

IBS Meal Plan

IBS Meal Plan if properly followed may be [more effective than medications](#) used to treat IBS. IBS or Irritable bowel syndrome (IBS) is a gastrointestinal disorder mainly characterized by frequent episodes of abdominal pain, bloating, gas, and inconsistent bowel habits such as diarrhea and constipation.

Although the [symptoms of IBS](#) differ among people, some people might feel constipated more frequently while others might get recurrent diarrhea.

Moreover, IBS is an incurable disease and can only be managed by nutritional management. The key to managing IBS is detecting the trigger foods and avoiding them to avoid IBS symptoms.

IBS is of three types:

- **IBS-C** (IBS with predominant symptoms of constipation)
- **IBS-D** (IBS with predominant symptoms of diarrhea), and
- **IBS- M** (IBS with mixed symptoms of constipation and diarrhea)

One of the key dietary interventions is to reduce or avoid the intake of gas-forming foods. These foods are rich in fermentable sugars and are called FODMAP foods. Hence, one should follow a **Low-FODMAP Diet**.

Buy:

- [FODZYME by Kiwi Biosciences](#)

Read:

- [I have IBS: What Impact Would Mounjaro Have on My Gut?](#)

Low FODMAP Diet for IBS

[FODMAP](#) stands for,

- Fermentable
- Oligosaccharides
- Disaccharides
- Monosaccharides
- And
- Polyols.

The FODMAP foods increase the amount of water in the intestine which leads to increased gas, bloating, cramps, and recurrent diarrhea.

A low FODMAP diet mainly focuses on avoiding foods with a high FODMAP content. Decreasing these foods can help to control IBS symptoms in the following ways:

Gut bacteria are good bacteria that help in the digestion and absorption of food. However, some of these gut bacteria ferment the carbohydrates and this process produces gas. When we limit such carbs, we ultimately avoid the triggers for bloating and gas.

Another fact is the **water-pulling action** of these carbohydrates which adds extra water to the colon leading to frequent episodes of diarrhea.

Buy: <ul style="list-style-type: none"> • Casa de Sante FODMAP Digestive Enzymes 	Read: <ul style="list-style-type: none"> • OTC IBS Meds to relieve Belly Pain, Constipation, and Gases
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Food Choices for Low FODMAP Diet:

FODMAP diet does not cause IBS. IBS is caused by a variety of factors and one of the most important ones is the abnormal gut-brain axis. Hence, most patients with IBS have associated **anxiety, depression, and visceral hypersensitivity**, and fall into the category of what we call a "Type A Personality".

A person who is **always anxious**, and worried about minor issues. Just like mental irritability, his gut is irritable too.

On top of that, **FODMAP foods trigger IBS symptoms** and that's why IBS diets focus on avoiding these foods.

Moreover, most of the **FODMAP foods are fruits, vegetables, and cereals** therefore, you must follow the FODMAP diet guide stepwise to not cause any other deficiencies.

To start, stick with **avoiding cereals** such as wheat and rye, high fructose corn syrup, dairy products, and any type of artificial sweeteners.

If this still causes symptoms then continue to **the next step and avoid chickpeas, legumes, and restricted fruits** mentioned below in the table:

Foods	Foods To Avoid if You Have IBS	Foods Allowed to Eat
Fruits	Apple, mango, pear, peach, plum. Lychee, cherry, apricot, avocado watermelon, canned fruits, high fructose corn syrup, honey, corn syrup	Banana, canteloupe, cranberry, grape Grapefruit, honeydew melon, orange, strawberry, kiwi, blueberry, lemon
Milk and Dairy Products	<ul style="list-style-type: none"> • Milk (From cow and goat) • Soft cheese • Yogurt 	<ul style="list-style-type: none"> • Soy milk lactose-free milk, • oat milk • Lactose-free yogurt

	<ul style="list-style-type: none"> Butter 	<ul style="list-style-type: none"> Hard cheese
Vegetables	Asparagus, Beetroot, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Eggplant, Garlic, leeks okra, Green bell peppers, and onion	Artichokes, pumpkin, ginger, potato, sweet potato, olives, tomato, zucchini, turnips, carrot celery, lettuces, red bell peppers, summer squash, green beans, silver beet, alfalfa
Cereals	Wheat and Rye	Rice, oats, sorghum, quinoa, millet, and gluten-free cereals
Miscellaneous	All types of beans, legumes, and lentils	Artificial sweeteners without “ol”, Honey substitutes

Buy: <ul style="list-style-type: none"> Advanced Digestive Support, Relief for Lactose Intolerance and Casein Sensitivities, Vegan, Non-GMO 	IBS Medications: <ul style="list-style-type: none"> Trulance (Plecanatide), Eluxadoline (Viberzi), and Tenapanor (Ibsrela)
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Here is a sample IBS Meal Plan of 1000 Kcal Day-Wise :

Day 1	Meal	Food Item	Calories (Kcal)
Monday	Breakfast	½ cup overnight oats with lactose-free milk blueberries and kiwi fruit	150
	Snack	1 Boiled sweet potato with lime and black pepper	120
	Lunch	Grilled chicken steak with mashed potato	410
	Snack	Orange juice	110
	Dinner	1 cup Quinoa and turkey salad	250

Day 2	Meal	Food Item	Calories (Kcal)
Tuesday	Breakfast	Gluten-free toast with cheese omelet (cheddar cheese)	250
	Snack	½ cup raspberries	90
	Lunch	Thai chicken stir-fry with rice + 1 cup strawberry	390
	Snack	Mint and fennel seeds tea	20

	Dinner	Zucchini rice noodles	250
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Day 3	Meal	Food Item	Calories (Kcal)
Wednesday	Breakfast	Blueberry breakfast smoothie with soy milk	210
	Snack	Kiwi and strawberry fruit mix	120
	Lunch	Corn tortilla wrap with chicken, carrots, lettuce, tomatoes, and hard cheese	350
	Snack	1 tbsp peanut butter	50
	Dinner	Baked salmon with gluten-free ranch sauce	320

Day 4	Meal	Food Item	Calories (Kcal)
Thursday	Breakfast	Rice cereal (1 cup) + 1 banana	220
	Snack	1 orange	60
	Lunch	Chicken and mushroom pasta with cheddar cheese	390
	Snack	6 almonds	60
	Dinner	Egg Sandwich	200

Day 5	Meal	Food Item	Calories (Kcal)
Friday	Breakfast	Lactose-free frozen yogurt topped with blueberries and strawberries	200
	Snack	Carrot, tomato, and kiwi salad with olive oil	140
	Lunch	Beef steak +orange juice	310
	Snack	Peanut butter gluten-free cracker	120
	Dinner	Chicken and carrot soup	340

Day 6	Meal	Food Item	Calories (Kcal)
Saturday	Breakfast	Oat bread with omelet	210
	Snack	Lactose-free yogurt	120
	Lunch	Grilled cod with pesto sauce	370
	Snack	4 walnuts	60
	Dinner	Air-fried potato fries with whole egg mayo	290

Day 7	Meal	Food Item	Calories (Kcal)
Sunday	Breakfast	Gluten-free banana pancake with maple syrup	150
	Snack	1 cup melon	90
	Lunch	Spinach pasta with chicken and cheddar cheese	350
	Snack	Almonds and raisins mix (½ cup)	100
	Dinner	Grounded beef corn tortilla wrap	290

Buy: <ul style="list-style-type: none"> Intoleran® Fibractase Forte for Fructans and Galactans Intolerance 	IBS Medications: <ul style="list-style-type: none"> Lubiprostone (Amitiza), Zelnorm (Tegaserod), and Linaclotide (Linzess)
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Here is a table summarizing the 7-day, 1000 kcal IBS Meal Plan:

Day	Breakfast	Snack	Lunch	Snack	Dinner	Total Calories
Monday	½ cup overnight oats with lactose-free milk blueberries and kiwi fruit 150 kcal	1 Boiled sweet potato with lime and black pepper 120 kcal	Grilled chicken steak with mashed potato 410 kcal	Orange juice 120 kcal	1 cup Quinoa and turkey salad 250	1050

Tuesday	Gluten-free toast with cheese omelet (cheddar cheese) 250 kcal	½ cup raspberries 90 kcal	Chicken and mushroom pasta with cheddar cheese 390 kcal	½ cup Almonds and walnut mix 90 kcal	Zucchini rice noodles 250 kcal	1070
Wednesday	Blueberry breakfast smoothie with soy milk 210 kcal	Kiwi and strawberry fruit mix 120 kcal	Corn tortilla wrap with chicken, carrots, lettuce, tomatoes and hard cheese 350 kcal	1 tbsp peanut butter 50 kcal	Baked salmon with gluten-free ranch sauce 320 kcal	1050
Thursday	Rice cereal (1cup) + 1 banana 220 kcal	1 orange 60 kcal	Chicken and mushroom pasta with cheddar cheese 390 kcal	6 almonds 60 kcal	Egg Sandwich 200 kcal	1060
Friday	Lactose-free frozen yogurt topped with blueberries and strawberries 200 kcal	Carrot, tomato, and kiwi salad with olive oil 140 kcal	Beef steak +orange juice 310 kcal	Peanut butter gluten-free cracker 120 kcal	Chicken and carrot soup 340 kcal	1040
Saturday	Oat bread with omelet 210 kcal	Lactose-free yogurt 120 kcal	Grilled cod with pesto sauce 370 kcal	4 walnuts 60 kcal	Air-fried potato fries with whole egg mayo 290 kcal	1050
Sunday	Gluten-free banana pancake with maple syrup 150 kcal	1 cup melon 90 kcal	Spinach pasta with chicken and cheddar cheese 350 kcal	Almonds and raisins mix (½ cup) 100 kcal	Grounded beef corn tortilla wrap 290 kcal	990

Buy:	Read:
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- [Omne Diem Histamine Digest DAO 20,000 HDU](#)

- [Linzess \(Linaclotide\) for Weight Loss and IBS with Constipation](#)

Here is another IBS Meal Plan of 1500 Kcal Day-wise:

Day 1	Meal	Food Item	Calories (Kcal)
Monday	Breakfast	Amaranth pancakes with maple syrup	270
	Snack	Ginger and pineapple smoothie	160
	Lunch	Sweet and sour chicken with boiled brown rice	490
	Snack	1 cup walnut and hazelnut mix	150
	Dinner	Gluten-free bread potato sandwich with mayo	370

Day 2	Meal	Food Item	Calories (Kcal)
Tuesday	Breakfast	Scrambled eggs with gluten-free toast	220
	Snack	Grape juice	120
	Lunch	Carrot and fennel soup + banana milkshake (made with almond milk)	520
	Snack	Quinoa muffins	220
	Dinner	Chicken nachos with mayo	390

Day 3	Meal	Food Item	Calories (Kcal)
Wednesday	Breakfast	Overnight oats bowl with chia seeds, soy cream, and banana	160
	Snack	Potato wedges with tomato sauce	190
	Lunch	Spicy quinoa bowl with almonds and veggies (low FODMAP)	350
	Snack	Chocolate cookies (gluten-free)	250
	Dinner	Chicken mac and cheese (cheddar cheese)	450

Day 4	Meal	Food Item	Calories (Kcal)
Thursday	Breakfast	Breakfast quinoa bowl	220
	Snack	Sliced kiwi fruit	120
	Lunch	Meatballs with corn tortilla	390
	Snack	Popcorn (1 cup) + grape juice	260
	Dinner	Egg, cheese, and potato sandwich (gluten-free bread)	490

Day 5	Meal	Food Item	Calories (Kcal)
Friday	Breakfast	Gluten-free banana bread toast with 1 cup of almond milk	310
	Snack	Hard-boiled eggs (2)	90
	Lunch	Rice casserole with ground turkey	370
	Snack	Mixed nuts	160
	Dinner	Spinach pasta (gluten-free)	450

Day 6	Meal	Food Item	Calories (Kcal)
Saturday	Breakfast	Chocolate, amaranth, and chia seed pudding	240
	Snack	1 cup strawberry	120
	Lunch	Chicken egg fried rice with roasted carrots	430
	Snack	Blueberry oatmeal muffins	220
	Dinner	Grilled chicken salad	410

Day 7	Meal	Food Item	Calories (Kcal)
Sunday	Breakfast	Sweet potato waffles	270

	Snack	Blueberry Smoothie	150
	Lunch	Chili tofu skewers	450
	Snack	Boiled Sweet potato (1 cup)	160
	Dinner	Frittata toast + orange juice	470

Buy:	Read:
<ul style="list-style-type: none"> Enzymedica GlutenEase, Food Intolerance Digestive Aid, Defense Against Hidden Gluten Meals 	<ul style="list-style-type: none"> Linzess Pros and Cons: Linaclotide for IBS and CIC

Here is a table summarizing the 7-day IBS Meal Plan of 1500 Kcal per day:

Day	Breakfast	Snack	Lunch	Snack	Dinner	Total Calories
Monday	Amaranth pancakes with maple syrup 270 kcal	Ginger and pineapple smoothie 160 kcal	Sweet and sour chicken with boiled brown rice 490 kcal	1 cup walnut and hazelnut mix 150 kcal	Gluten-free bread potato sandwich with mayo 370 kcal	1460 kcal
Tuesday	Scrambled eggs with gluten-free toast 220 kcal	Grape juice 120 kcal	Carrot and fennel soup + banana milkshake (made with almond milk) 520 kcal	Quinoa muffins 220 kcal	Chicken nachos with mayo 390 kcal	1470 kcal
Wednesday	Overnight oats bowl with chia seeds, soy cream, and banana 160 kcal	Potato wedges with tomato sauce 190 kcal	Spicy quinoa bowl with almonds and veggies (low FODMAP) 350 kcal	Chocolate cookies (gluten-free) 250 kcal	Chicken mac and cheese (cheddar cheese) 450 kcal	1400 kcal
Thursday	Breakfast quinoa bowl 220 kcal	Sliced kiwi fruit 120 kcal	Meatballs with corn tortilla 390 kcal	Popcorn (1 cup) + grape juice 260 kcal	Egg, cheese, and potato sandwich	1480 kcal

					(gluten-free bread) 490 kcal	
Friday	Gluten-free banana bread toast with 1 cup of almond milk 310 kcal	Hard-boiled eggs (2) 90 kcal	Rice casserole with ground turkey 370 kcal	Mixed nuts 160 kcal	Spinach pasta (gluten-free) 450 kcal	1490 kcal
Saturday	Chocolate, amaranth, and chia seed pudding 240 kcal	1 cup strawberry 120 kcal	Chicken egg fried rice with roasted carrots 430 kcal	Blueberry oatmeal muffins 220 kcal	Grilled chicken salad 410 kcal	1420 kcal
Sunday	Sweet potato waffles 270 kcal	Blueberry Smoothie 150 kcal	Chili tofu skewers 450 kcal	Boiled Sweet potato (1 cup) 160 kcal	Frittata toast + orange juice 470 kcal	1500 kcal

Buy:	Read:
<ul style="list-style-type: none"> • Transformation Enzymes DigestZyme Prebiotic and Probiotic Digestive Enzymes 	<ul style="list-style-type: none"> • IBS, Periods, and PMS (Premenstrual Syndrome) in Women

Low FODMAP Diet Recommendations

- Identify your **trigger foods** and then remove them from your diet.
- After following the **Low FODMAP diet**, try to reintroduce the skipped foods one at a time and see if those foods work for you.
- **Avoid eating large portions of food.**
- **Avocados** are high FODMAP but a 30g serving is safe to eat and works well with IBS.
- **Optimize fiber** in your daily diet from low-FODMAP fruits, vegetables, and seeds such as chia seeds.
- Reduce or completely **avoid carbonated drinks** as they lead to gas and bloating.
- **Avoid the highest trigger foods** such as coffee, fatty foods, alcohol, and artificial sweeteners.
- Exercise regularly.
- Eat regular meals.
- Reduce stress and maintain a healthy sleep schedule.

Tips for Eating Out:

Traveling and eating out can be difficult for those with IBS, but there are methods to make it simpler.

- When dining out, search for places that provide healthy selections or ask the server to make changes to your meal.
- **Bring nutritious snacks** ahead of time when traveling.
- Be aware of side dishes as they might contain **trigger ingredients**.
- Make sure you make **gluten-free choices** for burgers, pizza, and pasta.
- **Rice and meat dishes** are the safe zone just be aware of the side veggies.

Non-diet IBS Triggers:

Besides the dietary triggers, some non-diet triggers can also aggravate the symptoms such as:

- Sitting all-day
- Eating large food portions in one sitting
- Eating too fast without chewing properly
- Stressful conditions
- Skipping meals
- Straining on toilet
- Hormonal imbalance

Buy:

- [Enzymedica Digest Gold + ATPro, Maximum Strength Enzyme Formula, Prevents Bloating and Gas](#)

Read:

- [Do I Have Crohn's Disease Or IBS?](#)