

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

**5 Day meal  
plans**

**READ OUR BLOG AT  
[WWW.PROFBIOTICS.COM](http://WWW.PROFBIOTICS.COM)**



**FOLLOW US ON  
TWITTER  
@PROFBIOTICS**



**LIKE US ON  
FACEBOOK**



**ProfBiotics®**  
EVIDENCE BASED



# MEAL PLANS

## Pancreatic 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 pancreatic 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 which may be of interest to individuals with a concern about their pancreatic health.

There are many reasons that we should take the health of our pancreas seriously. The pancreas has two main functions: an exocrine function that produces enzymes for digestion, and endocrine function that pumps out hormones to regulate the body, and in turn, 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 pancreatic 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 few berries.

A glass of tomato juice

### Mid morning snack

Half a chopped mango

### Lunch

A wholemeal multigrain bap, 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 soya yoghurt with a drizzle of honey

### Mid afternoon snack

A small handful of dried apricots

A glass of skimmed/semi-skimmed milk

### Evening Meal

Tuna stir-fry

A fresh tuna steak, stir fried in vegetable based oil with chopped ½ cup spring greens, ½ a yellow pepper, 1 grated carrot, 1 chopped spring onion, a sliced chilli and a clove of garlic.

Serve with a portion of brown rice.

A handful of strawberries



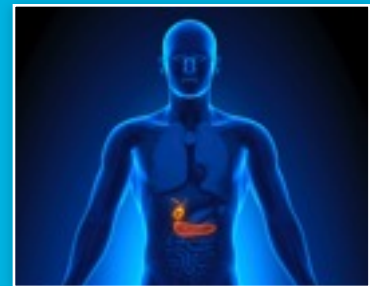
Read our blog at

[www.profbiotics.com](http://www.profbiotics.com)

or follow individual links below



[Take the Pancreas test](#)



[Nutrition and Pancreatic Cancer](#)



[Super Food or Super Diet](#)



[Plant Based Diets and Cancer](#)

## An example Meal Plan - Day 2

### Breakfast

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

### Mid morning snack

A handful of edamame beans

### Lunch

A jacket potato with salmon fillet (marinated in turmeric)

Served with ½ a chopped orange, 1 chopped celery stick, 3 sliced beetroot and half a lemon to squeeze.

### Mid afternoon snack

A handful of cherry tomatoes

A glass of semi-skimmed/skimmed milk

### Evening Meal

Chicken and leek bake

Chicken and leeks baked in a white sauce, served with a cup of grilled butternut squash, ½ cup of asparagus, with a portion of couscous,

Top with 1/2a lime to squeeze and chopped parsley

Half a cup of fresh mango sorbet

Read our blog at

[www.profbiotics.com](http://www.profbiotics.com)



## An example Meal Plan - Day 3

### Breakfast

A wholegrain bagel topped with 2 tsp low fat cream cheese and a sprinkle of blueberries

### Mid morning snack

A large slice of cantaloupe melon

### Lunch

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

### Mid afternoon snack

A strawberry smoothie made with a large glass of skimmed/semi-skimmed milk and a handful of strawberries, with lime to squeeze

### Evening Meal

Chicken and quinoa

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

A baked orange with ginger and a drizzle of chocolate sauce

Read our blog at

[www.profbiotics.com](http://www.profbiotics.com)



## An example Meal Plan - Day 4

### Breakfast

Banana smoothie made with 1 glass of soya 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 of low fat hummus

### Lunch

A baked cod fillet with 1 baked, sliced sweet potato, served with ½ cup of peas

A small glass of tomato juice

### Mid afternoon snack

A glass of soya milk

A handful of edamame beans

### Evening Meal

Mexican Bean and lamb stew-

Half a lean diced lamb fillet with onions, 1/2 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

Read our blog at

[www.profbiotics.com](http://www.profbiotics.com)



## An example Meal Plan - Day 5

### Breakfast

A bowl of crunchy oat cereal topped with a low fat yoghurt and chopped dried apricots

### Mid morning snack

Half a sliced yellow peppers with 2 tbs low fat hummus

### Lunch

A cup of tofu in teriyaki sauce, served on a handful of beansprouts, 1 grated carrot and ½ cup of sugar snap peas

### Mid afternoon snack

Half a sliced papaya

A glass of soya milk

### Evening Meal

A chicken roast

Roast chicken/turkey breast with a cup of brussels sprouts, a cup of chopped spring greens, ½ a cup of roast pumpkin cubes and ½ cup of peas,

Served with gravy.

Cantaloupe melon and pineapple cocktail

A large slice of melon and ½ a cup of pineapple

Read our blog at

[www.profbiotics.com](http://www.profbiotics.com)

