7-Day GERD Diet Plan

Patient information			
Name: Eureka Alberts	**Age:** 43	**Sex:** F	**Goals:**
Height: 152cm	**Start date:** April 1, 2024		Reduce GERD symptoms
Weight: 63kg	**End date:** April 7, 2024		

Day	Breakfast	Lunch	Dinner	Snack	Remarks
1	Oatmeal with almond milk, topped with bananas and a drizzle of honey.	Grilled chicken breast with quinoa, steamed green beans, and avocado.	Baked salmon with roasted sweet potatoes and sautéed zucchini.	Unsalted almonds (10 pieces) and a pear.	
2	Whole grain toast with mashed avocado and a poached egg.	Turkey and spinach wrap with hummus, paired with carrot sticks.	Herb-seasoned grilled tilapia with brown rice and steamed broccoli.	Non-citrus fruit salad (apples, blueberries, and strawberries).	
3	Smoothie made with spinach, banana, almond milk, and chia seeds.	Grilled chicken and vegetable soup with a slice of whole-grain bread.	Lean beef stir-fry with bok choy, bell peppers, and soba noodles.	Low-fat yogurt with a sprinkle of granola.	
4	Scrambled eggs with chopped spinach and a slice of whole-grain toast.	Quinoa salad with cucumbers, cherry tomatoes, grilled shrimp, and olive oil dressing.	Baked chicken thighs with mashed cauliflower and steamed carrots.	Rice cakes with almond butter.	
5	Porridge made with oats, almond milk, and cinnamon, served with fresh blueberries.	Grilled turkey burger (no bun) with lettuce, tomato, and sweet potato fries.	Vegetable soup with lentils and a small whole-grain roll.	Celery sticks with a small amount of almond butter.	
6	Greek yogurt with chopped apples, a drizzle of honey, and flaxseeds.	Baked chicken salad with mixed greens, cucumber, and olive oil vinaigrette.	Roasted cod with quinoa and steamed asparagus.	Homemade trail mix (unsalted nuts and dried cranberries).	
7	Soft-boiled egg with a side of sautéed spinach and whole-grain toast.	Grilled chicken wrap with cucumbers, lettuce, and tahini dressing.	Turkey meatballs with marinara sauce (low-acid) over zucchini noodles.	Sliced apple with low-fat cheese.	

Healthcare professional's name: Anna Sung, MD **Contact number:** XXXX-XXX