

Support your health and reduce your risk with diet. Get more meal plans and read our blog at ALTRUVITA.com

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BOWEL

Example Meal Plans for Bowel Health

ProfBiotics meal plans are not to be considered as the whole solution to achieving bowel health. Always consult a doctor if you have any symptoms that might suggest an underlying condition. Early diagnosis of a condition means any treatment is more likely to be successful.

Designed by experts. Supported by research.

Although there is no such a thing as a 'superfood' our Dietitian suggests we can follow a 'super diet'. These recommendations have been researched and our findings translated into meals that include key compounds thought to support bowel health. Altruvita advocates that everyone tries to obtain essential nutritional value from whole foods.

Example Meal Plans

Diet is known to contribute to the risk of developing some diseases. The Altruvita team has prepared a set of meal plans which might help to reduce those risks and may be of interest to individuals with a concern about their bowel health. The meal plans include only a small amount of unhealthy foods, to reflect a realistic and achievable diet. There are many reasons that we should take the health of our bowel seriously. The gut is the means by which we absorb nutrition from the food we eat and what we eat directly affects our overall health.

We are what we eat. Eat well.

Find our recipes and related articles at altruvita.com



An example
MEAL PLAN
Day One

BREAKFAST

A bowl of wholegrain based cereal made with skimmed/semi-skimmed milk, topped with a handful of berries

A cup of green tea

Half a chopped mango

A cup of green tea

MID-MORNING SNACK

LUNCH

A wholemeal multigrain bread roll, spread with olive based margarine and filled with 1/2 an avocado and 1/2 a chicken breast or topped with a handful of watercress, 2 halved cherry tomatoes and sliced red onion

A low fat yoghurt

A small handful of dried apricots

A glass of skimmed/semi-skimmed milk

MID-AFTERNOON SNACK

EVENING MEAL

A fresh tuna steak, stir fried in vegetable based oil with a cup of chopped spring greens, 1/2 a pepper, 1 grated carrot, 1 sliced spring onion, a sliced chilli and a clove of garlic. Serve with a portion of brown rice.

A handful of strawberries

A cup of green tea

An example MEAL PLAN

Day Two

BREAKFAST

A bowl of crunchy oat cereal topped with a low fat yoghurt and a few raspberries

A cup of green tea

A handful of red grapes

MID-MORNING SNACK

LUNCH

A jacket potato with sweet lemon pepper turmeric salmon. Serve with an orange, 1 chopped celery stick, 3 slices of beetroot and 1/2 a lemon to squeeze

A cup of green tea

A handful of cherry tomatoes

A glass of skimmed/semi-skimmed milk

MID-AFTERNOON SNACK

EVENING MEAL

Chicken and leek bake served with a cup of grilled butternut squash, 1/2 cup of asparagus, with a portion of of couscous, Top with 1/2 a lime to squeeze and chopped parsley

A small cup of fresh mango sorbet

A cup of green tea

An example
MEAL PLAN
Day Three

BREAKFAST

A wholegrain bagel topped with 1tsp low fat cream cheese and a sprinkle of blueberries

A cup of green tea

A large slice of watermelon

MID-MORNING SNACK

LUNCH

A small wholegrain baguette, spread with olive based margarine, filled with 2 thin slices of roast beef /pork or 1 sliced quorn sausage, served with chopped horseradish and a sprinkle of watercress

A cup of green tea

A strawberry smoothie

MID-AFTERNOON SNACK

EVENING MEAL

Honey turmeric chicken served with quinoa (1 cup)

4 stewed plums

A cup of green tea



Photo CCo by Jan Vasek on Pexels

An example
MEAL PLAN

Day Four

BREAKFAST

A banana smoothie

1 slice of wholemeal multigrain bread topped with 1 poached egg

1 chopped celery stick with 2 tbs low fat hummus

A cup of green tea

MID-MORNING SNACK

LUNCH

Stir fried sesame kale and red cabbage. Top with a small handful of crushed cashew nuts

A small glass of tomato juice

A glass of skimmed/semi-skimmed milk

MID-AFTERNOON SNACK

EVENING MEAL

Mexican bean rice

A portion of homemade apple and blackberry crumble

An example
MEAL PLAN
Day Five

BREAKFAST

A bowl of crunchy oat cereal topped with a low fat yoghurt and a few raspberries

A cup of green tea

A handful of red grapes

MID-MORNING SNACK

LUNCH

Lentil rice with turmeric fish. Serve with an orange, 1 chopped celery stick, 3 slices of beetroot and half a lemon to squeeze

A cup of green tea

A handful of cherry tomatoes

A glass of skimmed/semi-skimmed milk

MID-AFTERNOON SNACK

EVENING MEAL

Asparagus-leek risotto

Juicy fruit salad

A cup of green tea