
2. In a bowl, mix cooked quinoa, steamed broccoli, olive oil, and milk.
3. Transfer mixture to a small ovenproof dish. Sprinkle oats on top for crunch. Bake 15–20 minutes until golden and creamy.
4. Garnish with fresh chives before serving.

- Use brown rice or millet instead of quinoa.
- Add 1 tbsp lactose-free cottage cheese to the filling.
- Swap oats with ground flax or quinoa flakes for crunch.



**QUICK TIPS**



# Stuffed Acorn Squash with Quinoa & Turkey Sausage (Low-Fat)

**Prep Time:**  
15 minutes



**Cook Time:**  
40 minutes



**Yields:**  
1 serving



## NUTRITIONAL INFO (PER SERVING)

Calories: 400  
Protein: 23 g  
Carbs: 52 g  
Fat: 12 g  
Fiber: 9 g  
Cholesterol: 55 mg  
Sodium: 280 mg  
Potassium: 960 mg

## Ingredients

- 1 small acorn squash, halved and seeded
- 2 oz (60 g) lean turkey sausage, mild, casing removed (see homemade version below)
- ½ cup (85 g) cooked quinoa
- ¼ cup (30 g) zucchini, diced
- ¼ cup (30 g) carrots, diced
- ½ tsp olive oil
- 1 tbsp fresh parsley, chopped

## Directions

1. Preheat oven to 375°F (190°C). Place the squash halves, cut side down, on a baking sheet lined with parchment paper. Roast for 25–30 minutes, or until fork-tender.
2. While the squash roasts, heat olive oil in a skillet. Add turkey sausage (store-bought or homemade), breaking it apart with a spatula. Cook 5–6 minutes until browned. Stir in the zucchini and carrots, and cook for 3–4 minutes, until softened.
3. Stir in cooked quinoa and parsley. Adjust seasoning if needed.
4. Remove the squash from the oven, carefully flip it, and stuff each half with the mixture. Return to the oven for 10 minutes to allow the flavors to meld.

### Homemade Turkey Sausage (makes ~4 servings, can freeze extras):

- 8 oz (225 g) ground turkey breast
- ½ tsp dried sage
- ½ tsp dried thyme
- ½ tsp fennel seeds (optional, gentle on digestion for most)
- ¼ tsp garlic powder (optional, omit if reflux-sensitive)
- ¼ tsp salt (optional, keep low for reflux-friendliness)
- ⅛ tsp ground black pepper

Mix all ingredients in a bowl, form into small patties or simply brown as crumbles in a skillet. Use 2 oz (60 g) for this recipe; freeze the rest for quick meals.





# Broccoli & White Bean Patties with Rice Pilaf

 **Prep Time:**  
15 minutes

 **Cook Time:**  
20 minutes

 **Yields:**  
1 serving


**NUTRITIONAL INFO (PER SERVING)**  
 Calories: 360  
 Protein: 16 g  
 Carbs: 56 g  
 Fat: 8 g  
 Fiber: 10 g  
 Cholesterol: 0 mg  
 Sodium: 190 mg  
 Potassium: 740 mg

## Ingredients

- ½ cup (90 g) cooked white beans (cannellini or navy)
- ½ cup (60 g) steamed broccoli, finely chopped
- 2 tbsp oat flour (or breadcrumbs)
- 1½ tsp olive oil (for cooking)
- 1 tbsp fresh parsley, chopped
- ½ cup (85 g) cooked white rice
- ½ cup (60 g) zucchini, diced
- ½ tsp fresh dill or parsley

## Directions

1. Mash the beans in a bowl, then mix them with broccoli, oat flour, and parsley. Form into 3 patties.
2. Heat 1 tsp olive oil in a skillet, and cook patties for 3–4 minutes per side until golden.
3. For the pilaf: Sauté the zucchini in ½ tsp of olive oil for 3 minutes, then stir in the cooked rice and season lightly with dill.
4. Serve patties with rice pilaf on the side.

-  **QUICK TIPS**
- Beans can be swapped for lentils if preferred.
  - Oat flour can be replaced with quinoa flour for a gluten-free version.
  - Make a double batch and freeze patties for quick dinners.

# Mild Shrimp & Rice Stew with Zucchini

## NUTRITIONAL INFO (PER SERVING)

- Calories: 320
- Protein: 26 g
- Carbs: 34 g
- Fat: 8 g
- Fiber: 4 g
- Cholesterol: 160 mg
- Sodium: 260 mg
- Potassium: 640 mg

 **Prep Time:**  
10 minutes

 **Cook Time:**  
20 minutes

 **Yields:**  
1 serving




## Ingredients

- 4 oz (120 g) shrimp, peeled and deveined
- ½ cup (85 g) cooked white rice
- ½ cup (120 ml) low-sodium chicken or vegetable broth
- ½ cup (60 g) zucchini, diced
- ¼ cup (30 g) carrots, diced
- ½ tbsp olive oil
- ½ tsp fresh parsley, chopped

## Directions

1. Heat olive oil in a saucepan. Add zucchini and carrots, and sauté for 3–4 minutes.
2. Add shrimp and cook until they turn pink, about 2–3 minutes.
3. Stir in broth and cooked rice. Simmer for 10 minutes, or until the vegetables are tender.
4. Sprinkle with parsley and serve warm.

-  **QUICK TIPS**
- Use brown rice for added fiber if tolerated.
  - Swap shrimp for cod, tilapia, or turkey if avoiding shellfish.
  - Freeze cooked rice separately and add to broth when reheating.



# Pumpkin & White Bean Gnocchi Skillet

## NUTRITIONAL INFO (PER SERVING)

Calories: 360  
Protein: 13 g  
Carbs: 67 g  
Fat: 6 g  
Fiber: 8 g  
Cholesterol: 0 mg  
Sodium: 170 mg  
Potassium: 820 mg

**Prep Time:**  
25 minutes



**Cook Time:**  
15 minutes



**Yields:**  
1 serving



## Ingredients

*For the homemade gnocchi:*

1 medium potato (150 g), peeled and boiled

¼ cup (30 g) all-purpose flour (plus extra for dusting)

1 tbsp (15 g) pumpkin purée (unsweetened)

Pinch of salt (optional)

*For the skillet:*

½ cup (120 g) pumpkin purée (unsweetened)

½ cup (90 g) cooked white beans (cannellini or navy beans)

1 tsp olive oil

1 tbsp fresh parsley, chopped

## Directions

1. To make the gnocchi: Boil the potato until fork-tender, then mash until smooth. Let cool slightly.
2. Mix mashed potato with pumpkin purée and flour. Stir into a soft dough (it should be slightly sticky but workable).
3. Dust a surface with flour. Roll the dough into a long rope about ½ inch (1.5cm) thick. Cut into 1-inch (2.5cm) pieces.
4. Optional: Press lightly with a fork to create ridges.
5. Cook gnocchi in boiling water until they float (2–3 minutes). Drain.
6. To make the skillet: Heat olive oil in a skillet. Add gnocchi and sauté until lightly golden.
7. Stir in pumpkin purée and white beans. Cook 3–4 minutes until warmed through and creamy.
8. Sprinkle with fresh parsley and serve warm.

- Use whole-wheat or spelt flour instead of white flour for a fiber boost.
- White beans can be swapped for chickpeas for a nuttier flavor.
- Replace pumpkin with butternut squash or sweet potato purée.
- You can shape the gnocchi in advance and refrigerate them for up to 24 hours, or freeze them uncooked for up to 2 months.
- Add steamed courgettes or spinach for an extra boost of greens.
- Use less flour in the gnocchi dough for a softer, more pillowy texture.



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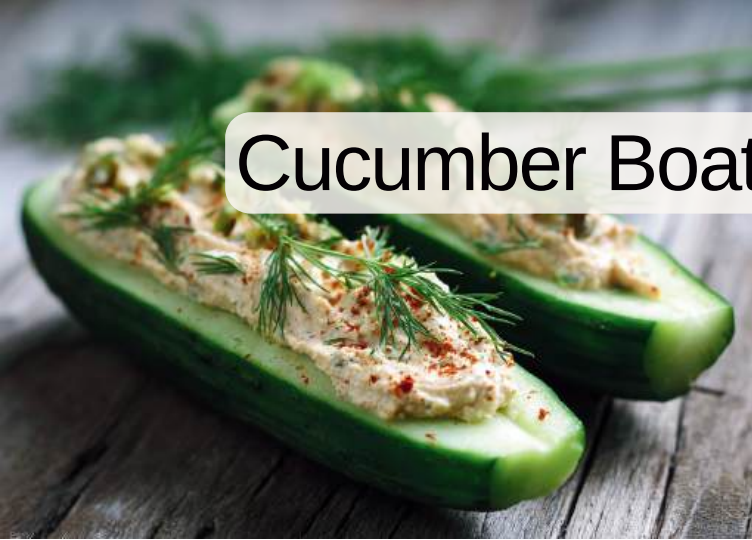
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# Cucumber Boats with Hummus & Dill



## NUTRITIONAL INFO (PER SERVING)

Calories: 130 kcal  
Protein: 5 g  
Carbs: 12 g  
Fats: 7 g  
Fiber: 4 g  
Cholesterol: 0 mg  
Sodium: 140 mg  
Potassium: 310 mg

### Prep Time:

10 minutes

### Yields:

2 servings

## Ingredients

1 large cucumber, halved lengthwise and seeds scooped out  
1 tsp fresh dill, chopped  
Pinch of salt

For Hummus:

1 cup (165 g) canned chickpeas, drained and rinsed  
1 tbsp (15 g) tahini  
1 tbsp olive oil  
2 tbsp water (adjust for creaminess)  
Pinch of salt

## Directions

1. Prepare hummus: Blend chickpeas, tahini, olive oil, water, and salt until smooth. Avoid garlic and lemon juice for reflux safety. Dill adds flavor.
2. Slice the cucumber in half, scoop out the seeds to form "boats."
3. Fill with hummus, sprinkle with dill, and serve immediately.



### QUICK TIPS

- Add grated carrot or zucchini on top for crunch.
- Swap tahini with sunflower seed butter if sesame is an issue.
- Use lactose-free yogurt mixed with dill as a lighter filling option.

# Oat & Banana Energy Bites

## NUTRITIONAL INFO (PER BITE)

Calories: 55 kcal  
Protein: 1.5 g  
Carbs: 8 g  
Fats: 2 g  
Fiber: 1.5 g  
Cholesterol: 0 mg  
Sodium: 5 mg  
Potassium: 65 mg

### Prep Time:

10 minutes



### Chill Time:

20 minutes



### Yields:

12 bites



## Ingredients

1 cup (90 g) rolled oats  
1 ripe banana, mashed  
2 tbsp (30 g) almond butter (or sunflower seed butter)  
1 tbsp (10 g) ground flaxseed  
1 tsp cinnamon

## Directions

1. Mash the banana in a bowl, and mix in almond butter.
2. Stir in the oats, flaxseed, and cinnamon until the mixture is sticky.
3. Roll into 12 small balls, place on parchment paper.
4. Chill in the fridge for 20 minutes before serving.



### QUICK TIPS

- Add unsweetened shredded coconut for texture.
- Use gluten-free oats if needed.
- Store in the fridge for up to 4 days, freezer-friendly for 2 months.



# Baked Sweet Potato Rounds with Yogurt Drizzle

**Prep Time:**  
5 minutes

**Cook Time:**  
20 minutes

**Yields:**  
2 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 120 kcal  
Protein: 3 g  
Carbs: 21 g  
Fats: 3 g  
Fiber: 4 g  
Cholesterol: 2 mg  
Sodium: 60 mg  
Potassium: 400 mg

## Ingredients

- 1 medium sweet potato, sliced into ¼-inch rounds
- 1 tsp olive oil
- 2 tbsp (30 g) lactose-free plain yogurt
- 1 tsp fresh chives, chopped
- Pinch of salt

## Directions

1. Preheat oven to 400°F (200°C).
2. Brush sweet potato slices with olive oil and arrange on a baking sheet.
3. Bake for 20 minutes until tender and lightly crisp.
4. Cool slightly, drizzle with yogurt, and sprinkle with chives.



## QUICK TIPS

- Use mashed avocado instead of yogurt drizzle for a dairy-free version.
- Swap sweet potato for pumpkin slices for variety.
- Add a tiny sprinkle of cinnamon for a sweet variation.
- Works well as an appetizer or side dish.

# Mildly Spiced Millet Porridge Cups

## NUTRITIONAL INFO (PER CUP)

Calories: 95 kcal  
Protein: 2 g  
Carbs: 18 g  
Fats: 2 g  
Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 5 mg  
Potassium: 105 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
25 minutes

**Yields:**  
6 cups



## Ingredients

- 1 cup (180 g) cooked millet
- ½ cup (120 ml) unsweetened almond milk (or lactose-free milk)
- 1 ripe banana, mashed
- 1 tbsp (10 g) ground flaxseed
- 1 tsp cinnamon
- ½ tsp vanilla extract

## Directions

1. Preheat oven to 350°F (175°C).
2. Mix cooked millet, banana, almond milk, flaxseed, cinnamon, and vanilla in a bowl.
3. Divide into 6 greased muffin tin cups.
4. Bake 25 minutes until firm.
5. Cool before removing from the tin.



## QUICK TIPS

- Use pear purée instead of banana for lower acidity.
- Add blueberries or grated apple for natural sweetness.
- Keeps well refrigerated for 3 days; reheat gently before serving.



# Turkey & Zucchini Pinwheels

 **Prep Time:**  
10 minutes

 **Cook Time:**  
10 minutes

 **Yields:**  
1 serving


**NUTRITIONAL INFO (PER SERVING)**  
 Calories: 270 kcal  
 Protein: 27 g  
 Carbs: 15 g  
 Fats: 11 g  
 Fiber: 3 g  
 Cholesterol: 65 mg  
 Sodium: 120 mg  
 Potassium: 520 mg

## Ingredients

- 3 oz (85 g) lean ground turkey
- ½ small zucchini, finely grated and squeezed dry
- 1 tbsp oat flour (or whole-wheat flour)
- 1 tsp olive oil
- 1 small whole-wheat tortilla (about 6-inch / 15-cm diameter)
- 1 tbsp (15 g) lactose-free cream cheese or Greek yogurt
- Pinch of salt & pepper (optional)

## Directions

1. In a skillet, heat olive oil over medium heat. Add ground turkey and cook for 5–6 minutes, breaking into small crumbles.
2. Stir in zucchini and cook for another minute.
3. Spread cream cheese over the tortilla, add the turkey mixture, and roll tightly.
4. Slice into pinwheels and serve warm or cold.

 **QUICK TIPS**

- Replace turkey with tuna or chicken for variety.
- For extra greens, add a thin layer of baby spinach.
- Use hummus instead of cream cheese for a dairy-free option.

# Cottage Cheese & Basil Stuffed Mini Peppers

**NUTRITIONAL INFO (PER SERVING)**  
 Calories: 120  
 Protein: 10 g  
 Carbs: 6 g  
 Fat: 6 g  
 Fiber: 1 g  
 Cholesterol: 15 mg  
 Sodium: 110 mg  
 Potassium: 220 mg

 **Prep Time:**  
10 minutes

 **Yields:**  
1 serving




## Ingredients

- 2 baby bell peppers, halved and seeded
- ¼ cup (60 g) low-fat cottage cheese
- 1 tbsp (2 g) fresh basil, finely chopped
- ½ tsp olive oil (optional)
- Pinch of salt & black pepper (optional)

## Directions

1. In a bowl, mix cottage cheese, basil, and olive oil.
2. Fill each pepper half with the mixture.
3. Serve immediately or chill for 15 minutes for a cool snack.

 **QUICK TIPS**

- Swap basil for dill or chives for a milder flavor.
- Use lactose-free cottage cheese for sensitive stomachs.
- Try with zucchini rounds instead of peppers for variety.



# Mild Cauliflower “Hummus” Spread with Pita Dippers

 **Prep Time:**  
10 minutes

 **Cook Time:**  
10 minutes

 **Yields:**  
1 serving

**NUTRITIONAL INFO  
(PER SERVING)**  
Calories: 180  
Protein: 6 g  
Carbs: 22 g  
Fat: 8 g  
Fiber: 4 g  
Cholesterol: 0 mg  
Sodium: 160 mg  
Potassium: 460 mg

## Ingredients

- 1 cup (100 g) cauliflower florets, steamed until soft
- 1 tsp olive oil
- 1 tbsp tahini (optional, or substitute with plain yogurt for lower fat)
- ½ tsp lemon juice (omit if sensitive)
- 1 tbsp water (to adjust texture)
- Pinch of ground cumin (optional)
- Salt to taste (optional)
- 1 small whole wheat or oat pita, cut into triangles

## Directions

1. Steam cauliflower until tender (about 8–10 minutes). Drain well.
2. Blend the cauliflower, olive oil, tahini (or yogurt), lemon juice (optional), and a small amount of water until smooth and creamy.
3. Adjust texture with extra water as needed. Season lightly if desired.
4. Serve with warm pita dippers or sliced cucumber.



### QUICK TIPS

- Replace pita with rice cakes or gluten-free crackers.
- For extra creaminess, add 1 tbsp white beans or silken tofu.
- Keeps in the fridge up to 3 days — serve cold or room temp.


# Baked Carrot & Oat Patties

## NUTRITIONAL INFO (PER SERVING)

Calories: 160  
Protein: 5 g  
Carbs: 20 g  
Fat: 6 g  
Fiber: 3 g  
Cholesterol: 0mg (vegan)/  
10mg (with egg)  
Sodium: 70 mg  
Potassium: 290 mg

 **Prep Time:**  
10 minutes

 **Cook Time:**  
20 minutes

 **Yields:**  
2 serving



## Ingredients

- ½ cup (50 g) rolled oats
- ½ cup (60 g) grated carrots
- 1 tbsp olive oil
- 1 egg white (or 1 tbsp flaxseed mixed with 2 tbsp water for vegan)
- 1 tbsp fresh parsley, chopped
- Pinch of ground turmeric or cumin (optional)

## Directions

1. Preheat oven to 375°F (190°C).
2. Mix all ingredients in a bowl until well combined.
3. Shape into small patties and place on a parchment-lined tray.
4. Bake for 18–20 minutes, flipping halfway, until lightly golden.




### QUICK TIPS

- Add 1 tbsp mashed sweet potato for a softer texture.
- Serve with plain yogurt dip or cottage cheese.
- Store refrigerated up to 4 days; reheat in oven or air fryer.



# Banana Rice Pudding Cups

 **Prep Time:**  
10 minutes

 **Cook Time:**  
20 minutes

 **Yields:**  
2 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 160  
Protein: 4 g  
Carbs: 31 g  
Fat: 3 g  
Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 25 mg  
Potassium: 270 mg

## Ingredients

- ½ cup (100 g) cooked white rice
- ½ ripe banana, mashed
- ¾ cup (180 ml) lactose-free or almond milk
- ¼ tsp ground cinnamon
- ½ tsp pure maple syrup (optional)

## Directions

1. Combine all ingredients in a small saucepan over low heat.
2. Cook, stirring, for 15–20 minutes until thick and creamy.
3. Pour into cups and chill before serving.


### QUICK TIPS

- Use oat milk for a richer flavor.
- For extra protein, stir in 1 tbsp chia seeds before chilling.
- Enjoy warm or cold — gentle on the stomach either way.

# Almond Butter Rice Rolls

## NUTRITIONAL INFO (PER SERVING)

Calories: 150  
Protein: 4 g  
Carbs: 22 g  
Fat: 5 g  
Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 25 mg  
Potassium: 160 mg

**Prep Time:**  
10 minutes 

**Yields:**  
1 serving 



## Ingredients

- 1 small rice paper sheet or 3 thin rice wraps
- 2 tbsp (30 g) cooked white rice
- 1 tsp natural almond butter (unsweetened)
- 2 tbsp (20 g) finely grated carrot
- 2 tbsp (20 g) sliced cucumber

## Directions

1. Soften rice paper in warm water for 10–15 seconds.
2. Place rice, almond butter, carrot, and cucumber in the center.
3. Roll tightly and slice into bite-sized pieces.

### QUICK TIPS

- Replace almond butter with tahini or sunflower seed butter if nut-free.
- Add shredded lettuce or steamed zucchini for crunch.
- Great as a light afternoon snack or lunchbox addition.



# Apple & Millet Muffins

 **Prep Time:**  
15 minutes

 **Cook Time:**  
25 minutes

 **Yields:**  
6 muffins


**NUTRITIONAL INFO (PER MUFFIN)**  
Calories: 125  
Protein: 3 g  
Carbs: 16 g  
Fat: 5 g  
Fiber: 2 g  
Cholesterol: 25 mg  
Sodium: 55 mg  
Potassium: 110 mg

## Ingredients

- ½ cup (75 g) cooked millet
- ½ cup (60 g) finely grated apple (sweet, non-acidic variety like Fuji or Gala)
- ½ cup (60 g) oat flour
- 1 egg (or flax egg)
- 2 tbsp olive oil or light neutral oil
- 2 tbsp maple syrup or honey (optional)
- ¼ tsp baking powder
- ¼ tsp cinnamon (optional)

## Directions

1. Preheat oven to 350°F (175°C). Line or grease a muffin tin.
2. In a bowl, mix all ingredients until smooth.
3. Spoon the mixture into muffin cups and bake for 22–25 minutes, until set and lightly golden.
4. Cool on the rack before serving.


 **QUICK TIPS**


- Replace apple with pear or grated zucchini for variation.
- These freeze well — reheat gently before serving.

# Mashed Potato & Spinach Mini Pancakes

**NUTRITIONAL INFO (PER SERVING)**  
Calories: 160  
Protein: 6 g  
Carbs: 23 g  
Fat: 5 g  
Fiber: 3 g  
Cholesterol: 0mg (vegan)/  
5 mg(with egg)  
Sodium: 60 mg  
Potassium: 440 mg

 **Prep Time:**  
10 minutes

 **Cook Time:**  
10 minutes

 **Yields:**  
1 serving




## Ingredients

- ½ cup (120 g) mashed potato (unsalted)
- ¼ cup (30 g) chopped spinach (fresh or lightly steamed)
- 1 tbsp (15 g) oat flour or whole wheat flour
- 1 egg white (or 1 tbsp flaxseed + 2 tbsp water for vegan)
- ½ tsp olive oil for cooking

## Directions


1. Mix mashed potato, spinach, flour, and egg white in a bowl until combined.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Drop small spoonfuls of the mixture and flatten slightly.
4. Cook 2–3 minutes per side until golden and firm.


 **QUICK TIPS**


- Add 1 tbsp grated carrot or zucchini for color and texture.
- Serve with a spoon of lactose-free yogurt or herbed dip.
- Can be made ahead and reheated in a skillet or oven.



# Soft Oat & Pear Snack Bars

 **Prep Time:**  
10 minutes

 **Cook Time:**  
25 minutes

 **Yields:**  
6 bars

## NUTRITIONAL INFO (PER BAR)

Calories: 110  
Protein: 2 g  
Carbs: 18 g  
Fat: 4 g  
Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 20 mg  
Potassium: 85 mg

## Ingredients

- 1 cup (90 g) rolled oats
- ½ cup (120 g) ripe pear, finely grated (sweet, non-acidic variety like Bosc or Bartlett)
- ¼ cup (60 ml) lactose-free or almond milk
- 1 tbsp olive oil or light neutral oil
- 1 tbsp maple syrup or honey (optional)
- ¼ tsp ground cinnamon (optional)

## Directions

1. Preheat oven to 350°F (175°C) and line a small baking dish with parchment paper.
2. In a bowl, mix oats, grated pear, milk, oil, and sweetener until combined.
3. Press the mixture evenly into the dish and bake for 20–25 minutes, until firm and lightly golden.
4. Cool completely, then cut into bars.

- Replace pear with grated apple or banana for variation.
- Add 1 tbsp ground flaxseed for extra fiber and structure.
- Bars keep up to 5 days refrigerated or 2 weeks frozen.





**QUICK TIPS**

# Lentil & Rice Mini Balls

## NUTRITIONAL INFO (PER SERVING)

Calories: 180  
Protein: 7 g  
Carbs: 28 g  
Fat: 4 g  
Fiber: 4 g  
Cholesterol: 0 mg  
Sodium: 35 mg  
Potassium: 310 mg

 **Prep Time:**  
10 minutes

 **Cook Time:**  
20 minutes

 **Yields:**  
2 serving



## Ingredients

- ¼ cup (50 g) cooked lentils (red or brown, soft texture)
- ¼ cup (50 g) cooked rice
- 1 tbsp (15 g) oat flour or breadcrumbs
- 1 tsp olive oil
- 1 tbsp fresh parsley or coriander, chopped

## Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Mash lentils and rice together, mix with flour, oil, and herbs.
3. Shape into small balls and bake 18–20 minutes, turning halfway.
4. Serve warm or at room temperature.


- Substitute rice with quinoa or millet for a nuttier taste.
- Add grated carrot or zucchini for added color and moisture.
- Serve with plain yogurt dip or a mild coconut sauce.





**QUICK TIPS**



# Millet & Herb Crackers

 **Prep Time:**  
15 minutes

 **Cook Time:**  
25 minutes

 **Yields:**  
~12 crackers


**NUTRITIONAL INFO  
(PER 2 CRACKERS)**  
Calories: 85  
Protein: 2.2 g  
Carbs: 10.5 g  
Fat: 3.5 g  
Fibre: 1.3 g  
Cholesterol: 0 mg  
Sodium: 45 mg  
Potassium: 45 mg

## Ingredients

- ½ cup (80 g) cooked millet (cooled)
- ¼ cup (25 g) oat flour
- 1 tbsp olive oil
- 1 tsp finely chopped fresh parsley
- ½ tsp dried oregano
- ⅛ tsp fine sea salt
- 2–3 tbsp warm water (as needed to form dough)

## Directions

1. Preheat oven to 350°F / 175°C.
2. Line a baking tray with parchment paper.
3. Combine millet, oat flour, herbs, olive oil, and salt in a bowl. Gradually add warm water, stirring until a soft, non-sticky dough forms.
4. Roll out between two sheets of parchment paper to about ⅛ inch (3 mm) thick. Cut into squares or rounds, place on the tray, and bake for 20–25 minutes, until crisp and golden.

 **QUICK TIPS**

- Swap oat flour for brown rice flour or quinoa flour.
- Serve with mild dips such as avocado mash, white bean spread, or lactose-free yogurt dip.

# Baked Apple–Coconut Pudding

**NUTRITIONAL INFO  
(PER SERVING)**  
Calories: 210  
Protein: 3 g  
Carbs: 33 g  
Fat: 8 g  
Fiber: 4 g  
Cholesterol: 0 mg  
Sodium: 20 mg  
Potassium: 280 mg

 **Prep Time:**  
10 minutes

 **Cook Time:**  
25 minutes

 **Yields:**  
1 serving




## Ingredients

- 1 small sweet apple (about 120 g), peeled and diced
- 2 tbsp (20 g) rolled oats
- ¼ cup (60 ml) coconut milk (light or reduced-fat)
- ½ tbsp maple syrup or honey
- 1 tbsp (10 g) unsweetened shredded coconut

## Directions

1. Preheat oven to 350°F (175°C).
2. Mix apple, oats, coconut milk, syrup, and shredded coconut in a small baking dish.
3. Bake for 25 minutes, until apples are soft and pudding is golden.
4. Let cool slightly before serving.

 **QUICK TIPS**

- Add a pinch of cinnamon or vanilla if tolerated.
- Use a pear or a banana instead of an apple for a milder flavor.
- Enjoy warm or cold — also works as a light breakfast.



# Carrot Mini Muffins

**Prep Time:**  
10 minutes

**Cook Time:**  
20 minutes

**Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 200  
Protein: 5 g  
Carbs: 29 g  
Fat: 8 g  
Fiber: 4 g  
Cholesterol: 0 mg  
Sodium: 95 mg  
Potassium: 360 mg

## Ingredients

- ½ cup (60 g) grated carrot
- ¼ cup (25 g) oat flour
- 1 tbsp mild oil (e.g., light olive or avocado oil)
- 1 tbsp (20 g) mashed ripe banana or pear purée
- 1 tbsp (15 ml) lactose-free milk
- ½ tsp baking powder
- Pinch of cinnamon (optional)

## Directions

1. Preheat oven to 350°F (180°C). Line a mini muffin tin.
2. Mix grated carrot, banana, milk, and oil in a bowl.
3. Stir in the oat flour and baking powder, then mix gently.
4. Spoon into muffin cups and bake for 18–20 minutes, until golden.
5. Cool before serving.



- Replace banana with pear purée for lower acidity.
- Add 1 tbsp (10 g) ground flaxseed for a fiber boost.
- Store in the fridge for up to 3 days or freeze for later.

# Baked Potato & Zucchini Thins

## NUTRITIONAL INFO (PER 2 THINS)

Calories: 70  
Protein: 1.5 g  
Carbs: 9.2 g  
Fat: 2.8 g  
Fibre: 1.1 g  
Cholesterol: 0 mg  
Sodium: 30 mg  
Potassium: 145 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
25 minutes

**Yields:**  
8 thins



## Ingredients

- 1 small potato (about 100 g), grated
- ½ small zucchini (about 70 g), grated and squeezed dry
- 1 tbsp (10 g) oat or rice flour
- 1 tsp olive oil
- Pinch of sea salt
- 1 tbsp finely chopped parsley

## Directions

1. Preheat oven to 375°F / 190°C. Line a baking tray with parchment paper.
2. Combine all ingredients in a bowl until well mixed.
3. Drop spoonfuls onto the tray and flatten into thin rounds. Bake for 20–25 minutes, turning once halfway, until the edges are golden.
4. Cool slightly before serving warm.



- Replace potato with grated sweet potato for a mildly sweeter flavour.
- Add 1 tsp grated Parmesan (lactose-free if needed) for richness.
- Serve with yogurt-cucumber dip or mild cottage cheese spread.



# Ricotta & Spinach Roll-Ups

 **Prep Time:**  
10 minutes

 **Cook Time:**  
5 minutes

 **Yields:**  
1 serving


**NUTRITIONAL INFO  
(PER SERVING)**  
Calories: 210  
Protein: 13 g  
Carbs: 21 g  
Fat: 8 g  
Fiber: 4 g  
Cholesterol: 30 mg  
Sodium: 190 mg  
Potassium: 360 mg

## Ingredients

- 1 small whole wheat or rice tortilla
- ¼ cup (60 g) lactose-free ricotta cheese
- ½ cup (30 g) spinach, wilted and squeezed dry
- ½ tsp olive oil
- 1 tsp chopped fresh basil or parsley

## Directions

1. Warm the tortilla for 10–15 seconds to soften.
2. Mix ricotta with spinach, olive oil, and basil.
3. Spread evenly over the tortilla and roll tightly.
4. Slice into 1-inch (2.5 cm) rounds to make pinwheels.
5. Serve warm or chilled as a quick, reflux-friendly snack.

 **QUICK TIPS**

- Add a slice of roasted turkey for extra protein.
- Use lactose-free cottage cheese for a lighter texture.
- Swap the tortilla for a large collard leaf or lettuce wrap.

# Rice Flake & Banana Clusters

**NUTRITIONAL INFO  
(PER CLUSTER)**  
Calories: 55  
Protein: 1 g  
Carbs: 9 g  
Fat: 1.5 g  
Fiber: 0.8 g  
Cholesterol: 0 mg  
Sodium: 5 mg  
Potassium: 70 mg

 **Prep Time:**  
5 minutes

 **Chill Time:**  
30 minutes

 **Yields:**  
1 serving




## Ingredients

- 1 cup (25 g) rice flakes or puffed rice
- 1 medium banana, mashed
- 1 tbsp chia seeds
- 1 tbsp maple syrup (optional)
- 1 tbsp almond butter (optional)

## Directions

1. In a bowl, combine mashed banana, chia seeds, and maple syrup (if using).
2. Add rice flakes and mix until coated.
3. Drop spoonfuls onto parchment paper and flatten slightly.
4. Chill 30 minutes until firm. Store refrigerated.

 **QUICK TIPS**

- Replace almond butter with sunflower seed butter for a nut-free option.
- Use mashed pear instead of banana for variation.
- Freeze for 10 min before serving for extra crunch.



# Chickpea & Bell Pepper Puffs

**Prep Time:**  
10 minutes

**Cook Time:**  
20 minutes

**Yields:**  
10 puffs

## NUTRITIONAL INFO (PER 2 PUFFS)

Calories: 80  
 Protein: 3.1 g  
 Carbs: 9.4 g  
 Fat: 2.6 g  
 Fibre: 1.8 g  
 Cholesterol: 0 mg  
 Sodium: 35 mg  
 Potassium: 120 mg

## Ingredients

½ cup (85 g) cooked chickpeas, mashed  
 ¼ cup (35 g) finely chopped red bell pepper (capsicum)  
 1 tbsp (10 g) oat flour  
 1 large egg white  
 ½ tsp dried basil  
 Pinch of salt  
 Olive oil spray or a few drops for brushing

## Directions

1. Preheat oven to 375°F / 190°C.
2. Lightly oil or line a mini muffin tin.
3. In a bowl, combine mashed chickpeas, bell pepper, flour, basil, and salt. Stir in the egg white until the mixture binds.
4. Spoon the mixture into a muffin tin and lightly spray or brush it with olive oil. Bake for 18–20 minutes, until firm and golden.
5. Cool before removing from the tin.



## QUICK TIPS

- Use mashed white beans for a milder flavor.
- Add finely chopped courgette or grated carrot for extra color.
- Bake in silicone mini muffin molds for easy release.

# Beet & Carrot Oven Fries with Mint

## NUTRITIONAL INFO (PER SERVING)

Calories: 130 kcal  
 Protein: 3 g  
 Carbs: 22 g  
 Fat: 4 g  
 Fiber: 5 g  
 Cholesterol: 5 mg  
 Sodium: 55 mg  
 Potassium: 450 mg

## Yogurt Dip

**Prep Time:**  
10 minutes

**Cook Time:**  
25 minutes

**Yields:**  
2 serving



## Ingredients

1 small beet, peeled and cut into thin wedges  
 1 medium carrot, peeled and cut into thin wedges  
 1 tsp olive oil  
 Pinch of salt (optional)  
 ¼ cup (60 g) lactose-free plain yogurt  
 1 tsp finely chopped fresh mint leaves  
 ½ tsp maple syrup

## Directions

1. Preheat oven to 200°C (400°F). Line a baking sheet with parchment.
2. Toss beet and carrot wedges with olive oil and salt until lightly coated.
3. Arrange in a single layer and bake for 25–30 minutes, flipping once, until edges are lightly crisp and centers tender.
4. Stir together yogurt, mint, and maple syrup in a small bowl.
5. Serve the roasted beet and carrot fries warm with mint yogurt dip.



## QUICK TIPS

- Air Fryer Option: Cook at 190°C (375°F) for 16–18 minutes, turning halfway.
- Add a sprinkle of sesame seeds before serving for a light crunch.



# Savory Millet & Spinach Squares

**Prep Time:**  
10 minutes

**Cook Time:**  
25 minutes

**Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 230  
Protein: 11 g  
Carbs: 24 g  
Fat: 9 g  
Fiber: 4 g  
Cholesterol: 105 mg  
Sodium: 160 mg  
Potassium: 420 mg

## Ingredients

- ½ cup (90 g) cooked millet
- ½ cup (30 g) fresh spinach, finely chopped
- 1 large egg
- 1 tbsp (15 g) lactose-free cottage cheese or ricotta
- 1 tsp olive oil
- 1 tbsp (4 g) oat flour (for binding)
- Pinch of salt (optional)
- 1 tbsp chopped parsley

## Directions

1. Preheat oven to 375°F (190°C). Line a small baking dish with parchment paper.
2. In a bowl, combine cooked millet, spinach, egg, cheese, olive oil, and oat flour. Mix well.
3. Pour into the prepared dish and smooth the top.
4. Bake for 20–25 minutes or until set and lightly golden.
5. Cool slightly, then cut into squares.

- Use quinoa instead of millet for a lighter texture.
- Swap spinach for finely chopped kale or grated zucchini.
- Serve warm or chilled — both are easy on digestion.



**QUICK TIPS**

# Chilled Cucumber & Yogurt Mousse Cups

## NUTRITIONAL INFO (PER SERVING)

Calories: 70  
Protein: 6 g  
Carbs: 5 g  
Fat: 2 g  
Fiber: 0 g  
Cholesterol: 5 mg  
Sodium: 40 mg  
Potassium: 100 mg

**Prep Time:**  
10 minutes

**Chill Time:**  
1 hour

**Yields:**  
4 servings



## Ingredients

- 1 cup (240 ml) lactose-free Greek yogurt
- ½ cup (80 g) peeled cucumber, chopped
- 1 tsp gelatin or agar-agar powder
- 2 tbsp cool water
- 1 tsp fresh dill or mint, chopped
- Pinch of salt (optional)

## Directions

1. In a blender, combine the cucumber and yogurt until smooth.
2. Dissolve gelatin in cool water, then warm gently until melted.
3. Stir gelatin into the yogurt mix with dill.
4. Pour into small cups or ramekins and refrigerate for 1 hour or until set. Serve cold.

- Use mint instead of dill for a sweeter note.
- For a dairy-free version, replace yogurt with unsweetened coconut yogurt.
- Blend in a few spinach leaves for a pale green color boost.



**QUICK TIPS**



# Cottage Cheese Fritters

**Prep Time:**  
10 minutes

**Cook Time:**  
10 minutes

**Yields:**  
8 fritters

## NUTRITIONAL INFO (PER FRITTER)

Calories: 75  
Protein: 5 g  
Carbs: 6 g  
Fat: 3 g  
Fiber: 0.5 g  
Cholesterol: 5 mg  
Sodium: 60 mg  
Potassium: 80 mg

## Ingredients

1 cup (200 g) low-fat cottage cheese  
½ cup (100 g) cooked millet or quinoa  
1 small zucchini (about 100 g),  
grated and squeezed dry  
1 egg white  
2 tbsp oat flour  
1 tsp olive oil (for brushing or spraying)  
Pinch of salt and chopped parsley (optional)

## Directions

1. Combine cottage cheese, millet, zucchini, egg white, and oat flour in a bowl; stir until thick.
2. Heat a non-stick pan and brush with olive oil.
3. Drop spoonfuls of the mixture and flatten slightly.
4. Cook 3–4 minutes per side until lightly golden.
5. Drain briefly on kitchen paper and serve warm.



## QUICK TIPS

- Swap millet for cooked rice if preferred.
- For extra crispness, bake at 400°F / 200°C for 12–15 min.
- Delicious with plain yogurt or cucumber dip.

# Carrot & Rice Flour Crackers

## NUTRITIONAL INFO (PER CRACKER)

Calories: 30  
Protein: 0.5 g  
Carbs: 4.5 g  
Fat: 1 g  
Fiber: 0.3 g  
Cholesterol: 0 mg  
Sodium: 10 mg  
Potassium: 25 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
20 minutes

**Yields:**  
15 crackers



## Ingredients

1 medium carrot, finely grated  
½ cup (70 g) rice flour  
1 tbsp olive oil  
2 tbsp water (plus more if needed)  
½ tsp dried thyme or rosemary (optional)  
Pinch of salt

## Directions

1. Preheat oven to 375°F / 190°C. Line a baking sheet with parchment.
2. Combine grated carrot, rice flour, oil, water, and herbs into a dough.
3. Roll thin between two sheets of parchment. Cut into small squares.
4. Bake for 18–20 min, until crisp and golden. Cool completely.



## QUICK TIPS

- Replace rice flour with oat flour for a heartier version.
- Store airtight up to 5 days to maintain crispness.
- Serve with mild dips like cottage cheese or mashed avocado (if tolerated).

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# Caramelized Banana & Oat Parfait

**Prep Time:**  
10 minutes

**Cook Time:**  
5 minutes

**Yields:**  
1 serving

## NUTRITIONAL INFO (PER SERVING)

Calories: 310  
Protein: 9 g  
Carbs: 62 g  
Fat: 5 g  
Fiber: 6 g  
Cholesterol: 0 mg  
Sodium: 60 mg  
Potassium: 540 mg

## Ingredients

- 1 ripe banana, sliced
- ½ cup (40 g) rolled oats
- ¾ cup (180 ml) lactose-free milk or almond milk
- 1 tsp maple syrup
- 1 tbsp puffed rice or granola (acid-friendly type)

## Directions

1. In a small pan, gently heat banana slices with maple syrup and 1 tbsp water for 2–3 minutes until soft.
2. In another pot, cook oats in milk over low heat until creamy (5 minutes).
3. Layer oats, banana, and puffed rice or granola in a glass.
4. Serve warm or slightly cooled.



## QUICK TIPS

- Great pre-bedtime snack for gentle digestion.
- Replace banana with steamed pear slices if sensitive.
- Add a spoon of lactose-free yogurt for creaminess.

# Vanilla-Pear Mousse

## NUTRITIONAL INFO (PER SERVING)

Calories: 190  
Protein: 10 g  
Carbs: 30 g  
Fat: 3 g  
Fiber: 3 g  
Cholesterol: 5 mg  
Sodium: 45 mg  
Potassium: 410 mg

**Prep Time:**  
10 minutes

**Chill Time:**  
30 minutes

**Yields:**  
1 serving



## Ingredients

- 1 medium pear, peeled and steamed until soft
- ½ cup (120 g) lactose-free Greek yogurt
- ½ tsp vanilla extract
- 1 tsp maple syrup

## Directions

1. Blend steamed pear, yogurt, vanilla, and maple syrup until smooth.
2. Chill for 30 minutes before serving.
3. Garnish with a sprinkle of ground flaxseed if desired.



## QUICK TIPS

- Use steamed apple instead of pear for variety.
- Add a spoon of mashed banana for more sweetness.
- Serve in small glasses for a light, elegant dessert.

# Sweet Potato Pudding with Coconut Drizzle



## NUTRITIONAL INFO (PER SERVING)

Calories: 230  
Protein: 5 g  
Carbs: 38 g  
Fat: 7 g  
Fiber: 5 g  
Cholesterol: 0 mg  
Sodium: 50 mg  
Potassium: 580 mg

### Prep Time:

10 minutes

### Cook Time:

20 minutes

### Yields:

1 serving

## Ingredients

½ cup (120 g) mashed cooked sweet potato  
½ cup (120 ml) lactose-free milk or light coconut milk  
1 tsp maple syrup  
¼ tsp vanilla extract  
1 tbsp unsweetened shredded coconut (for topping)

## Directions

1. Combine mashed sweet potato, milk, maple syrup, and vanilla in a small pot.
2. Simmer on low heat for 5–7 minutes until smooth and creamy.
3. Pour into a small bowl, top with shredded coconut.
4. Serve warm or chilled.



### QUICK TIPS

- Great make-ahead dessert for meal prep.
- Swap coconut milk for almond or oat milk if preferred.
- Add a sprinkle of cinnamon or nutmeg for warmth.

# Pumpkin & Yogurt “Cheesecake” Cups

## NUTRITIONAL INFO (PER SERVING)

Calories: 210  
Protein: 10 g  
Carbs: 32 g  
Fat: 5 g  
Fiber: 3 g  
Cholesterol: 8 mg  
Sodium: 70 mg  
Potassium: 430 mg

### Prep Time:

10 minutes



### Chill Time:

1 hour



### Yields:

1 serving



## Ingredients

½ cup (120 g) pumpkin purée  
½ cup (120 g) lactose-free Greek yogurt  
1 tsp maple syrup  
¼ tsp vanilla extract  
2 tbsp crushed oat biscuits (or oat flour)

## Directions

1. Mix pumpkin, yogurt, maple syrup, and vanilla until smooth.
2. Press crushed biscuits into a small glass or cup to form a base.
3. Spoon pumpkin mixture on top.
4. Chill for at least 1 hour before serving.



### QUICK TIPS

- Use coconut yogurt for a dairy-free version.
- Replace pumpkin with sweet potato or carrot purée.
- Sprinkle crushed rice flakes on top before chilling.



# Oat & Date Mini Squares

**Prep Time:**  
10 minutes

**Cook Time:**  
20 minutes

**Yields:**  
6 mini squares

**NUTRITIONAL INFO  
(PER 2 SQUARES)**  
 Calories: 180  
 Protein: 3 g  
 Carbs: 34 g  
 Fat: 4 g  
 Fiber: 4 g  
 Cholesterol: 0 mg  
 Sodium: 15 mg  
 Potassium: 330 mg

## Ingredients

- ½ cup (50 g) rolled oats
- 1 small banana, mashed
- 2 Medjool dates, finely chopped
- 1 tsp olive oil or melted coconut oil
- 1 tsp maple syrup (optional)

## Directions

1. Preheat oven to 350°F (175°C).
2. Mix oats, banana, dates, oil, and maple syrup until combined.
3. Spread into a lined mini baking dish.
4. Bake for 18–20 minutes until lightly golden.
5. Cool and cut into squares.



### QUICK TIPS

- Add 1 tbsp rice flour for a firmer texture.
- Replace banana with applesauce if desired.
- Freeze well for quick snacks.

# Cinnamon Rice-Flake Crumble

## NUTRITIONAL INFO (PER SERVING)

Calories: 210  
 Protein: 3 g  
 Carbs: 40 g  
 Fat: 5 g  
 Fiber: 4 g  
 Cholesterol: 0 mg  
 Sodium: 25 mg  
 Potassium: 290 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
15 minutes

**Yields:**  
1 serving



## Ingredients

- ½ cup (50 g) rice flakes (poha)
- 1 small pear or apple, diced and steamed
- 1 tsp maple syrup
- ½ tsp cinnamon
- 1 tsp olive oil or butter substitute

## Directions

1. Preheat oven to 350°F (175°C).
2. Mix rice flakes with olive oil, cinnamon, and maple syrup.
3. Layer fruit at the bottom of a small baking dish, top with rice-flake mix.
4. Bake for 12–15 minutes until lightly crisp.



### QUICK TIPS

- Serve with a dollop of yogurt.
- Add chopped dates or raisins for natural sweetness.
- Works well with steamed peaches or berries (if tolerated).



### NUTRITIONAL INFO (PER SERVING)

Calories: 220  
Protein: 6 g  
Carbs: 34 g  
Fat: 7 g  
Fiber: 1 g  
Cholesterol: 5 mg  
Sodium: 55 mg  
Potassium: 120 mg

# Semolina Halva (Light & Acid-Friendly Version)

**Prep Time:**  
5 minutes



**Cook Time:**  
12 minutes



**Yields:**  
2 serving



## Ingredients

½ cup (90 g) fine semolina  
1 tbsp (15 mL) olive oil or light butter (lactose-free if needed)  
1¼ cups (300 mL) low-fat or lactose-free milk  
¼ cup (60 mL) water  
2 tbsp (25 g) sugar or maple syrup (adjust to taste)  
¼ tsp ground cardamom or cinnamon (optional)  
1 tbsp finely chopped almonds or raisins (optional, for garnish)

## Directions

1. Heat oil or butter in a non-stick pan over medium heat.
2. Add semolina and toast, stirring constantly, for 5–7 minutes until golden and fragrant.
3. In a small saucepan, heat milk, water, and sugar/maple syrup until just warm (do not boil).
4. Slowly pour the warm liquid into the semolina, stirring continuously to prevent lumps.
5. Cook and stir for 3–5 minutes until thick and smooth.
6. Stir in cardamom or cinnamon if using.
7. Serve warm or chilled, topped with a few chopped almonds or raisins if tolerated.

- Chill and cut into soft squares or rounds for an elegant plated dessert.
- Sprinkle lightly with crushed digestive biscuits or oat crumbs for texture.
- For a pudding-like texture, cook a few minutes longer until the mixture pulls away from the pan.
- Coconut Semolina Halva: Replace half the milk with light coconut milk and add a teaspoon of unsweetened shredded coconut.
- Carrot Halva Twist: Add ¼ cup (30 g) finely grated carrot to the semolina while toasting for color and natural sweetness.
- Vanilla Comfort: A few drops of vanilla extract make the flavor rounder and more soothing.
- Skip nuts and raisins if you're avoiding fiber or potential irritants; instead, top with a few banana slices or a drizzle of lactose-free yogurt.



**QUICK  
TIPS**



# Baked Apple & Millet Soufflé Cups

 **Prep Time:**  
15 minutes

 **Cook Time:**  
25 minutes

 **Yields:**  
4 servings

## NUTRITIONAL INFO (PER SERVING)

Calories: 155  
Protein: 5 g  
Carbs: 25 g  
Fat: 3.2 g  
Fiber: 2 g  
Cholesterol: 55 mg  
Sodium: 45 mg  
Potassium: 170 mg

## Ingredients

- ½ cup (100 g) cooked millet
- ⅔ cup (150 ml) low-fat milk or almond milk
- 1 medium apple, grated
- 1 large egg
- 1 tbsp maple syrup or mild honey
- ½ tsp vanilla extract
- Pinch of cinnamon (optional)

## Directions

1. Preheat oven to 180°C / 350°F.
2. Mix millet, milk, grated apple, maple syrup, vanilla, and cinnamon in a bowl.
3. Whisk the egg, then fold gently into the mixture.
4. Spoon into greased ramekins or a small baking dish.
5. Bake 20–25 minutes until puffed and golden.
6. Serve warm or chilled.

- Swap millet with cooked quinoa or rice if preferred.
- For extra lightness, separate the egg and fold in whipped whites before baking.
- Add a spoonful of lactose-free yogurt on top when serving.



**QUICK TIPS**

# Rice & Chamomile Cream Pots

## NUTRITIONAL INFO (PER SERVING)

Calories: 122  
Protein: 4 g  
Carbs: 21 g  
Fat: 2 g  
Fiber: 0.5 g  
Cholesterol: 6 mg  
Sodium: 38 mg  
Potassium: 110 mg

 **Prep Time:**  
10 minutes

 **Cook Time:**  
20 minutes

 **Yields:**  
4 servings



## Ingredients

- 1 cup (250 ml) low-fat milk
- 2 chamomile tea bags
- ⅓ cup (60 g) cooked short-grain rice
- 1 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp cornstarch mixed with 1 tbsp water

## Directions

1. Warm milk with chamomile tea bags for 5 minutes, then remove the bags.
2. Stir in cooked rice, maple syrup, and vanilla. Simmer 5 minutes.
3. Add cornstarch slurry; cook until thickened.
4. Pour into small bowls; chill for 1–2 hours.

- Add a pinch of cardamom or nutmeg (if tolerated).
- Use oat milk for a nut-free variation.
- Replace maple syrup with rice syrup for a milder taste.



**QUICK TIPS**



# Carrot–Coconut Panna Cotta

**Prep Time:**  
10 minutes

**Chill Time:**  
3 hours

**Yields:**  
2 servings

## NUTRITIONAL INFO (PER SERVING)

Calories: 160  
Protein: 3 g  
Carbs: 14 g  
Fats: 10 g  
Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 25 mg  
Potassium: 310 mg

## Ingredients

- ½ cup (120 mL) carrot juice or finely blended cooked carrot purée
- ¾ cup (180 mL) light coconut milk (unsweetened)
- 2 tsp maple syrup (or to taste)
- ½ tsp pure vanilla extract
- 1 tsp gelatin powder (or agar-agar for vegan version)
- 1 tbsp cold water

## Directions

1. In a small bowl, sprinkle gelatin over cold water and let stand 5 minutes to bloom.
2. In a saucepan over low heat, combine carrot juice/purée, coconut milk, maple syrup, and vanilla. Warm gently — do not boil. Stir in the bloomed gelatin until fully dissolved.
3. Pour the mixture into two small ramekins or serving glasses.
4. Chill in the refrigerator for at least 3–4 hours, or until set.
5. Serve cold, optionally topped with a few shreds of unsweetened coconut or thin carrot curls.

- Stir in 1 tbsp yogurt once cooled slightly for creaminess.
- Flavor ideas: Add a pinch of cinnamon or nutmeg, or swap carrot for mango purée.



**QUICK TIPS**

# Ricotta Soufflé Cups

## NUTRITIONAL INFO (PER SERVING)

Calories: 160  
Protein: 12 g  
Carbs: 6 g  
Fat: 10 g  
Fiber: 0 g  
Cholesterol: 115 mg  
Sodium: 90 mg  
Potassium: 160 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
20 minutes

**Yields:**  
2 servings



## Ingredients

- ½ cup (110 g) part-skim ricotta cheese
- 1 large egg, separated
- 1 tbsp (15 ml) maple syrup
- ¼ tsp vanilla extract

## Directions

1. Preheat oven to 375°F (190°C).
2. Whisk ricotta, egg yolk, maple syrup, and vanilla.
3. In a separate bowl, beat the egg white until soft peaks form; fold into the ricotta mixture.
4. Spoon into greased ramekins and bake 18–20 minutes, until puffed and lightly golden.

- Add a touch of cinnamon or nutmeg for flavor.
- Serve warm — it will deflate slightly as it cools.
- Substitute ricotta with lactose-free cottage cheese for a lighter texture.



**QUICK TIPS**



# Carob Lentil Squares

**Prep Time:**  
10 minutes



**Cook Time:**  
25 minutes



**Yields:**  
9 squares



## NUTRITIONAL INFO (PER SQUARE)

Calories: 85 kcal  
Protein: 3 g  
Carbs: 13 g  
Fat: 3 g  
Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 10 mg  
Potassium: 150 mg

## Ingredients

- ½ cup (100 g) cooked red lentils, mashed
- ¼ cup (25 g) oat flour (or finely ground rolled oats)
- 2 tbsp (15 g) carob powder
- 2 tbsp (30 g) chopped dates
- 1 tbsp (15 ml) maple syrup
- 1 tbsp (15 ml) olive oil (or melted coconut oil)
- ¼ tsp vanilla extract
- 2–3 tbsp (30–45 ml) unsweetened almond milk (as needed for texture)
- Pinch of salt (optional, if tolerated)

## Directions

1. Preheat oven to 175°C (350°F). Line a small square baking dish (about 15 cm / 6 inches) with parchment paper.
2. In a bowl, mash the cooked lentils until smooth. Add oat flour, carob powder, chopped dates, maple syrup, olive oil, vanilla, and salt (if using).
3. Stir in almond milk one tablespoon at a time until you get a thick, spreadable batter.
4. Spread evenly into the baking dish and bake for 20–25 minutes, or until set and lightly firm at the center.
5. Let cool completely before cutting into 9 small squares.



## QUICK TIPS

- For a softer, cake-like texture, stir in 1 extra tbsp of almond milk.
- Want it sweeter? Add 1–2 tsp coconut sugar or an extra ½ tbsp maple syrup.
- For chewier squares, use whole rolled oats instead of oat flour.
- Replace lentils with mashed white beans or chickpeas for a milder flavor.
- Swap carob powder for unsweetened cocoa powder (if tolerated and acid symptoms allow).
- Serve warm with a spoon of lactose-free Greek yogurt or banana cream.
- Crumble over oat porridge or yogurt bowls for added fiber and protein.
- Pair with chamomile or rooibos tea for a soothing, reflux-friendly dessert moment.



# Sweet Potato Crème Brûlée

## NUTRITIONAL INFO (PER SQUARE)

Calories: 175 kcal  
 Protein: 6 g  
 Carbohydrates: 25 g  
 Fats: 6 g  
 Fiber: 2 g  
 Cholesterol: 110 mg  
 Sodium: 65 mg  
 Potassium: 370 mg

**Prep Time:**  
15 minutes



**Cook Time:**  
35 minutes



**Chill Time:**  
2 hours



**Yields:**  
4 servings



## Ingredients

- 1 cup (200 g) mashed cooked sweet potato (orange or white-fleshed)
- 1 cup (240 ml) low-fat lactose-free milk (or unsweetened almond milk)
- 2 large egg yolks
- 1 large egg
- 2 tbsp (30 ml) pure maple syrup (or mild honey if tolerated)
- ½ tsp pure vanilla extract
- ¼ tsp ground cinnamon (optional)
- Pinch of sea salt (optional)
- 2 tsp (8 g) light brown sugar or coconut sugar, for topping

## Directions

1. Preheat oven to 325°F (160°C).
2. In a blender or food processor, combine mashed sweet potato, milk, eggs, maple syrup, vanilla, cinnamon, and salt. Blend until silky smooth.
3. Divide the mixture evenly among 4 small ramekins (about ½ cup each).
4. Place ramekins in a baking dish. Pour hot water into the dish until it reaches halfway up the sides of the ramekins.
5. Bake for 30–35 minutes, or until the centers are just set but still slightly wobbly.
6. Remove from the oven and let cool to room temperature. Then refrigerate for at least 2 hours (or overnight) until fully chilled.
7. Just before serving, sprinkle each with ½ tsp brown sugar. For a gentle caramelized crust, use a kitchen torch. Alternatively, place ramekins under the oven broiler for 1–2 minutes, watching closely to prevent burning.




## QUICK TIPS

- Add a dash of ground ginger or nutmeg (if tolerated) for warmth.
- Replace maple syrup with date syrup or rice malt syrup for a gentler sweetness.
- Stir in 1 tsp coconut milk for a richer, tropical flavor.
- Sprinkle lightly with coconut sugar instead of traditional caramel for a soft, earthy crust. Or skip the burnt-sugar top and finish with a dollop of lactose-free yogurt and a drizzle of maple syrup.
- Best served chilled or slightly cool — not hot — for easy digestion.



# Pumpkin Oat Cookies

 **Prep Time:**  
10 minutes

 **Cook Time:**  
18 minutes

 **Yields:**  
8 cookies

## NUTRITIONAL INFO (PER COOKIE)

Calories: 80  
Protein: 2 g  
Carbs: 14 g  
Fats: 2 g  
Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 5 mg  
Potassium: 115 mg

## Ingredients

- ¾ cup (75 g) rolled oats
- ½ cup (120 g) pumpkin purée (unsweetened)
- 1 small ripe banana, mashed
- 1 tbsp (15 mL) maple syrup or honey (optional)
- 1 tsp vanilla extract
- ½ tsp cinnamon (optional)
- Pinch of salt (optional)

## Directions

1. Preheat oven to 350°F (175°C). Line a baking tray with parchment paper.
2. In a mixing bowl, combine all ingredients and stir until uniform.
3. Spoon 2 tbsp portions onto the tray and flatten gently.
4. Bake 15–18 minutes, until edges are lightly golden.
5. Cool on a wire rack before serving.

- For texture: Add 1 tbsp shredded coconut or finely chopped blanched almonds.
- Mix in 1 tbsp applesauce or lactose-free yogurt to soften.



**QUICK TIPS**

# Carrot-Coconut Rice Truffles

## NUTRITIONAL INFO (PER SERVING)

Calories: 180  
Protein: 3 g  
Carbs: 32 g  
Fat: 5 g  
Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 25 mg  
Potassium: 170 mg

**Prep Time:**  
15 minutes



**Chill Time:**  
30 minutes



**Yields:**  
2 servings



## Ingredients

- ½ cup (100 g) cooked rice
- ¼ cup (30 g) grated carrot
- 2 tbsp (15 g) unsweetened shredded coconut
- 1 tbsp (15 ml) maple syrup
- ½ tsp vanilla extract

## Directions

1. Mix all ingredients in a bowl until combined.
2. Form into small balls and roll in extra coconut.
3. Chill 30 minutes before serving.

- Replace rice with quinoa for a protein boost.
- Add a pinch of cinnamon or nutmeg for flavor depth.
- Store chilled up to 4 days — a refreshing, gentle snack or dessert.



**QUICK TIPS**



# Coconut–Date Ice Cream

**Prep Time:**  
10 minutes

**Freezing Time:**  
4 hours

**Yields:**  
2 servings

## NUTRITIONAL INFO (PER SERVING)

Calories: 210  
Protein: 2 g  
Carbs: 31 g  
Fat: 9 g  
Fiber: 3 g  
Cholesterol: 0 mg  
Sodium: 20 mg  
Potassium: 360 mg

## Ingredients

- 1 cup (240 ml) light coconut milk
- 4 Medjool dates, pitted and chopped
- ½ tsp vanilla extract
- 1 tsp maple syrup (optional)

## Directions

1. Blend all ingredients until smooth.
2. Pour into a freezer-safe container and freeze for 4–5 hours, stirring once after 2 hours for a creamier texture.
3. Let it sit at room temperature for 5 minutes before serving.



## QUICK TIPS

- Blend in 1 tbsp cooked rice for a thicker texture.
- Add a pinch of cinnamon or carob for flavor variation.
- Use silken tofu instead of coconut milk for a lower-fat option.

# Banana–Melon Sorbet

## NUTRITIONAL INFO (PER SERVING)

Calories: 110  
Protein: 1 g  
Carbs: 27 g  
Fat: 0.3 g  
Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 5 mg  
Potassium: 380 mg

**Prep Time:**  
10 minutes

**Freezing Time:**  
2 hours

**Yields:**  
1 servings



## Ingredients

- ½ ripe banana, sliced and frozen
- ½ cup (100 g) diced honeydew or cantaloupe melon, frozen
- 1 tsp (5 ml) honey or maple syrup (optional)
- 1–2 tbsp (15–30 ml) water

## Directions

1. Blend frozen banana and melon with water until smooth.
2. Sweeten if needed.
3. Serve immediately for soft-serve texture or freeze 1–2 hours for a firmer scoop.





## QUICK TIPS

- Add 1 tsp coconut cream for richness.
- Substitute melon with peeled pear for a cooler, mild taste.
- Avoid citrus or pineapple for acid reflux safety.



# Mango–Chamomile Jelly Cups

 **Prep Time:**  
15 minutes

 **Cook Time:**  
10 minutes

 **Yields:**  
4 cups

## NUTRITIONAL INFO (PER 2 CUP)

Calories: 80 kcal  
Protein: 1 g  
Carbs: 18 g  
Fat: 0.5 g  
Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 5 mg  
Potassium: 170 mg

## Ingredients

- 1½ cups (225 g) fresh or frozen mango chunks
- 1 cup (240 ml) brewed chamomile tea, cooled
- 2 tbsp (30 ml) maple syrup or honey
- 1 tsp agar-agar powder (or ½ tsp gelatin if tolerated)
- ½ tsp vanilla extract

## Directions

1. In a small pot, whisk chamomile tea, maple syrup, and agar-agar. Bring to a gentle boil and simmer for 1 minute until dissolved.
2. Blend mango and vanilla into a smooth purée.
3. Combine the mango purée with the warm tea mixture and stir well.
4. Pour into small glass cups or molds.
5. Chill in the fridge for 2–3 hours, or until set.




## QUICK TIPS


- Use a pear instead of a mango if you want a gentler fruit.
- Add a layer of lactose-free yogurt once the jelly sets for a creamy contrast.
- Substitute chamomile with rooibos or fennel tea for a different calming base.

# Millet–Coconut “Snowballs”

## NUTRITIONAL INFO (PER SERVING)

Calories: 130  
Protein: 2 g  
Carbs: 18 g  
Fat: 6 g  
Fiber: 2 g  
Cholesterol: 0 mg  
Sodium: 10 mg  
Potassium: 120 mg

**Prep Time:** 10 minutes 

**Chill Time:** 30 minutes 

**Yields:** 6 balls 



## Ingredients

- ¼ cup (50 g) cooked millet
- 2 tbsp (15 g) desiccated coconut
- 1 tsp (5 ml) maple syrup or honey
- 1 tbsp (7 ml) coconut milk

## Directions

1. Combine millet, coconut, and syrup in a bowl.
2. Add coconut milk and mix until sticky.
3. Form into small balls and refrigerate for 30 minutes.
4. Roll in extra coconut before serving.



## QUICK TIPS

- Use quinoa instead of millet for a protein boost.
- Add a drop of vanilla for aroma.
- Store refrigerated up to 4 days.



# Sweet Potato Mochi Bites

**Prep Time:**  
15 minutes

**Cook Time:**  
25 minutes

**Yields:**  
6 small bites

**NUTRITIONAL INFO (PER SERVING)**  
 Calories: 190  
 Protein: 5 g  
 Carbs: 28 g  
 Fat: 6 g  
 Fiber: 3 g  
 Cholesterol: 90 mg  
 Sodium: 70 mg  
 Potassium: 310 mg

## Ingredients

- ½ cup (100 g) mashed cooked sweet potato
- ¼ cup (30 g) glutinous rice flour
- 1 tsp maple syrup
- ½ tsp coconut oil

## Directions

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients into a smooth dough.
3. Form into small balls and place on a parchment-lined baking tray.
4. Bake 20–25 minutes until lightly golden and firm.
5. Cool slightly before serving.

- Replace oat milk with almond or lactose-free milk.
- Skip the broil for a soft “pudding”-style dessert.
- Add a pinch of cinnamon for warmth.



**QUICK TIPS**

# Blueberry–Rice Flour Clafoutis

## NUTRITIONAL INFO (PER SERVING)

- Calories: 210
- Protein: 8 g
- Carbs: 34 g
- Fat: 5 g
- Fiber: 2 g
- Cholesterol: 95 mg
- Sodium: 80 mg
- Potassium: 260 mg

**Prep Time:**  
10 minutes

**Cook Time:**  
25 minutes

**Yields:**  
2 servings



## Ingredients

- ½ cup (60 g) rice flour
- 1 cup (240 ml) lactose-free milk or oat milk
- 1 large egg
- 1 tbsp (15 ml) maple syrup
- ½ cup (75 g) blueberries (fresh or frozen)
- ¼ tsp vanilla extract

## Directions

1. Preheat oven to 375°F (190°C).
2. Whisk flour, milk, egg, maple syrup, and vanilla until smooth.
3. Pour into a lightly greased small baking dish or two ramekins.
4. Scatter blueberries on top and bake 25 minutes, until set and slightly golden.

- Use apple chunks instead of blueberries for variety.
- Serve warm with a dollop of lactose-free yogurt.
- Sprinkle with rice flakes before baking for texture.



**QUICK TIPS**

# Meal Plan & Shopping List

This 4-week meal plan was designed to make eating low-acid, gentle, and nourishing meals feel effortless—whether you're cooking for one, feeding a family, or simply trying to feel better in your everyday routine. The goal isn't just to give you recipes, but to help you build sustainable habits, reduce stress around food, and save time (and money!) while keeping your meals delicious and digestion-friendly.

Below, you'll find practical tips on how to make the most of the weekly plans and shopping lists, plus helpful hacks for minimizing kitchen time, reducing waste, and adapting the meals to your lifestyle.

## Smart Grocery Hacks for Less Waste & Lower Cost

### 1. Shop once, cook many times.

Many ingredients repeat across the week on purpose. Purchasing a bag of spinach or a head of cauliflower once lets you use it in multiple meals—reducing waste and lowering your total cost.

### 2. Choose versatile produce.

Zucchini, sweet potato, spinach, bananas, apples, and carrots show up frequently because:

- ▶ They're affordable year-round
- ▶ They keep well
- ▶ They adapt easily to breakfasts, lunches, snacks, and desserts

Versatility = fewer items to buy + less thrown away.

### 3. Buy frozen produce where it makes sense.

Frozen blueberries, mango, spinach, or peas work perfectly in many recipes and often cost less. They're also pre-washed and ready to use.

### 4. Store leftovers like a pro.

Most recipes reheat beautifully. Store leftovers in portions so you can grab them for lunch the next day—this also prevents last-minute takeout temptations.

## Cooking for a Family

These recipes are designed to work for you—but they'll also fit a family table. Most dishes are mild, simple, and comforting, making them easy to share with children or partners. If someone in your household doesn't eat certain ingredients, swap the protein, add a side, or build two versions of the same base meal. For example: Make quinoa bowls for everyone, but vary the toppings; serve a mild coconut stew for the family, and add extra spices to individual bowls; build baked potatoes with different fillings for each person. It's easier than making totally separate meals.

## Meal Planning Tips for Busy Weeks

### 1. Start with the meals that excite you.

Pick 3–4 recipes you love, then fill the gaps around them.

### 2. Keep a “backup meal” on hand.

Frozen cod, pre-cooked rice, or canned white beans can save any chaotic evening.

### 3. Prep your veg once per week.

Wash, peel, chop, and store in airtight containers.

This alone cuts your cooking time by 30–40%.

### 4. Make use of the freezer.

Many recipes freeze extremely well: muffins, patties, soups, cooked grains, and soufflé cups.

### 5. Plan for “zero-prep days.”

Days when you rely on leftovers, prepped foods, or simple meals.

Your body (and mind) will appreciate the break.

## A Plan That Supports You—Not the Other Way Around

Think of this meal plan and shopping system as a toolkit, not a strict set of rules.

Use it to simplify weekly cooking, reduce decision fatigue, support gentle digestion, explore new low-acid recipes, minimize waste, and help you finally feel in control of your kitchen.

You can follow the plan exactly as written or mix and match. You're free to repeat your favorites, swap in equivalent recipes, or reuse leftovers. The structure is there when you need it and flexible when life gets busy. Tip: If you often feel overwhelmed by food choices, stick closely to the plan for the first week, then adjust based on what you enjoy most. It's all designed to fit into real life—yours.



# Week 1 Meal Plan

## Day 1

**Breakfast**  
Apple-Rice Flour Pancakes, p. 31

**Lunch**  
Baked Cod with Parsley & Mashed Cauliflower, p.36

**Dinner**  
Beef & Barley Stew, p.50

**Snack 1**  
Carrot Mini Muffins, p.69

**Dessert/ Snack 2**  
Pumpkin Oat Cookies, p.83

## Day 2

**Breakfast**  
Low-Acid Creamy Rice Porridge, p.20

**Lunch**  
Mild Ginger Chicken & Veggie Stir-Fry, p. 37

**Dinner**  
Creamy Pea & Cod Risotto, p. 56

**Snack 1**  
Cottage Cheese&Basil Stuffed Mini Peppers,p.63

**Dessert/ Snack 2**  
Sweet Potato Crème Brûlée, p. 82

## Day 3

**Breakfast**  
Spinach & Quinoa Breakfast Bowl, p.21

**Lunch**  
Baked Salmon & Sweet Potato Mash, p. 37

**Dinner**  
Turkey Meatloaf with Oat Crust, p. 50

**Snack 1**  
Rice Flake & Banana Clusters, p.70

**Dessert/ Snack 2**  
Vanilla-Pear Mousse, p. 75

## Day 4

**Breakfast**  
Pear&Almond Butter Overnight Oats, p.21

**Lunch**  
Chicken & Rice Soup with Spinach, p. 33

**Dinner**  
Stuffed Acorn Squash with Quinoa & Turkey Sausage, p.57

**Snack 1**  
Chickpea & Bell Pepper Puffs, p.71

**Dessert/ Snack 2**  
Sweet Potato Mochi Bites, p. 86

## Day 5

**Breakfast**  
Zucchini & Herb Omelet Wrap, p.20

**Lunch**  
Turkey & Sweet Potato Shepherd's Pie, p. 41

**Dinner**  
Pumpkin & White Bean Gnocchi Skillet, p. 59

**Snack 1**  
Banana Rice Pudding Cups, p.65

**Dessert/ Snack 2**  
Baked Apple & Millet Soufflé Cups, p. 79

## Day 6

**Breakfast**  
Soft Polenta & Pear "Breakfast Tart", p.23

**Lunch**  
Creamy White Bean & Spinach Wrap, p. 38

**Dinner**  
Herbed Cod with Cucumber-Dill Quinoa Salad, p. 48

**Snack 1**  
Turkey & Zucchini Pinwheels, p.63

**Dessert/ Snack 2**  
Blueberry-Rice Flour Clafoutis, p. 86

## Day 7

**Breakfast**  
Savory Carrot & Millet Patties, p.25

**Lunch**  
Salmon&Potato Fishcakes with Steamed Veg, p. 45

**Dinner**  
Creamy Broccoli & Quinoa Casserole,p.56

**Snack 1**  
Ricotta & Spinach Roll-Ups, p.70

**Dessert/ Snack 2**  
Rice & Chamomile Cream Pots, p. 79

# Week 1 SHOPPING LIST

## Produce

Apples - 4 medium (Pancakes, Soufflé Cups)  
Pears - 3 medium (Overnight Oats, Pear Mousse, Polenta Tart)  
Bananas - 3 medium (Muffins, Cookies, Clusters, Pudding Cups)  
Sweet potatoes - 3 medium (Mash, Crème Brûlée, Meatloaf, Shepherd's Pie, Mochi Bites)  
Carrots - 6 medium (Stew, Muffins, Millet Patties, Shepherd's Pie, Stuffed Acorn Squash)  
Zucchini - 5 medium (Stew, Wraps, Shepherd's Pie, Cod Salad)  
Cauliflower - 1 small head (Cod with Mashed Cauliflower)  
Acorn squash - 1 small (Stuffed Acorn Squash)  
Broccoli florets - 2 small heads (Casserole, Cod Salad)  
Spinach - 8 oz/225 g (Quinoa Bowl, Wrap, Soup, Roll-Ups)  
Parsnips - 1 medium (Stew)  
Bok choy - 1 small bunch (Chicken & Veggie Stir-Fry)  
Green beans - 1 small pack (Meatloaf, Salmon Fishcakes)  
Peas - 1 cup (150 g, fresh or frozen) (Risotto, Shepherd's Pie)  
Cucumber - 1 large (Cod Salad)  
Fresh herbs: parsley, dill, chives, basil, thyme - 1 small bunch each  
Fresh ginger - 1 small knob (Ginger Chicken Stir-Fry)  
Papaya or cantaloupe - ½ small (about 1 cup / 150 g) (Rice Porridge)  
Pumpkin - 1 small can or 2 cups purée (Pumpkin Cookies, Gnocchi)  
Potato (white) - 1 medium (Gnocchi Skillet)

## Proteins

Cod fillets - 3 pieces (~¾ lb/340 g) (Baked Cod, Risotto, Cod Salad)  
Salmon fillets - 2 pieces (~ ½ lb/225 g) (Baked Salmon & Mash)  
Ground turkey breast - 1 lb/450 g (Turkey Meatloaf, Shepherd's Pie)  
Lean turkey sausage - 1 link (~ 2 oz/60 g) Stuffed Acorn Squash  
Chicken breast - 2 small (~ 7 oz/200 g total) (Soup, Ginger Stir-Fry)  
Lean beef stew meat - 7 oz / 200 g (Beef Stew)  
Eggs - 10 large (multiple recipes)

## Dairy & Alternatives

Lactose-free or low-fat milk - 1 quart / 1 L (Mash, Crème Brûlée, Casserole, Cream Pots)  
Almond milk (unsweetened) - 1 quart / 1 L (Pancakes, Overnight Oats, Rice Pudding, Soufflé)  
Oat milk (unsweetened) - 1 quart / 1 L (Rice Porridge, Polenta Tart, Clafoutis)  
Cream cheese (lactose-free) - 4 oz / 115 g (Omelet Wrap, Turkey Pinwheels)  
Greek yogurt (lactose-free) - 1½ cups / 350 g (Pear Overnight Oats, Mousse, Wrap)  
Cottage cheese (low-fat, lactose-free) - 1 cup / 200 g (Stuffed Peppers, Roll-Ups)  
Ricotta (lactose-free) - ½ cup / 120 g (Spinach Bowl, Roll-Ups)

## Grains, Cereals & Flours

Rolled oats - 1 lb / 450 g (Overnight Oats, Cookies, Meatloaf)  
Oat flour - ½ lb / 225 g (Muffins, Patties, Chickpea Puffs)  
Rice flour - ½ lb / 225 g (Pancakes, Clafoutis)  
Glutinous rice flour - 1 small bag (Mochi Bites)  
Pearl barley - ½ cup (90 g) dry (Beef Stew)  
Arborio rice - 1 cup (200 g) (Cod Risotto)  
White rice - 1 lb / 450 g (Rice Porridge, Rice Soup, Rice Pudding)  
Quinoa - 1 lb / 450 g (Spinach Bowl, Casserole, Cod Salad, Stuffed Squash)  
Millet - ½ lb / 225 g (Millet Soufflé, Savory Patties)  
Polenta (instant) - ½ lb / 225 g (Polenta Tart)  
Whole-wheat or spelt tortillas - 1 pack (6–8 wraps) (Wrap, Roll-Ups, Pinwheels)  
All-purpose flour - ½ lb / 225 g (Gnocchi)

## Pantry Staples & Condiments

Olive oil  
Sesame oil  
Coconut oil  
Maple syrup  
Honey (optional)  
Vanilla extract  
Baking powder  
Cinnamon (ground)  
Oregano (dried)  
Thyme (dried)  
Basil (dried or fresh)  
Salt (optional, low-sodium)  
Black pepper (optional)  
Bay leaves  
Cornstarch  
Low-sodium chicken or vegetable broth  
White beans (cannellini or navy)  
Chickpeas (dry or canned)  
Light brown or coconut sugar  
Chamomile tea bags  
Rice flakes or puffed rice

## Nuts, Seeds & Nut Butters

Almond butter (unsweetened) - 1 small jar (Overnight Oats, Tart, Clusters)  
Chia seeds - 4 oz / 115 g (Rice Porridge, Overnight Oats, Clusters)  
Pumpkin seeds - 2 oz / 60 g



# Week 2 Meal Plan

## Day 1

**Breakfast**  
Creamy Oat & Pumpkin Bake, p.24 

**Lunch**  
Stuffed Eggplant with Lentils & Rice, p.34 

**Dinner**  
Cod & Vegetable Cottage Pie, p. 53 

**Snack 1**  
Baked Sweet Potato Rounds with Yogurt Drizzle, p.62 

**Dessert/ Snack 2**  
Mango-Chamomile Jelly Cups, p.85 

## Day 2

**Breakfast**  
Millet & Blueberry "Pancake Muffins", p.22 

**Lunch**  
Couscous Salad with Dill Yogurt Dressing, p.38 

**Dinner**  
Lemon & Herb Baked Chicken with Zucchini Ribbons, p. 51 

**Snack 1**  
Oat & Banana Energy Bites, p.61 

**Dessert/ Snack 2**  
Coconut-Date Ice Cream, p. 84 

## Day 3

**Breakfast**  
Sweet Potato & Apple Breakfast Skillet, p.23 

**Lunch**  
Baked Haddock with Mashed Swede & Green Beans, p. 43 

**Dinner**  
Savoy Cabbage Rolls with Quinoa & Turkey Filling, p.55 

**Snack 1**  
Carrot & Rice Flour Crackers, p.73 

**Dessert/ Snack 2**  
Caramelized Banana & Oat Parfait, p. 75 

## Day 4

**Breakfast**  
Savory Chickpea & Spinach Pancakes, p.25 

**Lunch**  
Silky Potato & Fennel Soup, p. 44 

**Dinner**  
Chicken & Rice Stuffed Bell Peppers, p. 49 

**Snack 1**  
Soft Oat & Pear Snack Bars, p.67 

**Dessert/ Snack 2**  
Carrot-Coconut Panna Cotta, p. 80 

## Day 5

**Breakfast**  
Creamy Millet & Mango Parfait, p.30 

**Lunch**  
Turkey & Spinach Rice Paper Rolls, p. 36 

**Dinner**  
Turkey & Sweet Potato Patties with Steamed Green Beans, p.48 

**Snack 1**  
Cottage Cheese Fritters, p.73 

**Dessert/ Snack 2**  
Carob Lentil Squares, p. 81 

## Day 6

**Breakfast**  
Turkey & Zucchini Breakfast Skillet, p.27 

**Lunch**  
Creamy Carrot & Ginger Soup with Quinoa, p. 40 

**Dinner**  
Baked Salmon with Minted Pea Purée & Baby Potatoes, p.47 

**Snack 1**  
Lentil & Rice Mini Balls, p.67 

**Dessert/ Snack 2**  
Millet-Coconut "Snowballs", p. 85 

## Day 7

**Breakfast**  
Mild Savory Quinoa Breakfast Bowl, p.31 

**Lunch**  
Creamy Butternut Squash & White Bean Mash, p.35 

**Dinner**  
Chicken & Root Vegetable Hotpot, p.47 

**Snack 1**  
Baked Apple-Coconut Pudding, p.68 

**Dessert/ Snack 2**  
Semolina Halva , p. 78 

# Week 2 SHOPPING LIST

## PRODUCE

Eggplant (aubergine) - 1 small (Stuffed Eggplant)  
Cucumber - 2 medium (Salad, Turkey Rolls)  
Bell peppers - 3 medium (Chicken Peppers, Turkey Skillet)  
Broccoli - 1 small head (Baked Haddock, Lemon Chicken)  
Sweet potatoes - 3 medium (Rounds, Sweet Potato Skillet, Patties)  
Carrots 5 medium (Soup, Stuffed Eggplant, Hotpot, Lentil Balls, Cabbage Rolls)  
Zucchini - 4 medium (Stuffed Eggplant, Cottage Pie, Fritters, Turkey Skillet)  
Potatoes - 4 medium (Cottage Pie, Chicken Hotpot, Baked Salmon)  
Butternut squash - 1 small (Squash & White Bean Mash)  
Green beans - 1 bag (200 g/7 oz) (Haddock with Swede, Turkey Patties)  
Spinach (baby) - 1 bag (150 g/5 oz) (Chickpea Pancakes, Rolls, Quinoa Bowl)  
Fennel bulb - 1 small (Fennel Soup)  
Parsnips - 2 medium (Chicken Hotpot)  
Apples - 3 medium (Pudding, Apple Skillet)  
Pears - 2 medium (Oat & Pear Bars)  
Mango (fresh or frozen) -- 300 g/10 oz) (Jelly Cups, Parfait)  
Bananas - 3 medium (Banana Parfait, Oat Bites)  
Lemon - 1 (Haddock, Lemon Chicken)  
Fresh herbs (parsley, dill, mint, basil) 1 small bunch each  
Savoy cabbage - 1 small head (Cabbage Rolls)  
Baby potatoes - 300 g / 10 oz (Baked Salmon)  
Fresh ginger - 1 small knob (Carrot Soup)

## PROTEINS

Chicken breast - 2 fillets (≈ 250 g/9 oz) (Lemon Chicken, Chicken Hotpot, Chicken Peppers)  
Ground turkey (lean) 500 g/1 lb (Turkey Patties, Turkey Skillet, Cabbage Rolls)  
Cod fillets - 2 fillets (≈ 240 g / 8 oz) (Cottage Pie)  
Salmon fillet - 1 fillet (≈ 120 g / 4 oz) (Baked Salmon)  
Haddock fillet - 1 fillet (≈ 120 g / 4 oz) (Baked Haddock)  
Eggs - 10 large (various breakfasts)

## DAIRY & ALTERNATIVES

Lactose-free or almond milk - 2 L / ½ gal (Multiple recipes)  
Coconut milk (light) - 1 can (Ice Cream, Pudding, Panna Cotta)  
Yogurt - 1 small tub (Couscous Dressing, Parfait)  
Ricotta or soft tofu - 100 g/3.5 oz (Quinoa Bowl)  
Cottage cheese - 1 tub (200 g/7 oz) (Fritters, Chicken Peppers)  
Light butter or olive spread - 1 small pack (125 g/4 oz) (Halva)

## GRAINS, CEREALS & LEGUMES

Rolled oats - 1 pack (Breakfast Bake, Oat Bars, Parfait, Oat Bites)  
Oat flour - 1 small bag (Cottage Fritters, Lentil Balls)  
Rice flour - 1 small bag (Crackers)  
Semolina - 1 pack (Halva)  
Couscous - 1 pack (Couscous Salad)  
Quinoa - 1 pack (Quinoa Bowl, Cabbage Rolls)  
Millet - 1 pack (Muffins, Millet Snowballs, Cottage Fritters)  
Brown or white rice - 1 pack (Stuffed Eggplant, Chicken Peppers)  
Lentils - 1 pack (Stuffed Eggplant, Lentil Balls, Carob Squares)  
Chickpea flour - 1 small bag (Savory Pancakes)  
White beans (canned) - 1 can (Squash Mash)

## NUTS, SEEDS & NUT BUTTERS

Almond butter - 1 jar (Oat Bites)  
Ground flaxseed - 1 small bag (Breakfast Bake, Oat Bites)  
Chia seeds - 1 small pack (Parfait)  
Desiccated coconut or coconut flakes - 1 pack (Snowballs, Pudding)  
Almonds or raisins - Small pack (Halva garnish)

## PANTRY & STAPLES

Olive oil  
Maple syrup or honey  
Vanilla extract  
Cinnamon, nutmeg, cardamom  
Salt (low-sodium)  
Tamari or coconut aminos  
Low-sodium chicken/  
vegetable broth  
Sugar or light brown sugar  
Chamomile tea bags  
Agar-agar / gelatin powder  
Coconut aminos (optional)  
Baking powder



# Week 3 Meal Plan

## Day 1

**Breakfast**  
Zucchini & Ricotta "Breakfast  
Cups", p. 22 

**Lunch**  
Chicken & Pumpkin Risotto, p. 35 

**Dinner**  
Herb-Crusted Haddock with  
Sweet Potato Wedges, p.51 

**Snack 1**  
Almond Butter Rice Rolls, p.65 

**Dessert/ Snack 2**  
Oat & Date Mini Squares, p.77 

## Day 2

**Breakfast**  
Papaya & Coconut  
Smoothie Bowl, p.24 

**Lunch**  
Creamy Chicken &  
Leek Pie, p. 39 

**Dinner**  
Stuffed Portobello  
Mushrooms with Quinoa  
& Ricotta, p. 52 

**Snack 1**  
Baked Potato &  
Zucchini Thins, p.69 

**Dessert/ Snack 2**  
Cinnamon Rice-  
Flake Crumble, p. 77 

## Day 3

**Breakfast**  
Rice Vermicelli Stir-Fry  
with Egg & Zucchini, p.29 

**Lunch**  
Jacket Potato with Cottage  
Cheese & Chives, p. 42 

**Dinner**  
Cauliflower Rice & Spinach  
Bowl with Lemon-Basil  
Salmon, p.52 

**Snack 1**  
Apple & Millet  
Muffins, p.66 

**Dessert/ Snack 2**  
Ricotta Soufflé Cups, p.80 

## Day 4

**Breakfast**  
Baked Sweet Potato  
Boats with Ricotta &  
Blueberries, p.28 


**Lunch**  
Turkey & Avocado  
Wrap, p. 43 


**Dinner**  
Broccoli & White Bean  
Patties with Rice Pilaf, p.58 

**Snack 1**  
Baked Carrot &  
Oat Patties, p.64 

**Dessert/ Snack 2**  
Pumpkin & Yogurt  
"Cheesecake" Cups, p.76 

## Day 5

**Breakfast**  
Baked Carrot & Apple  
Breakfast Squares, p.26 

**Lunch**  
Zucchini & Ricotta  
Roll-Ups, p. 40 

**Dinner**  
Beef & Barley Stew, p. 50 

**Snack 1**  
Millet & Herb  
Crackers, p.68 

**Dessert/ Snack 2**  
Carrot-Coconut  
Rice Truffles, p. 83 

## Day 6

**Breakfast**  
Buckwheat Pancakes  
with Berry Compote, p.26 

**Lunch**  
Salmon & Sweet Potato  
Cakes with Dill Yogurt, p.33 

**Dinner**  
Turkey Meatloaf  
with Oat Crust, p.50 

**Snack 1**  
Beet & Carrot Oven  
Fries with Mint  
Yogurt Dip, p.71 

**Dessert/ Snack 2**  
Banana-Melon  
Sorbet, p. 84 

## Day 7

**Breakfast**  
Polenta Cakes with  
Wilted Spinach &  
Carrot Purée, p.29 

**Lunch**  
Creamy Zucchini &  
Basil Soup, p. 44 

**Dinner**  
Stuffed Acorn Squash  
with Quinoa & Turkey  
Sausage, p. 57 

**Snack 1**  
Mild Cauliflower "Hummus"  
Spread with Pita Dippers, p.64 

**Dessert/ Snack 2**  
Sweet Potato Pudding  
with Coconut Drizzle, p.76 

# Week 3 SHOPPING LIST

## PRODUCE

Zucchini - 5-6 small (Millet Cakes, Veggie Frittata, Ricotta Dip)  
Sweet potatoes - 5 medium (Lentil Soup, Roasted Bowl)  
Carrots - 6-7 medium (Oat Muffins, Soup bases)  
Potatoes - 5 medium (Potato Mash, Turkey Meatballs)  
Pumpkin/butternut squash - 1 small (Millet Porridge, Soup)  
Leek - 1 medium (Millet-Leek Patties)  
Broccoli - 1 small head (Broccoli-Quinoa Stir-Fry)  
Cauliflower - 1 small head (Cauliflower "Hummus", Veg Bowl)  
Bok choy - 1 small bunch (Rice Noodle Soup)  
Spinach - 2 small bags (Egg Muffins, Rice Bowl)  
Basil, Parsley, Dill, Thyme, Chives, Mint - 1 bunch each  
Cucumber - 2 medium (Yogurt Dip, salad)  
Lettuce (butter or romaine) - 1 head (Wraps)  
Portobello mushrooms - 2 large (~7oz/200g) (Risotto)  
Acorn squash - 1 small (Squash Bowl)  
Beetroot - 1 small (Roasted Veg Bowl)  
Parsnips - 2 small (Soup, Roasted Veg)  
Apples - 3 medium (Apple-Oat Bake, Pancakes)  
Pears - 2 medium (Baked Pear Dessert)  
Bananas - 3-4 (Sorbet, Smoothie, Snack)  
Blueberries - 1 punnet (Compote, Dessert)  
Papaya - 1 small (Papaya Yogurt Bowl)  
Melon - ½ small (Sorbet)  
Lemon - 1 small (Zest for yogurt, dressing)

## PROTEINS

Chicken breast - 4 pieces (~1.3 lb/600 g) (Chicken & Rice Bowl, Lettuce Wraps)  
Lean ground turkey - 1 lb (~450 g) (Turkey Meatballs, Patties)  
Lean beef cubes - 7 oz / 200 g (Light Beef Stew)  
Salmon fillets - 2 (~8½ oz / 240 g) (Steamed Salmon Bowl)  
Haddock fillets - 2 (~8½ oz / 240 g) (Poached Fish & Veggies)  
Eggs - 10 large (Baking, Breakfast dishes)

## GRAINS, BREADS & CEREALS

Rollled oats - 14 oz/400 g (Muffins, Breakfast bowls)  
Oat flour - 7 oz/200 g (Pancakes, Baking)  
Buckwheat flour - 7 oz/200 g  
Rice flakes (poha) - 3½ oz / 100 g  
Rice vermicelli noodles - 5 oz / 150 g (Soup, Stir-Fry)  
Arborio rice - 9 oz / 250 g (Risotto)  
White rice - 10½ oz/300 g (Rice Bowls, Side dishes)  
Pearl barley - 7 oz/200 g  
Quinoa - 7 oz / 200 g  
Polenta (instant) - 7 oz / 200 g (Pancakes, Cakes)  
Breadcrumbs (wholemeal/oat) - 3½oz/100g (Meatballs, Cakes)  
Tortilla (whole wheat) - 2 large (Wraps)  
Filo pastry sheets - 9 oz / 250 g pack (Savory Bake)  
Oat biscuits - 1 small pack (Cheesecake crust)  
Puff rice / granola - 1 small bag (Snack)

## NUTS, SEEDS & NUT BUTTERS

Almond butter - 7 oz / 200 g jar (Snack Dip, Breakfast)  
Walnuts - 3½ oz / 100 g bag (Topping for oats or salad)  
Chia seeds - 3½ oz / 100 g (Desserts, Yogurt toppings)

## DAIRY & ALTERNATIVES

Oat or lactose-free milk - 34 fl oz/1 L (Pancakes, Porridge, Drinks)  
Almond milk - 17 fl oz / 500 ml (Smoothies, Baking)  
Light butter or dairy-free spread - 7 oz / 200 g tub (Baking, sautéing)  
Ricotta cheese - 16 oz/450 g tub (Ricotta Dip, Cakes)  
Cottage cheese - 7 oz/200 g tub (Snacks, Light Lunches)  
Greek yogurt - 17 oz/500 g tub (Dips, Lassi Popsicles)

## PANTRY & CONDIMENTS

Olive oil  
Coconut oil  
Maple syrup  
Honey  
Vanilla extract  
Baking powder  
Cornstarch  
Tahini  
Soy sauce (low-sodium)  
Light coconut milk  
Broth (vegetable/chicken/beef, low sodium)  
Mild spices (cinnamon, cumin, nutmeg, turmeric, oregano)  
Fine sea salt to taste  
Black pepper  
Carob powder  
Medjool dates  
Shredded coconut  
White beans (canned)  
Chickpeas



# Week 4 Meal Plan

## Day 1

**Breakfast**  
Apple-Rice Flour Pancakes, p. 31

**Lunch**  
Baked Cod with Parsley & Mashed Cauliflower, p.36

**Dinner**  
Spinach & Ricotta Stuffed Sweet Potato, p.54

**Snack 1**  
Mildly Spiced Millet Porridge Cups, p.62

**Dessert/ Snack 2**  
Pumpkin Oat Cookies, p.83

## Day 2

**Breakfast**  
Soft Polenta & Pear "Breakfast Tart", p.23

**Lunch**  
Mild Ginger Chicken & Veggie Stir-Fry, p. 37

**Dinner**  
Mild Coconut Fish Stew, p. 54

**Snack 1**  
Cucumber Boats with Hummus & Dill, p.61

**Dessert/ Snack 2**  
Sweet Potato Crème Brûlée, p. 82

## Day 3

**Breakfast**  
Spinach & Quinoa Breakfast Bowl, p.21

**Lunch**  
Baked Salmon & Sweet Potato Mash, p. 37

**Dinner**  
Pumpkin & White Bean Gnocchi Skillet, p. 59

**Snack 1**  
Rice Flake & Banana Clusters, p.70

**Dessert/ Snack 2**  
Baked Apple & Millet Soufflé Cups, p. 79

## Day 4

**Breakfast**  
Oat-Peach Smoothie, p.27

**Lunch**  
Turkey & Sweet Potato Shepherd's Pie, p. 41

**Dinner**  
Mild Shrimp & Rice Stew with Zucchini, p.58

**Snack 1**  
Savory Millet & Spinach Squares, p.72

**Dessert/ Snack 2**  
Carob Lentil Squares, p. 81

## Day 5

**Breakfast**  
Zucchini & Herb Omelet Wrap, p.20

**Lunch**  
Egg Salad Lettuce Cups, p. 42

**Dinner**  
Turkey & Sweet Potato Patties with Steamed Green Beans, p. 48

**Snack 1**  
Cucumber & Yogurt Mousse Cups, p.72

**Dessert/ Snack 2**  
Vanilla-Pear Mousse, p. 75

## Day 6

**Breakfast**  
Banana-Coconut Soufflé, p.30

**Lunch**  
Creamy White Bean & Spinach Wrap, p. 38

**Dinner**  
Herbed Cod with Cucumber-Dill Quinoa Salad, p. 48

**Snack 1**  
Mashed Potato & Spinach Mini Pancakes, p.66

**Dessert/ Snack 2**  
Blueberry-Rice Flour Clafoutis, p. 86

## Day 7

**Breakfast**  
Savory Carrot & Millet Patties, p.25

**Lunch**  
Salmon & Potato Fishcakes with Steamed Veg, p. 45

**Dinner**  
Creamy Broccoli & Quinoa Casserole, p.56

**Snack 1**  
Oat & Banana Energy Bites, p.61

**Dessert/ Snack 2**  
Rice & Chamomile Cream Pots, p. 79

# Week 4 SHOPPING LIST

## PRODUCE

Potatoes - 4 medium (Potato Pancakes, Fishcakes)  
Cauliflower - 1 small head (Cod with Mashed Cauliflower)  
Zucchini - 6-7 small (Rice Stew, Wrap)  
Spinach - 3 bags (Breakfast Bowls, Wraps, Casserole)  
Broccoli - 1 large head (Casserole)  
Green beans - 1 bag (Turkey Patties side)  
Sweet potatoes - 6 medium (Stuffed Sweet Potato, Shepherd's Pie, Salmon Mash)  
Carrots - 6-7 medium (Millet Patties, Side Veg)  
Pumpkin/butternut squash - 1 small (Gnocchi, Cookies)  
Leek - 1 medium (Savory Millet Squares)  
Parsley, Dill, Basil, Fresh thyme, Fresh mint - 1 small bunch each  
Cucumber - 3 medium (Hummus Boats, Quinoa Salad, Mousse Cups)  
Lettuce (romaine or butter) - 1 head (Egg Salad Cups, Wraps)  
Pears - 3 medium (Pear Mousse, Polenta Tart)  
Apples - 3 medium (Pancakes, Baked Soufflé)  
Bananas - 4 medium (Clusters, Smoothie, Soufflé)  
Peaches - 2 medium (Oat-Peach Smoothie)  
Blueberries - 1 punnet (≈4.5 oz / 125 g) (Clafoutis)  
Lemon - 1 small (Yogurt dip, mousse flavor)  
Ginger root - 1 small piece (≈2 oz/60 g) (Chicken Stir-Fry, Tea, Porridge)

## PROTEINS

Salmon fillets - 2 (≈8½ oz / 240 g) (Salmon & Potato Fishcakes)  
Cod fillets - 4 (≈1 lb / 450 g) (Baked Cod, Cod Quinoa Salad)  
Shrimp (peeled, deveined) - 10½ oz/300 g (Shrimp & Rice Stew)  
Lean ground turkey - 1 lb (≈450 g) (Shepherd's Pie, Patties)  
Eggs - 10 large (Pancakes, Soufflés, Omelets)

## DAIRY & ALTERNATIVES

Almond milk or oat milk - 34 fl oz / 1 L (Smoothie, Porridge)  
Coconut milk (light) - 1 can (Fish Stew, Desserts)  
Greek yogurt (lactose-free) - 17 oz/500 g (Yogurt mousse, Dips)  
Ricotta cheese (part-skim) - 9 oz / 250 g tub (Stuffed Sweet Potato)  
Cottage cheese (low-fat) - 7 oz / 200 g tub (Snack fillings)  
Milk (low-fat or oat) - 1 quart / 1 L (Porridge, Soufflés, Baking)

## GRAINS, BREADS & CEREALS

Rice flour - 7 oz / 200 g (Pancakes, Clafoutis)  
Rolled oats - 14 oz / 400 g (Cookies, Muffins, Porridge)  
Millet (whole grain) - 14oz/400 g (Savory Squares, Breakfasts)  
Quinoa - 10½ oz/300 g (Breakfast Bowl, Casserole)  
Barley - 7 oz / 200 g  
Rice flakes (poha) - 3½ oz/100 g (Clusters, Cream Pots)  
Polenta (instant) - 7 oz / 200 g (Breakfast Tart)  
White rice - 14 oz / 400 g (Shrimp Stew, Bowls)  
Tortilla (whole wheat) - 2 large (Wraps)

## NUTS, SEEDS & NUT BUTTERS

Chia seeds - 3½ oz/100 g (Desserts, Smoothies)  
Almond butter - 7 oz/200 g jar (Snack topping)  
Walnuts or almonds - 3½ oz/100 g bag (Dessert garnish)  
Shredded coconut - 5 oz/150 g (Desserts)

## PANTRY & CONDIMENTS

Olive oil  
Maple syrup  
Honey  
Vanilla extract  
Baking powder  
Cornstarch  
Carob powder  
Cinnamon  
Sea salt  
Vegetable broth (low sodium)  
Dates (soft, pitted)  
Chamomile tea bags  
Light brown sugar  
Gelatin (unflavored)  
White beans (canned)  
Red lentils (dry or canned)

# Appendix: Your Bonus Digital Resources

To support your acid reflux journey with practical, easy-to-use tools, this appendix includes QR codes that link to helpful printable and digital resources. Use them to personalize your plan, track your progress, and simplify shopping and cooking.

## 1. Traffic Light Trigger Chart

A simple, color-coded guide to help you instantly understand which foods are:

- ▶ Green (Safe): Gentle for most people.
- ▶ Yellow (Test): Try in small portions and observe your response.
- ▶ Red (Avoid): Known to worsen reflux for many.

Use this chart while grocery shopping, meal prepping, or modifying recipes. It's your quick-reference roadmap to reflux-friendly eating.

<https://reginabowman.live/Chart>



## 2. Food & Symptom Tracker

Track meals, portion sizes, and symptoms day by day to uncover your unique trigger patterns and safe foods. This tool helps you uncover patterns so you can build a tailored approach that fits your body, lifestyle, and unique digestion.

<https://reginabowman.live/Tracker>



## 3. Printable Meal Plan & Shopping List

Access a clean, easy-to-print version of the complete 4-week acid reflux meal plan along with categorized weekly shopping lists. These resources help you stay organized, reduce food waste, and simplify day-to-day cooking.

<https://reginabowman.live/28DayMealPlan>



## 4. Blank Meal Plan & Shopping List Template

A customizable template you can reuse every week—digitally or on paper. Plan your meals, jot down ingredients, and create a waste-free shopping list that fits your needs, preferences, and schedule.

Includes:

- ▶ Weekly meal planner (breakfast, lunch, dinner, snacks)
- ▶ Categorized shopping list sections (Produce, Proteins, Grains, Dairy & Alternatives, Pantry, etc.)
- ▶ Space for notes, swaps, and reminders
- ▶ A clean layout to help you stay organized and consistent

Use this template to continue the system long after you complete the 4-week plan.

<https://reginabowman.live/template>

