



# MEAL PLANNING

Dietary meal sample

## Feedback for patient Test

What follows is a summary of the results from the tests you have taken. Attached you will find a weekly mealplan with recipes and a guide that will help you plan your meal healthily. You can replace the recipes included in the attached mealplan with similar dishes or prepare similar recipes based on your taste, but keep in mind the suggestions below regarding food to limit and to exclude. In this document you will also find suggestions for extra recipe.

### Food Sensitivities

Your results suggest the need to eliminate the following foods from your diet due to sensitivities:

- **Vegetables:** Bamboo Shoots, Cole Rape Cabbage, Escarole Lettuce, Iceberg Lettuce.
- **Fruits:** Bananas, Damson, Lychee, Strawberries.
- **Proteins:** Beef, Veal, Herring, Red Bass, Sardine, Yellow Croaker Fish.
- **Dairy:** Feta Cheese, Milk from Goats.
- **Nuts:** Pistachio
- **Other:** Egg Yolk, Bean Paste, Corn Meal, Curry, Gin, Mallow Tea, Red Wine, Tarragon, Vanilla Bean.

### Mild Reactions:

The following foods have been identified as having mild reactions and should be limited:

- **Seafood:** Abalone Shellfish, Anchovy, Trout, Winkles.
- **Dairy:** Brie, Soya Milk, Stilton Cheese.
- **Fruits and Vegetables:** Acai Berry, Plums, Blackberries, Grapefruit, Leaf Lettuce, Artichoke, Potatoes.
- **Grains:** Rice, Triticale.
- **Beverages:** Cola, Pomegranate Juice, Pu'er Tea, Lime Blossom Tea, Rooibos Tea.
- **Others:** Aniseed, Goosefoot, Maple Syrup, Oyster Sauce, Rabbit.

**Foods you should include in your diet based on your deficiencies and compatible with your :**

**Foods rich in manganese:** whole grains, nuts, soybeans, leafy vegetables, coffee.

**Foods rich in ellagic acid:** chestnuts, black raspberries, walnuts.

**Foods rich in glutamine:** milk, cheese, nuts, leafy vegetables.

**Foods rich in vitamin A2:** spinach, broccoli, sweet potatoes, carrots.

**Foods rich in vitamin B6:** milk, carrots, spinach, chickpea, nuts, chicken breast.

### **Gut Microbiome**

The gut biome analysis indicates that the levels of beneficial bacteria are not out of balance, suggesting that no immediate changes are needed to address gut microbiome issues. However, maintaining a diet rich in fermented foods such as fermented milks (e.g., yogurt, kefir, and others), miso, kimchi, sauerkraut, aged cheese. Remember that maintaining a high fiber intake is key to a healthy gut. Choose whole grains and plenty of vegetables, legumes (excluding beans), and fruit. Whole grain sourdough bread should be preferred to regular white bread.

**Monday**

Breakfast	Oatmeal with blueberries and almond milk (see recipe)	gr	
Snack 1	Apple	gr	150
Lunch	Cod with citrus fruits	<i>see recipes</i>	
	Bread	gr	50
	kimchi	gr	100
	A piece of fruit (two if small)	gr	
Snack 2	Chestnuts	gr	20
Dinner	Barley and peas	<i>see recipes</i>	
	Lentils with sage and tomato sauce	<i>see recipes</i>	
	A piece of fruit (two if small)	gr	
	Daily amount of extra virgin olive oil (excluding recipes)	spoons	2

**Tuesday**

Breakfast	Oatmeal with blueberries and almond milk (see recipe)	gr	
Snack 1	Peach	gr	150
Lunch	Grilled chicken salad with mixed greens, cherry tomatoes, and	gr	
	Bread	gr	50
	Spinach	gr	200
	A piece of fruit (two if small)	gr	
Snack 2	Almonds	gr	20
Dinner	Pasta or rice, served with tomato sauce	gr	80
	Vegetables	gr	200
	A piece of fruit (two if small)	gr	
	Daily amount of extra virgin olive oil (excluding recipes)	spoons	2

**Wednesday**

Breakfast	Oatmeal with blueberries and almond milk (see recipe)	gr	
Snack 1	Pear	gr	
Lunch	Cottage cheese, pea and vegetable salad	<i>see recipes</i>	
	Bread	gr	50
	Carrots	gr	200
	A piece of fruit (two if small)	gr	
Snack 2	Brazilian nuts	gr	20

Dinner	Millet balls	<i>see recipes</i>	
	Chickpeas and vegetable casserole	<i>see recipes</i>	
	A piece of fruit (two if small)	gr	
	Daily amount of extra virgin olive oil (excluding recipes)	spoons	2

## Thursday

Breakfast	Oatmeal with blueberries and almond milk (see recipe)	gr	
Snack 1	Kiwi	gr	150
Lunch	Mint quinoa	<i>see recipes</i>	
	Broccoli	gr	200
	A piece of fruit (two if small)	gr	
Snack 2	Chestnuts	gr	20
Dinner	Lemon escalope	<i>see recipes</i>	
	Bread	gr	50
	Spinach	gr	200
	A piece of fruit (two if small)	gr	
	Daily amount of extra virgin olive oil (excluding recipes)	spoons	2

## Friday

Breakfast	Oatmeal with blueberries and almond milk (see recipe)	gr	
Snack 1	Apple	gr	150
Lunch	Spelt with tofu and cherry tomatoes	<i>see recipes</i>	
	Vegetables	gr	200
	A piece of fruit (two if small)	gr	
Snack 2	Almonds	gr	20
Dinner	Vegan hamburger or meatballs	gr	100
	Sweet potatoes with rosemary	<i>see recipes</i>	
	Vegetables	gr	200
	A piece of fruit (two if small)	gr	
	Daily amount of extra virgin olive oil (excluding recipes)	spoons	2

**Saturday**

Breakfast	Oatmeal with blueberries and almond milk (see recipe)	gr	
Snack 1	Peach	gr	150
Lunch	Sole fillet with lemon	<i>see recipes</i>	
	Bread	gr	50
	Carrots	gr	200
	A piece of fruit (two if small)	gr	
Snack 2	Chestnuts	gr	20
Dinner	Tempeh with peppers	<i>see recipes</i>	
	Broccoli	gr	200
	A piece of fruit (two if small)	gr	
	Daily amount of extra virgin olive oil (excluding recipes)	spoons	2

**Sunday**

Breakfast	Oatmeal with blueberries and almond milk (see recipe)	gr	
Snack 1	Pear	gr	150
Lunch	Cous cous with vegetables	<i>see recipes</i>	
	Vegetables	gr	200
	A piece of fruit (two if small)	gr	
Snack 2	Brazilian nuts	gr	20
Dinner	Chicken with vegetables	<i>see recipes</i>	
	Bread	gr	50
	Carrots	gr	200
	A piece of fruit (two if small)	gr	
	Daily amount of extra virgin olive oil (excluding recipes)	spoons	2

## RECIPES

### Lemon escalope

*Ingredients for one person:* a slice of veal of about 100 g, flour, a tablespoon of extra virgin olive oil, lemon juice, chopped parsley, salt, pepper.

Beat the veal, sprinkle with flour and cook in a skillet with the oil. Once cooked, add salt, pepper, pour on some lemon juice and sprinkle with parsley. Cook a few more minutes, put it on a serving dish and cover with the sauce that has formed.

### Chicken with vegetables

*Ingredients for one person:* 100 g of chicken, 50 g of tomatoes, 25 g of carrots, a spoonful of peas, white wine, chopped onion, garlic, herbs (sage, laurel, rosemary), parsley, vegetable broth, a teaspoon of extra virgin olive oil, salt.

Place the chicken in a pan greased with oil and put over very low heat. Add the wine, let it evaporate, then add the onion and garlic, the herb bouquet, the tomatoes, the carrots cut into cubes, salt and a cup of broth and then simmer. Towards the end of cooking add the peas, thicken the sauce, add some chopped parsley and discard the herbs.

### Barley and peas

*Ingredients for one person:* 50 g of barley, 50 g of peas, salt, a pinch of chilli, onion, garlic, parsley, 1 teaspoon of extra virgin olive oil.

Boil the barley kernels in salted water until it's tender (approx. 30 minutes). In the meantime chop the garlic and the onion, saute them in oil and add the peas. Add salt and chili and cook. When both the barley and the peas are cooked, mix everything, sprinkle with parsley and serve.

### Chickpeas and vegetable casserole

*Ingredients for one person:* a teaspoon of olive oil, 50 g of dried chickpeas, 100 g of vegetables: spinach, fennel, yellow and red peppers, a teaspoon of flour, onion, garlic, vegetable broth, white wine and a bay leaf.

Soak the dried chickpeas for 24 hours. Heat the oil in a pan and sauté onion and garlic. Add the spinach and cook for 4 minutes until they are wilted. Add the fennel and pepper and cook for two minutes, stirring. Add flour and cook for a minute. Add broth, wine, chickpeas, a bay leaf, cover and simmer 30 minutes. Season with salt, garnish with fennel tops and serve.

### **Tempeh with peppers**

*Ingredients for each person:* 100 g of tempeh, half yellow pepper, half red pepper, onion, a spoonful of miso, a teaspoon of ginger juice, a tablespoon of extra virgin olive oil, salt.

Slice the tempeh and the peppers into thin strips, chop the onion. In a pan, fry the chopped onion in 2 tablespoons of oil, add the peppers and sauté for a couple of minutes. Season with salt, mix and add the tempeh to the vegetables, sauté for another 2 minutes. Add the miso dissolved in some warm water and stir well. Continue to cook for about 20 minutes. Serve with ginger juice.

### **Cottage cheese, pea and vegetable salad**

*Ingredients:* 50 grams of arugula or watercress, 50 g of boiled peas, 50 g of sliced cucumbers, 50 g of cottage cheese, scallion slices to taste.

### **Millet balls**

*Ingredients for one person:* 50 grams of millet, a small diced carrot, a little finely chopped onion, chopped parsley to taste, a teaspoon of rice flour, a tablespoon of grated parmesan, salt, freshly ground pepper.

Rinse the millet under running water. Bring a pan of salted water to the boil and cook for about 20 minutes. Transfer the millet into a bowl and add the parmesan, flour, parsley, vegetables and mix well. Season with salt and pepper, then make meatballs the size of a walnut from the millet mixture. Compact them well and cook them in the oven at 180°C for 30 minutes.

### **Cod with citrus fruits**

*Ingredients for one person:* 100 g of cod fillet, 1 teaspoon of dried vegetable stock, 1 teaspoon of lemon juice, 1 teaspoon of orange juice, 1 teaspoon of lime juice, 1 tablespoon of extravirgin olive oil, 1 teaspoon wheat flour, salt.

Pour the oil into a casserole, add the wheat flour and stir to prevent lumps. Add the citrus juices, diluted with some water and the dried stock. Continue to stir until the mix become thicker. Grill the cod fillet for 2-3 minutes per side. Season with salt and serve together with the citrus sauce.



### **Sole fillet with lemon**

*Ingredients for one person:* a sole of about 100 g, 1 tablespoon of extra virgin olive oil, white flour, lemon juice, chopped parsley, salt.

Wash and coat the fish with flour. Pan-fry the fillets in oil and put it on a dish. Sprinkle the fish with lemon juice and sprinkle it with chopped salt and parsley.

### **Sweet potatoes with rosemary**

*Ingredients for one person:* 200 g of spinach, 100 g of sweet potatoes, chopped rosemary, 1 teaspoon of extra virgin olive oil, salt and pepper.

Peel and dice the potatoes after washing them. Cook them in a pan with hot oil for 15 minutes, seasoning with salt. Add the spinach and rosemary and sauté for a few minutes, until the spinach is wilted. Sprinkle with pepper and serve.

### **Cous cous with vegetables**

*Ingredients for one person:* 40 g of couscous, 100 g of mixed vegetables, 50 g of ripe tomatoes, white wine, onion, garlic, salt, pepper and a tablespoon of extra virgin olive oil.

### **Lentils with sage and tomato sauce**

*Ingredients for one person:* 100 g of lentils (weighed fresh weight or after soaking), 50 g of tomato pulp, garlic, 1 teaspoon of extra virgin olive oil, sage, salt and pepper.

Brown the garlic in the oil. Add the lentils and sauté for a couple of minutes, stirring. Pour in the tomato pulp, a little sage, salt and pepper. Cook over low heat for about half an hour before serving.

### **Mint quinoa**

*Ingredients for one person:* 50 g of quinoa, 50 g of salad tomatoes, 50 g of carrots, mint leaves, lime juice, salt, pepper.

Boil the quinoa in salted water for about 20 minutes. Meanwhile, cut the tomatoes into chunks and julienne the carrots. Mince the mint and squeeze half of a lime. Drain the quinoa and season it with the other ingredients.

### **Spelt with tofu and cherry tomatoes**

*Ingredients for one person:* 50 g of spelt, 100 g of cherry tomatoes, 50 g of natural tofu, 1 teaspoon of extra virgin olive oil, salt and pepper.

Boil the spelt in salted water for about 25 minutes. Meanwhile, sauté the tomatoes with the diced tofu in a pan with the oil. Drain the spelt and sauté it with the other ingredients (including salt and pepper). Serve immediately or refrigerate for a couple of hours, in case you want to eat it cold.

### **Oatmeal with blueberries and almond milk (see recipe)**

*Ingredients:* 1/2 cup rolled oats, 1 cups almond milk (unsweetened), 1/2 cup fresh blueberries, a pinch of salt, 1/2 cup of natural yogurt, a pinch of ground cinnamon (optional).

In a medium saucepan, combine the rolled oats, almond milk, and a pinch of salt. If you're using vanilla extract and ground cinnamon, add them now as well. Bring the mixture to a gentle boil over medium heat, stirring occasionally. Reduce the heat to low and let the oatmeal simmer for about 5-7 minutes, stirring frequently, until the oats are tender and the mixture has thickened to your desired consistency. Stir in the fresh blueberries, allowing them to warm through for about a minute. Pour the oatmeal into a bowl, add the yoghurt, and top with a few extra blueberries and cinnamon (if you like it). Serve immediately and enjoy your nutritious breakfast!

### **Grilled chicken salad with mixed greens, cherry tomatoes, and balsamic vinaigrette**

*Mix the following ingredients:* 100 g of grilled chicken (weighed raw), 50 g of cherry tomatoes, 50 g of mixed chopped vegetables. Season with a mix of olive oil and balsamic vinegar.

**OTHER RECIPES COMPATIBLE WITH EXCLUSIONS****Quinoa and Black Bean Salad****• Ingredients:**

- 1 cup quinoa
- 1 can black beans, drained and rinsed
- 1 avocado, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, diced
- 1/4 cup fresh cilantro, chopped
- 2 tablespoons olive oil
- 1 lime, juiced
- Salt and pepper to taste

**• Instructions:**

1. Cook quinoa according to package instructions and let cool.
2. In a large bowl, combine quinoa, black beans, avocado, cherry tomatoes, red onion, and cilantro.
3. Drizzle with olive oil and lime juice, and season with salt and pepper.
4. Toss to combine and serve chilled.

**Lentil Soup****• Ingredients:**

- 1 cup lentils, rinsed
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 1 can diced tomatoes
- 4 cups vegetable broth
- 1 teaspoon cumin
- 1 teaspoon coriander
- Salt and pepper to taste

- **Instructions:**

1. In a large pot, sauté onion, carrots, and celery until softened.
2. Add garlic and cook for another minute.
3. Add lentils, diced tomatoes, vegetable broth, cumin, and coriander.
4. Bring to a boil, then reduce heat and simmer for 30-40 minutes until lentils are tender.

### **Baked Salmon with Quinoa**

- **Ingredients:**

- 4 salmon fillets
- 1 cup quinoa
- 2 cups vegetable broth
- 1 lemon, sliced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Fresh dill for garnish

- **Instructions:**

1. Preheat oven to 375°F (190°C).
2. Place salmon fillets on a baking sheet, drizzle with olive oil, and season with salt and pepper.
3. Place lemon slices on top of each fillet.
4. Bake for 15-20 minutes until salmon is cooked through.
5. Meanwhile, cook quinoa in vegetable broth according to package instructions.
6. Serve salmon over a bed of quinoa, garnished with fresh dill.

## Grilled Chicken Salad

- **Ingredients:**

- 2 chicken breasts
- 4 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1 cucumber, sliced
- 1/4 red onion, sliced
- 1 avocado, sliced
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

- **Instructions:**

1. Grill chicken breasts until fully cooked and slice into strips.
2. In a large bowl, combine mixed greens, cherry tomatoes, cucumber, red onion, and avocado.
3. Top with grilled chicken slices.
4. Drizzle with olive oil and balsamic vinegar, and season with salt and pepper.
5. Toss gently and serve immediately.

By following this meal plan and recipes, you can adhere to the dietary restrictions based on the sensitivity analysis and promote overall gut health with a balanced diet.



Other Suggestions:

Dietary meal sample

# HEALTHY BREAKFAST (OR SNACK) IDEAS

Here are some ideas for a healthy breakfast or snack. At breakfast, you can choose two of them, if you wish.



A cup of milk/vegetable milk (200 ml)

A pot of yogurt (125 g)

Fruit or vegetables



Unsweetened breakfast cereals or muesli



Unsalted nuts (30 g)

A slice of wholegrain bread



# MAIN MEALS



Start with a bowl (200 g) of mixed vegetables and salad dressing



Choose a recipe (grain- or protein-based) from the recipe cards available



Pair with a side dish (protein- or carbohydrate-based)



Conclude with a piece of fruit or two (150 g)



# MAIN MEAL OPTIONS

1

**One portion of a grain-based dish (see recipe cards)**

A grain-based recipe (e.g. with pasta, rice, or quinoa, as the main ingredient), preferably wholegrain and combined with a legume salad

2

**One portion of a protein-based dish (see recipe cards)**

Choose a protein-rich recipe (e.g. with fish, meat, or a meat replacement, as the main ingredient) with 50 g whole grain bread

3

**Half a portion of each of the above**





## SIDE DISH OPTIONS

### Protein-based

- ¼ tin (100g) mixed beans, drained, with your choice of salad dressing.
- A few slices of cheese (30g)
- Plain cooked meat (e.g., chicken breast slices) or oily fish (e.g., smoked mackerel)\*

\*For non-vegetarians & non-vegans

### Carbohydrate-based

- 2 slices whole grain bread\*\*
- 1 large whole grain tortilla, pita, bagel, or bun\*\*
- Toasted sweet potato slices (150g)

\*\*Or gluten-free equivalent, e.g., corn-based





# SALAD DRESSINGS

## Vinaigrettes

- Olive oil with vinegar or squeezed lemon, lime, or orange
- Dijon mustard, olive oil, balsamic vinegar, chopped parsley, onion, and garlic

## Sauces (blend ingredients in a mixer)

- Natural yogurt, garlic, and cucumber
- Olive oil, capers, dried tomatoes
- Olive oil, turmeric, pine nuts

# A FEW RULES OF THUMB

Make sure you follow these few rules of thumb when choosing a recipe for one of your meals



1

Wholegrains is always better than refined

2

Have fish at least 1-2 a week

3

Max 2-3 (small) desserts per week (e.g. a piece of cake)

4

Choose a variety of different recipes