



## **SIBO Testing Prep Menu**

### **Breakfast:**

- Eggs: hard-boiled, scrambled, or fried in butter or oil (salt and pepper okay)
- Homemade all-meat patty (salt and pepper okay)
- Coffee: combined in a blender with 1 tbsp butter, ghee, or coconut oil

### **Lunch:**

- Piece of chicken (breast, thigh, etc) baked or sautéed in oil with salt and pepper
- White rice (if you are already eating grains) with butter, coconut oil, or ghee
- Cup of meat broth (made with just meat and water – no bones or cartilage)

### **Dinner:**

- Steak seasoned with salt and pepper, sautéed in oil
- Sautéed shrimp or baked salmon with butter or oil
- White rice (if you are already eating grains) with butter, coconut oil or ghee

### **Snacks:**

- Meat broth
- Hard-boiled egg topped with good quality olive oil and salt and pepper