

7-Day GERD Diet Plan

7-DAY GERD DIET PLAN

Date: _____ dd / mm / yyyy Patient's Name: _____

Date of Birth: _____ dd / mm / yyyy Gender: _____

Referring Physician's Name: _____

Additional Notes:

Food Guide - What to Eat: Whole Grains (e.g. oatmeal, couscous, brown rice), Root vegetables (e.g. sweet potatoes, carrots, beets), Green vegetables (e.g. asparagus, broccoli, and green beans), Alkaline food (e.g. bananas, melons, cauliflower, fennel, nuts), Watery food (e.g. celery, cucumber, lettuce, herbal tea), Fruits (e.g. avocados, pears, berries), Lean proteins (e.g. almonds, beans, skinless chicken, fish, seafood)

Food Guide - What to Limit or Avoid: Fast food and processed snacks, Fried food, Pizza, Fatty Meats, Chili powder and pepper, Cheese, Tomato-based sauces, Citrus fruits, Chocolate, Carbonated Beverages

General Reminders: Eat smaller meals and eat slowly. Avoid trigger foods. Choose lean proteins and eat loads of fruits and vegetables. Sit up for at least an hour after finishing a meal. Avoid late-night snacks or even eating before bed.

Day 1 Date: _____ dd / mm / yyyy

Day 1 Breakfast

Day 1 Lunch

Day 1 Dinner

Day 1 Snacks

Day 2 Date: _____ dd / mm / yyyy

Day 2 Breakfast

Day 2 Lunch

Day 2 Dinner

Day 2 Snacks

Day 3 Date: _____ dd / mm / yyyy

Day 3 Breakfast

Day 3 Lunch

Day 3 Dinner

Day 3 Snacks

Day 4 Date: _____ dd / mm / yyyy

Day 4 Breakfast

Day 4 Lunch

Day 4 Dinner

Day 4 Snacks

Day 5 Date: _____ dd / mm / yyyy

Day 5 Breakfast

Day 5 Lunch

Day 5 Dinner

Day 5 Snacks

Day 6 Date: _____ dd / mm / yyyy

Day 6 Breakfast

Day 6 Lunch

Day 6 Dinner

Day 6 Snacks

Day 7 Date: _____ dd / mm / yyyy

Day 7 Breakfast

Day 7 Lunch

Day 7 Dinner

Day 7 Snacks

Notes: