

STRATEGIC SNACKING

Reflux-Friendly Snack Ideas to keep you energized between meals and prevent extreme hunger.

SNACK IDEAS:

Whole fruit with PB, AB, or sunbutter

Greek yogurt with fruit and nuts/seeds

Carrots and celery with homemade hummus

Melon/fruit with 1-2 cheese sticks

Perfect Chia Pudding from the FLORA App

Dried Edamame (can find at Whole Foods, Stop & Shop, amazon)

Make your own trail mix with popcorn, whole grain cereal (ex: Kashi GO), salted nuts, dried blueberries, sunflower seeds, pumpkin seeds, banana chips

Whole-grain crackers with hummus

Oatmeal with sunbutter/peanut butter

Whole grain wrap (or toast or rice cake) with banana, peanut butter/sunbutter

Deli Turkey w/ whole grain crackers + snap peas

Carrot Cake Bites or *Nut/Seed Bars* from the FLORA App

Smoothie recipe from the FLORA App

Boiled egg + whole grain crackers or fruit

Beanitos Black Bean Chips + guac

88 Acres or Go Macro bars (non-chocolate flavors)

Low Fodmap BelliWelli Bars

Homemade Veggie Egg Cups



[See my Amazon Store for Storebought Options](#)

EASY MEAL IDEAS

Reflux-Friendly, simple meal ideas for inspiration. See the FLORA App Recipes for more (under the Programs tab).



- Grilled chicken breast with quinoa and steamed broccoli
- Baked salmon with brown rice and roasted carrots
- Turkey meatballs with whole grain pasta and sautéed spinach
- Tofu stir-fry with brown rice and bokchoy
- Ground turkey in a whole grain pita with greens, cucumber, yogurt or hummus
- Rotisserie Chicken Sandwich w/ lettuce & whole grain bread + 1/4 avocado
- Adult Lunchable : deli turkey, baby carrots, 1/4 cup almonds, whole grain crackers, 1 oz low fat cheese
- Chicken salad made w/ greek yogurt, walnuts, celery, served w/ whole grain crackers
- Lentil soup with whole grain bread and a side salad (using permitted vegetables)
- Grilled shrimp skewers with couscous and roasted zucchini
- Quinoa salad with chickpeas, cucumbers, and bell peppers (excluding green peppers)
- Baked cod with sweet potato mash and steamed asparagus
- Pasta w/ FLORA Reflux-Friendly sauces + grilled chicken or sautéed tofu
- Sautéed tempe w/ coconut aminos with rice and sautéed snap peas
- Baked chicken thighs with wild rice and sautéed mushrooms

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- Eggplant rollatini stuffed with ricotta and spinach, served with a side salad
- Grilled tofu with bulgur pilaf and roasted Brussels sprouts
- Turkey and vegetable stir-fry with brown rice noodles
- Baked halibut with mashed cauliflower and sautéed kale
- Quinoa-stuffed bell peppers (excluding green peppers) with a side of steamed green beans
- Chicken and vegetable kebabs with quinoa salad
- Lentil and vegetable curry with basmati rice
- Grilled swordfish with couscous and grilled eggplant
- Turkey lettuce wraps with brown rice and sliced cucumbers
- Baked tofu with sweet potato wedges and steamed broccoli
- White bean and vegetable soup with whole grain bread
- Grilled chicken skewers with wild rice and cucumbers
- Baked cod with barley pilaf and roasted cauliflower
- Quinoa and black bean salad with roasted bell peppers (excluding green peppers)
- Turkey and vegetable stir-fry with soba noodles
- Grilled shrimp with quinoa tabbouleh and steamed green beans
- Baked chicken breasts with mashed sweet potatoes and sautéed spinach
- Lentil and vegetable stew with whole grain crackers
- Tofu and vegetable curry with brown rice
- Grilled turkey burgers on whole grain buns with a side of carrot sticks

