

## Five Meals to Fight Bloating

Try these quick healthy meals to help minimize digestive woes

### Buffalo Chicken Grain Bowl

1 cup quinoa (or brown rice) + 3 oz chicken breast + 2 tbsp blue cheese + 1 cup fresh spinach + ½ sliced cucumber + 5 cherry tomatoes + chopped chives + hot sauce to taste



**Provides:** 470 calories, 13 grams fat (6 grams saturated), 38 grams protein, 50 grams carbs, 8 grams fiber

### Herbed Tuna Salad Sandwich

2 slices gluten-free bread + ½ can tuna (or salmon) + 1 tbsp mayo + 1 tsp Dijon mustard + 1 shredded carrot + 2 tbsp chopped basil + chives + cucumber slices + tomato slices + orange (on the side)



**Provides:** 430 calories, 10 grams fat (2 grams saturated), 27 grams protein, 57 grams carbs, 9 grams fiber

### Breakfast Tacos

2 corn tortillas + 2 scrambled eggs + ¼ cup cheddar cheese + diced tomato + roasted red pepper + radishes + cilantro + ½ cup pineapple (on the side)



**Provides:** 460 calories, 21 grams fat (9 grams saturated), 24 grams protein, 48 grams carbs, 6 grams fiber

### Spinach Cacio e Pepe Pasta

1 cup gluten-free pasta + 1 tbsp butter + ½ cup parmesan cheese + black pepper + 1½ cups fresh spinach



**Provides:** 460 calories, 22 grams fat (13 grams saturated), 15 grams protein, 45 grams carbs, 7 grams fiber

### Blueberry Goat Cheese Salad

2 cups greens + ½ cup blueberries + ½ cup quinoa + 10 walnut halves + 1 oz goat cheese + 2 tsp olive oil + apple cider vinegar



**Provides:** 460 calories, 31 grams fat (7 grams saturated), 15 grams protein, 37 grams carbs, 8 grams fiber