

**SUPPORT YOUR  
HEALTH  
AND REDUCE YOUR  
RISK WITH DIET**

**5 Day meal  
plans**

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EVIDENCE BASED



# MEAL PLANS

## Colorectal Health

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 colorectal health.

ProfBiotics 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 ProfBiotics 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 colorectal (bowel) health.

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.



The ProfBiotics meal plans are not to be considered as the whole solution to achieving colorectal health.

Always consult a doctor if you have any symptoms that might suggest an underlying condition.

Early diagnosis of a health condition often offers a higher probability of success if treatment is necessary.

\* Please visit [www.profbiotics.com](http://www.profbiotics.com) for more detail



## **An example Meal Plan - Day 1**

### **Breakfast**

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

A cup of green tea

### **Mid morning snack**

Half a chopped mango

A cup of green tea

### **Lunch**

A wholemeal multigrain bread roll, spread with olive based margarine and filled with ½ an avocado and ½ a chicken breast or topped with a handful of watercress, 2 halved cherry tomatoes and sliced red onion

A low fat yoghurt

### **Mid afternoon snack**

A small handful of dried apricots

A glass of skimmed/semi-skimmed milk

### **Evening Meal**

A fresh tuna steak, stir fried in vegetable based oil with a cup of chopped spring greens, ½ 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



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links below



[Plant Based Diets  
and Cancer](#)



[Diet, supplements &  
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[Super Food or Super Diet](#)



[Red meat and  
Colorectal Cancer](#)

## An example Meal Plan - Day 2

### Breakfast

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

A cup of green tea

### Mid morning snack

A handful of red grapes

### Lunch

A jacket potato with salmon fillet (marinated in turmeric)

Served with an orange, 1 chopped celery stick, 3 slices of beetroot and ½ a lemon to squeeze

A cup of green tea

### Mid afternoon snack

A handful of cherry tomatoes

A glass of skimmed/semi-skimmed milk

### Evening Meal

Chicken and leek bake

A Chicken breast and 1 chopped leek baked in a white sauce, served with a cup of grilled butternut squash, ½ cup of asparagus, with a portion of of couscous, Top with ½ a lime to squeeze and chopped parsley

A small cup of fresh mango sorbet

A cup of green tea

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## An example Meal Plan - Day 3

### Breakfast

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

A cup of green tea

### Mid morning snack

A large slice of watermelon

### 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

### Mid afternoon snack

A strawberry smoothie  
A handful of strawberries and 1 large glass of skimmed/semi-skimmed milk

### Evening Meal

Spiced chicken and quinoa  
A cup of Quinoa, with 1 chopped apple, a sprinkle of pine nuts and chilli flakes, topped with a chicken breast marinated in turmeric

4 stewed plums

A cup of green tea

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## An example Meal Plan - Day 4

### Breakfast

A banana smoothie made with 1 glass of skimmed/  
semi-skimmed milk and 1 banana

1 slice of wholemeal multigrain bread topped with 1  
poached egg

### Mid morning snack

1 chopped celery stick with 2 tbs low fat hummus

A cup of green tea

### Lunch

Vegetable stir fry

1 clove of garlic, grated ginger, onions (all to taste),  
½ cup of kale, ½ a cup of cabbage, a large handful of  
bean sprouts and 1 grated carrot,  
stir fried in a vegetable based oil.

Topped with a small handful of crushed cashew nuts

A small glass of tomato juice

### Mid afternoon snack

A glass of skimmed/semi-skimmed milk

### Evening Meal

Mexican Bean and lamb stew

Half a lean diced lamb fillet with onions,  
½ tin chopped tomatoes, ½ a yellow pepper,  
a cup of black beans and butter beans.

Serve with a portion of brown rice, ½ tin of sweetcorn,  
a tbs ricotta cheese, chopped coriander and tabasco  
sauce

A portion of apple and blackberry crumble

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## An example Meal Plan - Day 5

### Breakfast

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

A cup of green tea

### Mid morning snack

A handful of red grapes

### Lunch

A jacket potato with salmon fillet (marinated in turmeric)

Served with an orange, 1 chopped celery stick, 3 slices of beetroot and half a lemon to squeeze

A cup of green tea

### Mid afternoon snack

A handful of cherry tomatoes

A glass of skimmed/semi-skimmed milk

### Evening Meal

Chicken and leek bake

A Chicken breast and 1 chopped leek baked in a white sauce, served with a cup of grilled butternut squash, ½ cup of asparagus, with a portion of of couscous, Top with ½ a lime to squeeze and chopped parsley

A small cup of fresh mango sorbet

A cup of green tea

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