



SAMPLE MEAL PLAN FOR HYDROGEN / METHANE BREATH TESTS

Breakfast

- Cornflakes with lactose free milk†, rice milk or soy milk
- White/Gluten-free bread with margarine/peanut butter
- Eggs and bacon on toast (White/Gluten-free bread)
- Piece of fruit – banana, kiwifruit, berries
- Water; Tea or coffee with lactose free milk, rice milk or soy milk with or without sugar

Lunch

- White/Gluten-free bread sandwich with margarine/mustard and ham/chicken/tuna/salmon and lettuce/tomato/cucumber/avocado
- Rice crackers/crispbreads with tomato and cucumber
- Salad of cooked potato, capsicum, tomato, cucumber, pine nuts, tuna with olive oil and balsamic vinegar
- Sushi/sashimi/rice paper rolls
- Piece of fruit – banana, kiwifruit, cantaloupe, berries
- Water; Tea or coffee with lactose free milk, rice milk or soy milk with or without sugar

Dinner

- Steak/Chicken/Fish grilled with either one or more of the following: salad (lettuce, tomato, cucumber); mashed potato; vegetables (broccoli, carrot, bok choy, eggplant, zucchini, capsicum, pumpkin)
- Stir fry vegetables cooked with oil, soy sauce, oyster sauce, served with rice or rice noodles
- Water; Tea or coffee with lactose free milk, rice milk or soy milk with or without sugar

Snacks

- Rice crackers /crispbreads
 - Small serving of nuts
 - Fruit – banana, cantaloupe, kiwifruit, berries
 - Water; Tea or coffee with lactose free milk, rice milk or soy milk with or without sugar
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