

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

**5 Day meal  
plans**

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EVIDENCE BASED



# MEAL PLANS

## Liver 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 liver 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 liver health.

There are many reasons that we should take the health of our liver seriously. The liver performs many essential functions related to digestion, metabolism, immunity, and the storage of nutrients within the body.

We are what we eat. Eat well.



The ProfBiotics meal plans are not to be considered as the whole solution to achieving liver 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

2 slices of wholemeal multigrain bread spread with olive based margarine, with a grilled salmon fillet and 1 large sliced grilled tomato

A cup of coffee

### Mid morning snack

A handful of red grapes

A cup of green tea

### Lunch

Lamb and couscous  
2 small slices of lamb with pumpkin cubes, roasted in olive oil, tomato puree and turmeric, served with a portion of couscous, sprinkled with a few raisins and 2 sliced radishes

1 Low fat yoghurt

### Mid afternoon snack

A handful of peanuts

A cup of green tea

### Evening Meal

Chicken satay and rice  
1 sliced chicken breast in satay sauce with ½ green and ½ a yellow pepper, 1 grated carrot, a spring onion, a sliced chilli and ½ clove garlic.

Serve with a portion of brown rice

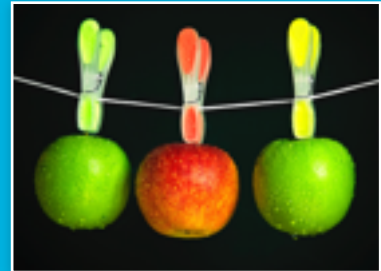
A small glass of tomato juice



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## An example Meal Plan - Day 2

### Breakfast

1 bowl of wholegrain based cereal made with skimmed/semi-skimmed milk,

A cup of coffee

### Mid morning snack

A handful of plain unsalted peanuts

A cup of green tea

### Lunch

1 Wholewheat/wholemeal multigrain bap, spread with olive based margarine and filled with ½ an avocado and ½ a sliced chicken breast, topped with 2 sliced radishes

1 Low fat yoghurt

### Mid afternoon snack

A handful of red grapes

A cup of green tea

### Evening Meal

Tuna stir-fry and Rice

1 tuna steak stir fried in vegetable based oil with Chinese cabbage, ½ yellow and ½ a green 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 raspberries and a cup of frozen yoghurt

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## An example Meal Plan - Day 3

### Breakfast

1 Wholegrain bagel topped with a  
tsp of low fat cream cheese

A cup of coffee

### Mid morning snack

A small handful of unsalted peanuts

### Lunch

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

A cup of green tea

### Mid afternoon snack

A handful of red grapes

A glass of skimmed/semi-skimmed milk

### Evening Meal

Turmeric chicken and quinoa  
Quinoa, chopped apple, pine nuts and chilli flakes  
topped with a chicken breast marinated in turmeric

1 raspberry low fat yoghurt

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

A cup of coffee

### Mid morning snack

A Celery stick cut into batons with low fat hummus

A cup of green tea

### Lunch

Vegetable stir-fry  
Stir fried garlic, ginger, onions, Chinese cabbage,  
bean sprouts and carrot

Topped with a small handful of peanuts nuts  
and watercress

A small glass of tomato juice

### Mid afternoon snack

A glass of skimmed/semi-skimmed milk

A handful of red grapes

### 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 raspberry crumble



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## An example Meal Plan - Day 5

### Breakfast

2 slices of wholemeal multigrain toast with  
2 tsp crunchy peanut butter

A cup of coffee

### Mid morning snack

Half a sliced green and ½ a yellow pepper with  
½ cup of low fat hummus

### Lunch

A 3 egg omelette , filled with ½ yellow pepper,  
½ onion, a handful of spinach and  
1tbs low fat cream cheese, served with a  
large baked tomato

A cup of green tea

### Mid afternoon snack

A handful of cherry tomatoes

A glass of skimmed/semi-skimmed milk

### Evening Meal

A chicken roast  
1 roast chicken breast with Chinese cabbage,  
2 mashed turnips, a handful of spinach,  
served with gravy.

1 poached pear with ginger and custard

A cup of green tea

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