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Meal Plans & Diet Instruction

Low FODMAP 7 Day Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	1/2 cup Greek Yogurt with 1/2 cup Blueberries & 1/4 cup Walnuts	LEFTOVERS: Grilled Lemon Thyme Chicken with Herbed Quinoa, and Green Beans	Orange (1) & Almonds (10)	Sheet Pan Shrimp Fajitas with 1/2 cup Brown Rice
TUESDAY	Scrambled Eggs with Spinach & Tomatoes and 1/4 cup Carrots	Lemony Salmon Salad with Super Seed No-grain Crackers	Roasted Butter Berry Smoothie	Meatball with Roasted Potato Wedges and Rosemary Carrots
WEDNESDAY	Chocolate Peanut Butter Chia Pudding	LEFTOVERS: Sheet Pan Shrimp Fajitas with Brown Rice	Berry Mint Carrot-Kale Salad	Creamy Tuscan Chicken with Quinoa and Arugula Salad
THURSDAY	Hard-boiled Egg with Tomato & Avocado and Orange	LEFTOVERS: Meatball with Potato Wedges and Rosemary Carrots	Rice Cakes (2) with Nut Butter (1TB)	Cookout Style Salmon with Bok Choy & Brown Rice
FRIDAY	Tropical Chia Pudding	LEFTOVERS: Creamy Tuscan Chicken with Quinoa and Arugula Salad	Spiced Carrot Yogurt Dip with Vegetable Crudités	Roasted Beef Burger with Onion Fries and Steamed Green Beans
SATURDAY	Vegetable Omelet and Eggs	Quinoa Vegetable Bowl	Rice Cakes (2) with Nut Butter (1TB)	Grilled Lemon Thyme Chicken with Herbed Quinoa, and Green Beans
SUNDAY	Oat Flour Pancakes with Blueberries	Vegetable Quinoa Taco Soup	Spiced Carrot Yogurt Dip with Vegetable Crudités	Baked Cod with Moroccan Vegetables

THE SIBO BI-PHASIC DIET



Introduction

What is the SIBO?

Small intestinal bacteria overgrowth (SIBO) is when bacteria, which are normally found in the large intestine, have overgrown in the small intestine.

Abnormal amounts of these bacteria can cause many problems.

The surface of the small intestine (microvilli) becomes damaged which can lead to malabsorption of nutrients. This can lead to symptoms such as rashes, fatigue, muscle aches, and digestive issues.

Fermentation, which produces methane and hydrogen gas, happens because of the damaged microvilli. This causes further damage and is very uncomfortable.

The bacteria can also cause the motility of the small intestine to slow down or work improperly causing even further fermentation.

What is the SIBO Bi-Phasic Diet?

The diet is a 3-month protocol to help restore the function of the small intestine.

It combines the basic principles of the low FODMAP diet and the Specific Carbohydrate Diet (SCD). The goal is to eliminate bacterial overgrowth in the small intestine.

This diet protocol developed by Dr. Nirala Jacobi. It is to be used as a tool to help you through your healing journey.

Every person has different individual needs and you should work with your dietitian to make modifications as needed to meet your needs.

Social Media

FOOD SENSITIVITIES

SOME COMMON SYMPTOMS

ABDOMINAL PAIN
BLOATING
CONSTIPATION
DIARRHEA
BRAIN FOG
ACID REFLUX
DEPRESSION
JOINT PAIN
CHRONIC FATIGUE
SKIN CONDITIONS
WEIGHT FLUCTUATIONS

5 SIMPLE WAYS TO IMPROVE DIGESTION



1. Stay Hydrated
2. Manage Stress
3. Get moving
4. Chew Slowly
5. Eat Mindfully

Erin Dishes Nutrition
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Social Media



April is...



IBS Awareness Month.

Learn how a dietitian can help you.

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Forms & Education

YOUR LOGO HERE

Welcome to YOUR PRIVATE PRACTICE NAME!

Dear Client,

You've made an appointment to see me and I look forward to working with you!

To allow me to best address your needs and begin to develop a plan personalized for you, I am sending a new client packet for you to complete. This packet contains the following:

- ❖ New Client Health Questionnaire
- ❖ Payment Authorization Form
- ❖ Medical Information Release Form
- ❖ Acknowledgement of Privacy, Financial and Cancellation Policy Form
- ❖ Consent to Treat Form
- ❖ HIPAA Notice of Private Practices

Please complete these forms and send back to me (email) at least 48 hours prior to your appointment. Please note, I use a HIPAA compliant email address.

Expect our first appointment to be 60 minutes long. We will review your history and together develop a plan that is personalized for you.

Please feel free to email me if you have questions prior to your appointment.

YOUR NAME HERE
[EMAIL ADDRESS](#)

Mechanical Soft Chopped

Food Groups	Foods Allowed	Foods to Avoid
Meat and meat substitutes	<ul style="list-style-type: none"> • Thin-sliced, bite-size, ground meats or poultry, fish with gravy or sauce • Casseroles with small chunks or ground meat • Eggs prepared any way • Beans • Cheeses 	<ul style="list-style-type: none"> • Pastrami, corned beef • Chunky peanut butter • Nuts
Bread	<ul style="list-style-type: none"> • Soft breads, muffins with butter, jelly • Pancakes, French toast, waffles with butter, syrup 	<ul style="list-style-type: none"> • Toast, crackers • Tough, crusty breads, such as French bread
Cereals	<ul style="list-style-type: none"> • Oatmeal, cream of wheat • Dry cereal with milk 	<ul style="list-style-type: none"> • Dry cereals without milk
Fruits	<ul style="list-style-type: none"> • All canned, cooked fruits • Fresh fruit • Berries 	<ul style="list-style-type: none"> • Apples, pears, papaya, mango, grapes • Dried fruits, fresh or canned pineapple, coconut
Vegetables	<ul style="list-style-type: none"> • All cooked, tender vegetables • Shredded lettuce 	<ul style="list-style-type: none"> • Raw vegetables, except shredded lettuce • Corn, peas
Potatoes and starches	<ul style="list-style-type: none"> • All potatoes • Rice with gravy 	<ul style="list-style-type: none"> • Potato skins and chips

Mechanical Soft Ground

Foods Allowed	Foods to Avoid
<ul style="list-style-type: none"> • Ground meats, poultry, or fish with gravy or sauce • Casseroles with ground meat • Moist meat loaf or meatballs • Scrambled or mashed eggs • Cooked, mashed beans • Cottage cheese, cream cheese <p>*Pieces no larger than ½"</p>	<ul style="list-style-type: none"> • Bacon • Pastrami, corned beef • Casseroles with rice or large chunks • Chunky peanut butter • Whole hard-boiled eggs • Sandwiches and pizza • Nuts • Hard cheeses
<ul style="list-style-type: none"> • Soft breads, muffins with butter, jelly • Pancakes, French toast, waffles with butter, syrup 	<ul style="list-style-type: none"> • Toast, crackers • Tough, crusty breads such as French bread
<ul style="list-style-type: none"> • Oatmeal, cream of wheat • Dry cereal with milk 	<ul style="list-style-type: none"> • Dry cereals without milk
<ul style="list-style-type: none"> • Soft, drained canned or cooked fruits without seeds or skin • Ripe bananas 	<ul style="list-style-type: none"> • Fresh or frozen fruits • Dried fruits, fresh or canned pineapple, coconut
<ul style="list-style-type: none"> • Soft, well-cooked vegetables less than ½", easily mashed with a fork 	<ul style="list-style-type: none"> • Corn and peas • Brussels sprouts, broccoli, cabbage, asparagus, coleslaw • Raw vegetables
<ul style="list-style-type: none"> • Well-cooked potatoes • Well-cooked pasta 	<ul style="list-style-type: none"> • Potato skins and chips • Rice

Writing Samples

[Energy Drinks: Good or Bad?](#)

[Family Food Heritage](#)

[Food Memory](#)

[What's a Cilantro Hater to Do?](#)

[5 Ways Gut Health Affects Mental Health](#)

[Nutritious Carbohydrates for Low Carb Diets](#)

[Blue Light & Health](#)

[5 Fall Foods to Support Your Immune System](#)

Services

→ Social Media Management

- ◆ FB, IG, Pinterest, LinkedIn
- ◆ Post/Story content
- ◆ Engagement

→ Content Creation

- ◆ Handouts
- ◆ Canva graphics

→ Writing

- ◆ Blog posts
- ◆ Research
- ◆ Editing

→ Admin Tasks

- ◆ Email Management
- ◆ Kalix, Practice Better