



Debloat Meal Plan

Regain your confidence with my tasty 5-day deloat meal plan! Say goodbye to chronic bloating and embrace a menu filled with nutritious, health-boosting foods. This plan excludes common bloat culprits like gluten, dairy, refined sugars, and seed oils, ensuring a nourishing experience for your gut. On top of all that, I have ensured each day includes at least 100 grams of protein to keep you energized and feeling satiated all day long.

Ready to embark on a personalized gut health journey? Visit my website to schedule a complimentary 20-minute discovery call. Let's nourish your well-being together!

Karlee Close, Gut Health Coach at Beyond Bloating

Visit www.beyondbloated.com for more details. Happy meal prepping!

Debloat Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Bone broth, Organic Rustic Sweet Potato Hash	Bone broth, Organic Cinnamon Egg White Oats	Bone broth, Organic Rustic Sweet Potato Hash	Bone broth, Organic Cinnamon Egg White Oats	Bone broth, Organic Rustic Sweet Potato Hash		
	Marinated Rosemary Chicken Kebabs Sweet Quinoa Surprise	Mediterranean Mushroom Quinoa Lemon Herb Salmon	Sweet Quinoa Surprise Marinated Rosemary Chicken Kebabs	Mediterranean Mushroom Quinoa Chicken Zucchini Meatballs	Mediterranean Mushroom Quinoa Wild Atlantic halibut		
Dinner	Penne with Garlicky Mixed Greens and Beans	Penne with Garlicky Mixed Greens and Beans	Chicken Zucchini Meatballs	Lemon Herb Salmon Cauliflower crumbles/ rice	Chicken Zucchini Meatballs		
			Lemon Garlic Roasted Asparagus		Lemon Garlic Roasted Asparagus		
			Brown rice, long-grain, cooked		Brown rice, long-grain, cooked		
Snack	Easy Peasy Guac Dark chocolate	Easy Peasy Guac Dark chocolate	Black Bean Dip Dark chocolate	Black Bean Dip Dark chocolate	Black Bean Dip Dark chocolate		



Prep	Cook	Ready in	Servings
20 min	10 min	30 min	3

Rustic Sweet Potato Hash

A healthy, rustic breakfast that is satisfying and delicious.

Breakfast on Monday

Leftovers: Breakfast on Wednesday, Breakfast on Friday

Ingredients

3 medium Sweet potato
potato

3/4 cup Yellow onion (chopped)

6 cup Spinach

3 cup Tomato
chopped

6 large egg Egg

3/4 tsp Garlic powder (to taste)

3/4 tsp Black pepper (to taste)

3 tbsp Coconut oil

Instructions

Use a sweet potato you cooked previously or prepare one. To prepare one quickly- wash, poke with a fork, loosely wrap in a wet paper towel, microwave for 3 minutes, test for softness, flip it and return it to the microwave for another 2-3 minutes. Don't over-cook it or it will get tough. Let it cool and dice into 1/4 inch pieces. Spray a skillet that you have a lid for and put in your sweet potato pieces to start to brown them over medium or medium high. While that is cooking dice some onion, cut some tomato, and pull out your spinach. Move your sweet potatoes around and make sure they are browning. Add the onion to the potato. Once they start to brown add your spinach. Let it wilt if fresh, or defrost if frozen. Just before you are ready to put your eggs in, add the tomato, a dash of pepper and garlic powder then stir the mixture to incorporate. Push everything to the center of the pan. Directly and carefully crack your eggs on top of the hash. Put the lid on immediately. Allow it to cook 1- 2 minutes with heat still on and another 3-5 with it off. The heat inside the pan should cook the eggs. Check it- if the eggs are not cooked to your preference, it may need additional time on the burner or with the lid on.

Nutrition Facts

Per Portion

Calories	450
Calories from fat	229
Calories from saturated fat	134
Total Fat	25.5 g
Saturated Fat	14.9 g
Trans Fat	0.1 g
Polyunsaturated Fat	2.4 g
Monounsaturated Fat	4.8 g
Cholesterol	433 mg
Sodium	275 mg
Potassium	1382 mg
Total Carbohydrate	40 g
Dietary Fiber	7.7 g
Sugars	13.2 g
Protein	18.7 g



Prep	Cook	Ready in	Servings
10 min	15 min	25 min	2

Marinated Rosemary Chicken Kebabs

Lunch on Monday
 Leftovers: Lunch on Wednesday

Ingredients

- 1 1/2 breast Chicken breast, boneless, skinless (trimmed, cut into 2-inch pieces)
- 2 tbsp Extra virgin olive oil
- 1 1/2 tbsp Lemon juice
- 1 tbsp Rosemary, fresh
- 1 dash Black pepper

Instructions

Thread the chicken onto metal skewers and lay in a shallow dish. Mix the oil, lemon juice, rosemary and pepper together in a small bowl and pour the marinade over the kebabs. Cover and refrigerate 2 hours.

Preheat broiler. Arrange kebabs in a baking pan. Broil kebabs about 10 to 15 minutes or until the chicken is cooked through, brushing with the marinade during the first 5 minutes, turning frequently.

Serve hot

Nutrition Facts	
Per Portion	
Calories	326
Calories from fat	165
Calories from saturated fat	26.1
Total Fat	18.3 g
Saturated Fat	2.9 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.2 g
Monounsaturated Fat	11.2 g
Cholesterol	127 mg
Sodium	79 mg
Potassium	601 mg
Total Carbohydrate	1.1 g
Dietary Fiber	0.2 g
Sugars	0.3 g
Protein	39 g



Prep	Cook	Ready in	Servings
15 min	15 min	30 min	2

Sweet Quinoa Surprise

Lunch on Monday
 Leftovers: Lunch on Wednesday

Ingredients

- 1/2 tbsp Balsamic vinegar
- 1/2 cup Bone broth, Organic
- 1/4 can Chickpeas, canned, drained (drained and rinsed) (19oz)
- 1 tbsp Cranberries, dried
- 0.12 Cucumber (diced) cucumber(s)
- 1 tsp Extra virgin olive oil
- 1/4 cup Quinoa, uncooked (rinsed)
- 1/4 medium Red bell pepper (diced) pepper(s)

Instructions

In saucepan, bring quinoa and broth to a boil. Reduce heat to a gentle simmer; cover and cook for about 15 minutes or until broth is absorbed and quinoa is tender. Let stand covered for 5 minutes.

Meanwhile, in a large bowl, combine chickpeas, pepper, cucumber, and cranberries.

Fluff quinoa with fork and add to bowl. Drizzle with vinegar and oil and toss well to combine.

Nutrition Facts	
Per Portion	
Calories	218
Calories from fat	53
Calories from saturated fat	5.6
Total Fat	5.9 g
Saturated Fat	0.6 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.6 g
Monounsaturated Fat	2.4 g
Cholesterol	0
Sodium	250 mg
Potassium	278 mg
Total Carbohydrate	34 g
Dietary Fiber	6.3 g
Sugars	7.2 g
Protein	10.5 g



Prep	Cook	Ready in	Servings
20 min	25 min	45 min	2

Penne with Garlicky Mixed Greens and Beans

Dinner on Monday

Leftovers: Dinner on Tuesday

Ingredients

4 oz	Brown rice pasta
1 tbsp	Extra virgin olive oil
1 medium	Yellow onion (chopped)
1 medium	Carrots (chopped)
3 clove(s)	Garlic (minced)
1/4 tsp	Red pepper flakes
1/2 cup	Kale (stem removed, chopped)
1 cup	Spinach
1 can (15oz)	Cannellini beans, canned (rinsed, drained)

Instructions

Prepare pasta according to package directions, omitting salt. Reserve 1/4 cup of pasta water and drain.

Meanwhile, heat oil in large skillet over medium heat. Cook onion and carrot 6 minutes, stirring, or until onion softens and begins to brown. Stir in garlic and red-pepper flakes. Cook 1 minute, stirring, or until fragrant.

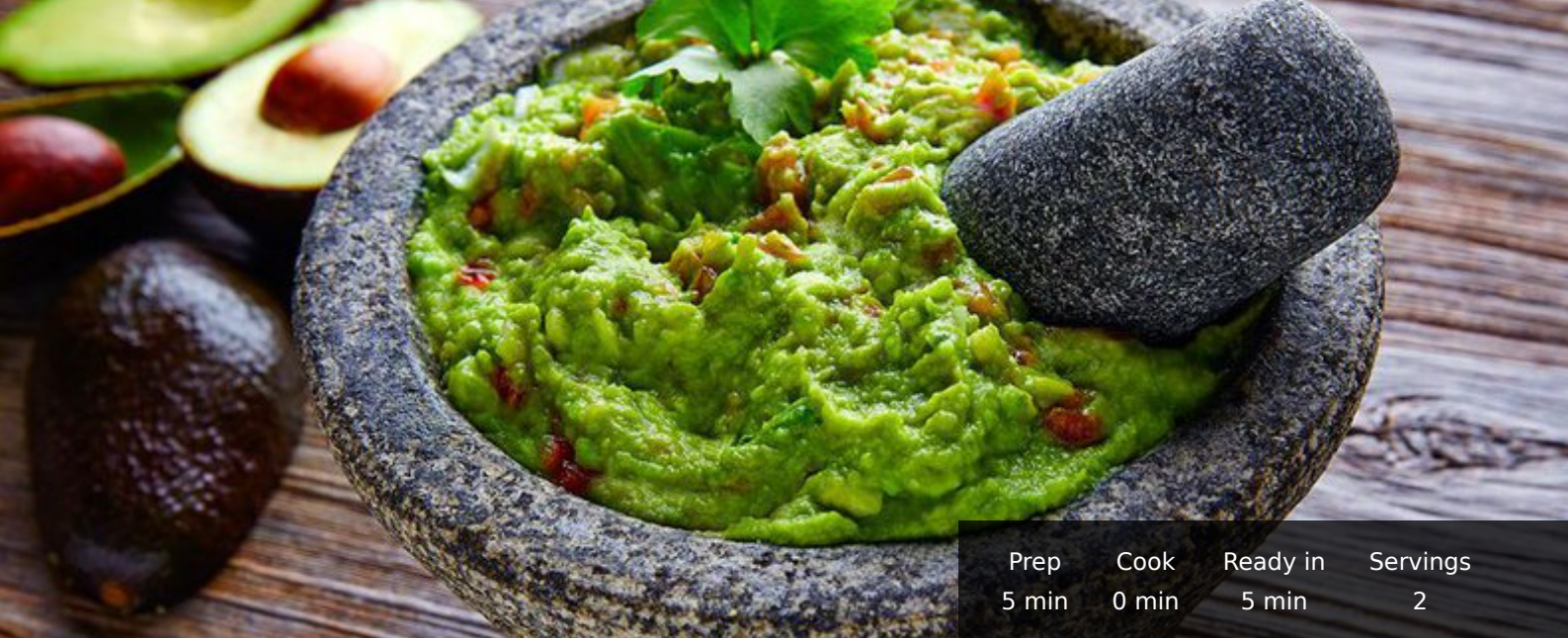
Add half greens and 1/2 cup water. Increase heat to medium-high, cover, and cook for 2 minutes, or until greens wilt. Stir in remaining greens. Reduce heat to medium, cover, and cook 10 minutes, or until greens are tender. Stir in beans. Cover and cook 2 minutes, until beans are hot.

Stir in pasta and reserved pasta cooking water. Cook 2 minutes, stirring, or until pasta is hot. Remove skillet from heat and serve.

Nutrition Facts

Per Portion

Calories	419
Calories from fat	97
Calories from saturated fat	11.7
Total Fat	10.8 g
Saturated Fat	1.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	5.4 g
Cholesterol	0
Sodium	404 mg
Potassium	790 mg
Total Carbohydrate	68 g
Dietary Fiber	14.2 g
Sugars	3.9 g
Protein	19.6 g



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

Easy Peasy Guac

Snack on Monday
Leftovers: Snack on Tuesday

Ingredients

- 3/4 avocado(s) Avocado
- 1/4 fruit Lime
- 1/4 clove(s) Garlic (1-2 cloves, grated on a microplane or finely minced)
- 1 pinch Salt (to taste)

Instructions

To cut the avocados, run a knife around the avocado (from top to bottom) and twist in half. Pull out and discard the pit. Using a spoon or your thumb, remove the flesh and place into a medium sized bowl.

Cut the lime in half and squeeze both halves into the bowl with the avocado, being careful not to get any seeds. Add the garlic, salt and any/all or none of the optional ingredients. Using a fork gently mash each avocado half a few times then stir all ingredients together.

Optional:

- Chopped tomatoes
- Cilantro
- Chopped onion
- Finely minced chilis
- Finely minced chipotle peppers
- Hemp seeds

Note:

Serving size reflect 1/4 cup per serving

Nutrition Facts

Per Portion

Calories	130
Calories from fat	105
Calories from saturated fat	14.5
Total Fat	11.6 g
Saturated Fat	1.6 g
Trans Fat	0
Polyunsaturated Fat	1.4 g
Monounsaturated Fat	7.4 g
Cholesterol	0
Sodium	25.6 mg
Potassium	392 mg
Total Carbohydrate	7.5 g
Dietary Fiber	5.4 g
Sugars	0.4 g
Protein	1.6 g



Prep	Cook	Ready in	Servings
3 min	2 min	5 min	1

Cinnamon Egg White Oats

Breakfast on Tuesday

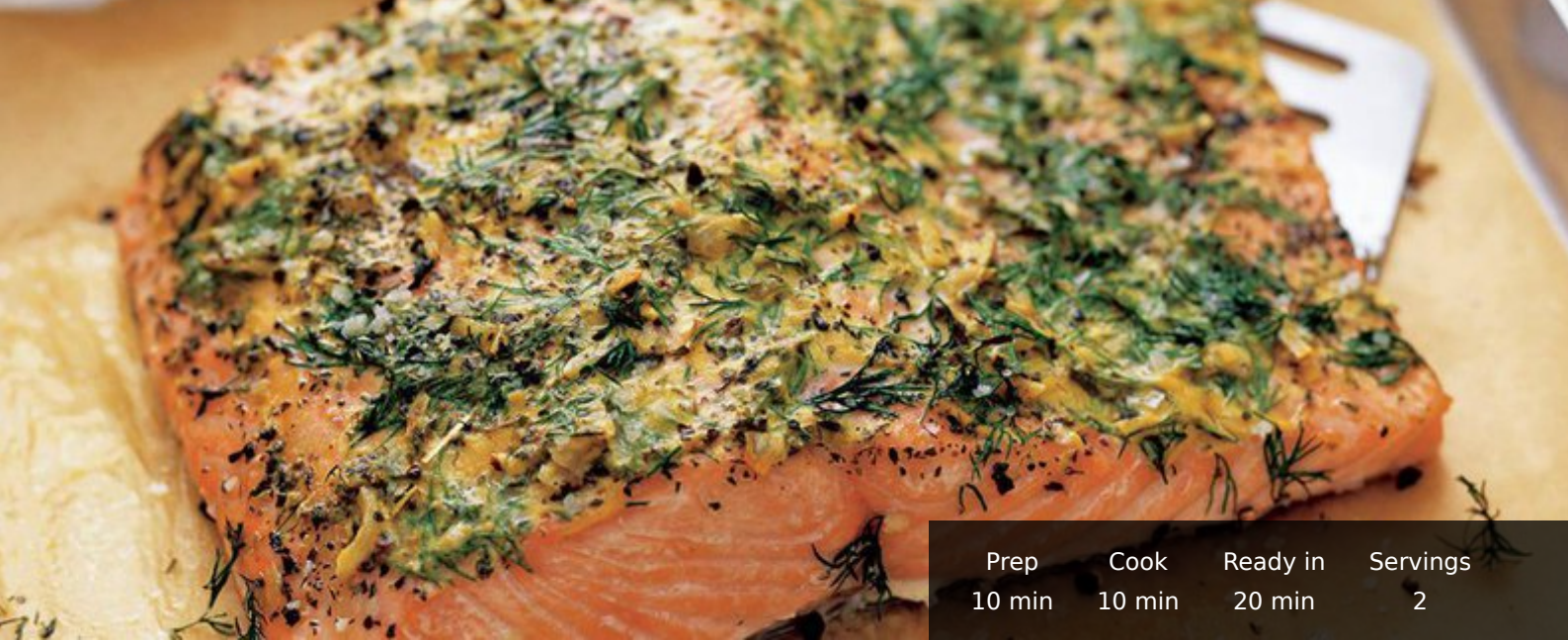
Ingredients

- 1/3 cup Rolled oats, dry (or quick oats)
- 3/4 cup Egg white
- 1 tsp Vanilla extract, pure
- 1/4 tsp Cinnamon

Instructions

1. Combine ingredients in a bowl. Microwave for 1 minute and stir everything well.
2. Microwave for an additional 30 seconds and stir everything again.
3. Add any toppings or mix-ins desired!

Nutrition Facts	
Per Portion	
Calories	205
Calories from fat	15.1
Calories from saturated fat	0
Total Fat	1.7 g
Saturated Fat	0 g
Trans Fat	0
Polyunsaturated Fat	0.7 g
Monounsaturated Fat	0.6 g
Cholesterol	0
Sodium	303 mg
Potassium	227 mg
Total Carbohydrate	24.0 g
Dietary Fiber	3.7 g
Sugars	1.9 g
Protein	22.9 g



Prep	Cook	Ready in	Servings
10 min	10 min	20 min	2

Lemon Herb Salmon

A fabulous healthy omega-3 protein dish.

Lunch on Tuesday

Leftovers: Dinner on Thursday

Ingredients

2 fillet (170g)	Atlantic salmon, wild (or 1/4 pound per a serving.)
1 tbsp	Extra virgin olive oil
1 dash	Black pepper
1 pinch	Salt
1/2 medium	Lemon (squeezed)
2 tbsp	Parsley, fresh (finely chopped. Feel free to use any fresh green herb(s) you like.)

Instructions

1. Preheat oven to 400°F and line a rimmed baking sheet with parchment paper.
2. Put the wild salmon on the baking sheet and sprinkle with black pepper and chopped herbs.
3. Then cover with freshly squeezed lemon juice and the extra virgin olive oil.
4. Next spread the fresh herb on top of each fillet.
5. Bake until salmon is cooked through, about 10-15 minutes depending on the thickness.
6. Optionally serve with additional lemon wedges.

Nutrition Facts	
Per Portion	
Calories	306
Calories from fat	160
Calories from saturated fat	23.7
Total Fat	17.7 g
Saturated Fat	2.6 g
Trans Fat	0.0 g
Polyunsaturated Fat	5.1 g
Monounsaturated Fat	8.6 g
Cholesterol	94 mg
Sodium	155 mg
Potassium	895 mg
Total Carbohydrate	2.9 g
Dietary Fiber	0.9 g
Sugars	0.7 g
Protein	34 g



Prep	Cook	Ready in	Servings
5 min	20 min	25 min	3

Mediterranean Mushroom Quinoa

Lunch on Tuesday

Leftovers: Lunch on Thursday, Lunch on Friday

Ingredients

3/4 tbsp	Extra virgin olive oil
1 1/2 medium	Yellow onion (sliced)
12 mushroom(s)	Cremini (Italian) mushroom (sliced)
1 1/2 cup	Quinoa, uncooked
2 1/4 cup	Water
7 1/2 oz	Baby spinach
1 pinch	Salt
1 dash	Black pepper
1 1/2 whole lemon(s)	Lemon juice
3 tbsp drained	Capers, canned

Instructions

USING A STOVE-TOP PRESSURE COOKER

Heat the pressure cooker pan to medium heat, add oil, onion, and mushrooms. Cook for 7 minutes, stirring occasionally.

Add quinoa, water, capers, and spinach. Secure the lid, set to high pressure, and put the heat up to high. Once the pressure cooker has reached high pressure (a knob will pop up), reduce heat to medium/low and cook for 5 minutes.

Remove the pot from the heat, and let the pressure release naturally, about 10 minutes.

Season with salt, pepper, and lemon juice to taste, and serve.

Nutrition Facts

Per Portion

Calories	390
Calories from fat	82
Calories from saturated fat	10.6
Total Fat	9.1 g
Saturated Fat	1.2 g
Trans Fat	0 g
Polyunsaturated Fat	3.3 g
Monounsaturated Fat	3.9 g
Cholesterol	0
Sodium	354 mg
Potassium	1239 mg
Total Carbohydrate	66 g
Dietary Fiber	9.2 g
Sugars	3.8 g
Protein	16.1 g



Prep	Cook	Ready in	Servings
15 min	15 min	30 min	3

Chicken Zucchini Meatballs

Serve these chicken meatballs on a skewer for a party-starting appetizer, pile atop a plate of pasta, or stuff inside a hoagie roll for a hearty sub.

Dinner on Wednesday

Leftovers: Lunch on Thursday, Dinner on Friday

Ingredients

1/2 lb	Chicken, ground, lean
1 cup grated	Zucchini (leave peel on and squeeze grated zucchini in a kitchen towel to remove excess moisture)
1 green onion (stem)	Green onion (sliced or 1/2 medium white onion)
1 1/2 tbsp	Cilantro (coriander) (minced)
1/2 clove(s)	Garlic (minced)
1/2 tsp	Salt
1/4 tsp	Black pepper
1/3 tsp	Cumin (optional)
1 1/2 tbsp	Coconut oil

Instructions

1. Leave zucchini skin on and shred zucchini, then add to a kitchen towel and squeeze out any excess water
2. Toss minced chicken with zucchini, green onion, cilantro, garlic, salt, and pepper, and cumin. The mixture will be quite wet.
3. Heat oil in a medium pan over medium heat.
4. Use a small scoop or a heaped tablespoon to scoop meatballs into the pan.
5. Cook 8-10 at a time for about 5-6 minutes on the first side. Flip and cook an additional 4-5 minutes, or until golden brown and the centers are cooked through.

Nutrition Facts

Per Portion

Calories	180
Calories from fat	118
Calories from saturated fat	67
Total Fat	13.2 g
Saturated Fat	7.5 g
Trans Fat	0.1 g
Polyunsaturated Fat	1.3 g
Monounsaturated Fat	3.2 g
Cholesterol	65 mg
Sodium	445 mg
Potassium	513 mg
Total Carbohydrate	1.8 g
Dietary Fiber	0.5 g
Sugars	1.0 g
Protein	13.8 g



Prep	Cook	Ready in	Servings
10 min	20 min	30 min	2

Lemon Garlic Roasted Asparagus

A great nutrient-dense side packed with fiber! Cooking for a crowd? Double or triple the batch!

Dinner on Wednesday

Leftovers: Dinner on Friday

Ingredients

1/2 bunch	Asparagus	1/2	Lemon
1/2 tbsp	Extra virgin olive oil	medium	
1/2 clove(s)	Garlic	1 pinch	Salt and pepper

Instructions

1. Preheat the oven to 400 degrees.
2. Rinse the asparagus well and cut or snap about one inch off the bottom of the stems (it should snap off easily by hand).
3. Place the asparagus on a baking sheet lined with foil and drizzle with olive oil.
4. Mince the clove of garlic and zest the lemon.
5. Sprinkle the salt, freshly ground pepper, minced garlic, and half of the lemon zest over the asparagus.
6. Toss the asparagus with your hands until everything is coated in oil and seasoning.
7. Spread the asparagus out so they are in a single layer on the baking sheet.
8. Place the asparagus in the oven for 10 minutes.
9. Remove from the oven and use a spatula to stir the asparagus, then roast for 10 more minutes.
10. After twenty minutes total, the asparagus should be tender and even a little crispy on the tips.
11. When the asparagus comes out of the oven, sprinkle the remaining fresh lemon zest and just a little lemon juice.

Nutrition Facts

Per Portion

Calories	66
Calories from fat	33
Calories from saturated fat	4.8
Total Fat	3.6 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	2.5 g
Cholesterol	0
Sodium	24.0 mg
Potassium	268 mg
Total Carbohydrate	7.1 g
Dietary Fiber	3.2 g
Sugars	2.8 g
Protein	2.8 g



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	3

Black Bean Dip

Snack on Wednesday

Leftovers: Snack on Thursday, Snack on Friday

Ingredients

- 1 1/2 can (15oz) Black beans, canned (drained & rinsed)
- 3 tbsp Cilantro (coriander) (minced)
- 3/4 tsp Cumin (ground)
- 3 clove(s) Garlic (minced)
- 1 1/2 tbsp Lime juice (fresh)
- 1/2 cup Salsa, ready-to-serve
- 1 dash Salt
- 3/4 tsp Water

Instructions

In the bowl of a food processor, purée the black beans, salsa, garlic, lime juice, cumin, water and salt until smooth.

Add the cilantro and pulse until just combined.

Serve with organic tortilla chips or raw vegetables

Nutrition Facts	
Per Portion	
Calories	191
Calories from fat	7.6
Calories from saturated fat	1.7
Total Fat	0.8 g
Saturated Fat	0.2 g
Trans Fat	0
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	0.1 g
Cholesterol	0
Sodium	1201 mg
Potassium	808 mg
Total Carbohydrate	40 g
Dietary Fiber	15.6 g
Sugars	2.6 g
Protein	13.7 g

Grocery List

Vegetables

<input type="checkbox"/>	Asparagus	15 medium spear(s)
<input type="checkbox"/>	Baby spinach	220 gm
<input type="checkbox"/>	Carrots	1 medium
<input type="checkbox"/>	Cauliflower crumbles/rice	100 gm
<input type="checkbox"/>	Cilantro (coriander)	1 bunch
<input type="checkbox"/>	Cremini (Italian) mushroom	12 mushroom(s)
<input type="checkbox"/>	Cucumber	1 cucumber(s)
<input type="checkbox"/>	Garlic	1 bulb
<input type="checkbox"/>	Green onion	1 bunch
<input type="checkbox"/>	Kale	1 bunch
<input type="checkbox"/>	Parsley, fresh	8 gm
<input type="checkbox"/>	Red bell pepper	1 medium pepper(s)
<input type="checkbox"/>	Spinach	210 gm
<input type="checkbox"/>	Sweet potato	390 gm
<input type="checkbox"/>	Tomato	5 medium
<input type="checkbox"/>	Yellow onion	4 medium
<input type="checkbox"/>	Zucchini	1 medium

Seafood

<input type="checkbox"/>	Atlantic salmon, wild	340 gm
<input type="checkbox"/>	Wild Atlantic halibut	170 gm

Fruits

<input type="checkbox"/>	Avocado	1 avocado(s)
<input type="checkbox"/>	Lemon	1 medium
<input type="checkbox"/>	Lime	1 fruit

Condiments

<input type="checkbox"/>	Balsamic vinegar	8 ml
<input type="checkbox"/>	Coconut oil	63 gm
<input type="checkbox"/>	Extra virgin olive oil	84 ml
<input type="checkbox"/>	Salsa, ready-to-serve	150 gm
<input type="checkbox"/>	Vanilla extract, pure	10 ml

Canned Food

<input type="checkbox"/>	Black beans, canned	630 gm
<input type="checkbox"/>	Bone broth, Organic	1310 ml
<input type="checkbox"/>	Capers, canned	27 gm
<input type="checkbox"/>	Chickpeas, canned, drained	140 gm

Spices & Herbs

<input type="checkbox"/>	Black pepper	4 gm
<input type="checkbox"/>	Cinnamon	2 gm
<input type="checkbox"/>	Cumin	3 gm
<input type="checkbox"/>	Garlic powder	3 gm
<input type="checkbox"/>	Red pepper flakes	1 gm
<input type="checkbox"/>	Rosemary, fresh	2 gm
<input type="checkbox"/>	Salt	5 gm
<input type="checkbox"/>	Salt and pepper	1 gm

Pasta & Rice

<input type="checkbox"/>	Brown rice pasta	120 gm
<input type="checkbox"/>	Quinoa, uncooked	300 gm

Other

<input type="checkbox"/>	Brown rice, long-grain, cooked	200 gm
<input type="checkbox"/>	Cannellini beans, canned	1 can (15oz)

Meat

<input type="checkbox"/>	Chicken breast, boneless, skinless	2 breast
<input type="checkbox"/>	Chicken, ground, lean	230 gm

Snacks & Nuts

<input type="checkbox"/>	Cranberries, dried	8 gm
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Baking

<input type="checkbox"/>	Dark chocolate	100 gm
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Dairy & Cheese

- Egg 7 medium egg
- Egg white 360 ml

Beverage

- Lemon juice 68 ml
- Lime juice (fresh) 23 ml
- Water 540 ml

Cereals

- Rolled oats, dry 57 gm