

Meal Plan

PROBIOTIC

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Probiotic Meal Plan

	Mon	Tue	Wed	Thu	Fri	Sat	
SNACKS	<ul style="list-style-type: none"> Pickles of hummus Coconut kefir shot Yogurt parfait with flax Kombucha gummies Rice cake with probiotic cashew cheese 	<ul style="list-style-type: none"> Hard-boiled egg & pickles Kombucha smoothie Edamame & samurai Cucumber kimchi bees Yogurt bark with berries 	<ul style="list-style-type: none"> Kefir popsicle Pickled carrots & hummus Kombucha & trail mix Greek yogurt cup Seaweed snacks 	<ul style="list-style-type: none"> Sweetknot rice balls Kombucha jelly bites Yogurt-dipped berries Carrots & miso dip Mini kefir smoothie 	<ul style="list-style-type: none"> Fermented salsa & chips Greek yogurt with honey Kombucha & almonds Kefir chocolate shake Kimchi deviled egg 	<ul style="list-style-type: none"> Kombucha smoothie bowl Yogurt-covered raisins Pickled olives Hard-boiled egg & kimchi Cucumber avocado dip 	<ul style="list-style-type: none"> Ka Tu Co mi Th Fr
DINNER	<ul style="list-style-type: none"> Grilled salmon with kimchi slaw Miso-glazed eggplant Turkey stir-fry with pickled radish Probiotic tempoh curry Baked tofu with fermented ginger sauce 	<ul style="list-style-type: none"> Cod with fermented slaw Kimchi fried rice with tofu Fermented pepper chicken Miso soup with soft noodles Vegan stew with pickled daikon 	<ul style="list-style-type: none"> Stuffed peppers with lentils & sauerkraut Probiotic veggie curry Baked salmon with kimchi rice Miso-ginger chicken stir-fry Sweet potato with probiotic yogurt sauce 	<ul style="list-style-type: none"> Grilled chicken with sauerkraut Baked cod with pickled greens Chicken miso stew Tofu pad thai with fermented toppings Sweet potato & probiotic salsa plate 	<ul style="list-style-type: none"> Miso mushroom risotto Pickled veggie curry Grilled shrimp & probiotic rice Tempoh lettuce boats Stuffed zucchini boats 	<ul style="list-style-type: none"> Baked tofu with kimchi & rice Grilled salmon with probiotic pesto Eggplant miso stir-fry Lentil sloppy joe with kraut Curry chickpea bowl 	<ul style="list-style-type: none"> Ka Fr Re we Th we Co mi Th Fr
LUNCH	<ul style="list-style-type: none"> Kimchi quinoa bowl Miso soup with tofu & greens Fermented veggie wrap Chicken & kefir ranch salad Tempoh lettuce cups 	<ul style="list-style-type: none"> Korean bibimbap with kimchi Lentil soup with sauerkraut toast Probiotic chicken wrap Roasted veggie bowl with kefir ranch Tempoh grain salad 	<ul style="list-style-type: none"> Probiotic tempoh wrap Miso-roasted veggie bowl Tuna salad with fermented relish Chicken & pickled cucumber salad Tofu kimchi wrap 	<ul style="list-style-type: none"> Probiotic lentil bowl Korean-style turkey wrap Miso tofu ramen Roasted root salad with yogurt dressing Fermented cabbage soup 	<ul style="list-style-type: none"> Kimchi quinoa fried rice Fermented veggie tacos Chicken salad with kefir dressing Tofu & sauerkraut wrap Beet slaw & turkey pita 	<ul style="list-style-type: none"> Probiotic veggie wrap Chicken miso noodle bowl Sweet potato with probiotic salsa Sourdough sandwich with kraut Tempoh salad with pickled beets 	<ul style="list-style-type: none"> To ph we Th we Co mi Th Fr we
BREAKFAST	<ul style="list-style-type: none"> Greek yogurt with chia & berries Kefir smoothie with mango Sourdough toast with sauerkraut & avocado Ovenmade oats with 	<ul style="list-style-type: none"> Almond flour pancakes with kefir drizzle Smoothie with kefir, banana, flax Sourdough breakfast sandwich with pickles 	<ul style="list-style-type: none"> Berry kefir bowl Probiotic green smoothie Avocado toast with pickled red onions Probiotic yogurt parfait 	<ul style="list-style-type: none"> Coconut kefir chia bowl Almond granola with probiotic yogurt Green smoothie with spirulina & kefir Sourdough with 	<ul style="list-style-type: none"> Probiotic smoothie bowl Coconut yogurt with gluten-free granola Oats with kefir & banana Cottage cheese 	<ul style="list-style-type: none"> Pancakes with yogurt topping Smoothie with kefir & flaxseed Scrambled tofu with pickled onions Yogurt bowl with 	<ul style="list-style-type: none"> Re we Co mi Th Fr we Co mi Th Fr

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