

REGISTERED DIETITIAN FORMULATED

3-Day Acid Reflux Meal Plan

simple, gut-nourishing recipes

SEQUOIA SOOTHE



A SOOTHING GUIDE TO EATING WITH CONFIDENCE

WELCOME,

I'm so glad you're here!



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Leading Acid Reflux & Gut Health Dietitian

I help individuals with digestive issues, IBS, and Acid Reflux **heal their gut** and **relationship with food** so they can **live with freedom**. My approach to nutrition is **rooted in science** and built on the foundation that everyone has **unique** nutrition and lifestyle needs.

MY STORY

For years I felt lost and confused, attempting to self-manage my IBS and Chronic Acid Reflux. When my doctors had no answers and my list of “safe” foods was at an all-time low, I realized I had to take healing into my own hands. Through my own healing journey and my background in nutritional science, I'm thrilled to share with you evidence-based tools and recipes to help you finally heal your gut and live in freedom.

Follow along @mollypelletier.rd
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Discover Sequoia Soothe, my practitioner-grade formula → sequoiasoothe.com

How can this meal plan help me?



The intention of this comprehensive meal plan is to provide you with **simple, gut-nourishing recipes** for you to enjoy during your reflux healing process and beyond.

These balanced recipes are designed to be **acid reflux-friendly**, meaning they do not include common acid reflux “triggers” (tomatoes, spicy flavors, chocolate, peppermint, etc). However, **please note** that everyone has their own unique dietary needs and that food is often not the root cause of IBS/acid reflux symptoms.

If you have questions related to your specific nutrition needs, please reach out at **hello@sequoiasoothe.com**. It is my hope that these meals are enjoyable for you to create and consume! Feel free to tag me **@mollypelletier.rd** if you make any of these recipes!

You deserve to feel supported and empowered in your journey to feel **confidently in charge** of your gut health.

Xo Molly

Disclaimer: The information in this booklet is in no way prescriptive and does not intend to replace medical advice, psychological advice, or personalized Nutrition Therapy. The reader assumes full responsibility for consulting a qualified health professional regarding health conditions or concerns, and before starting a new diet/exercise/wellness program. Molly Pelletier and Sequoia Soothe are not responsible for adverse effects/reactions resulting from the use of any recipes, plans or suggestions herein or procedures undertaken hereafter. If you are experiencing gastrointestinal discomfort/symptoms, have a medical condition, food allergy, or history of an eating disorder, please seek help from a qualified medical professional.

10 tips for **ACID REFLUX PREVENTION**

- 1. Find ways to help yourself manage stress daily.** Chronic stress can exacerbate reflux symptoms and inhibit digestion. Utilizing gut-directed meditation and breathwork is one of the best ways to manage stress.
- 2. Aim for 3 smaller meals with 1-2 snacks** (vs 2-3 large meals). Incorporate a variety of foods to support a diverse, healthy gut microbiome.
- 3. Honor hunger and fullness cues.** Don't wait until you are starving to eat. Avoid going >4 hours without food as this can increase the likelihood of overeating (which can worsen reflux).
- 4. Avoid laying down or slouching 2-3 hours after eating.** Maintain good posture while eating and for 1h after to avoid putting pressure on the esophageal sphincter.
- 5. Chew food well** to aid the digestion process. Aim for applesauce consistency.
- 6. Take 5-7 deep breaths before your meal** to relax the abdomen, decrease stress, tap into the Rest & Digest response.
- 7. Drink liquids outside of meal times** to avoid diluting digestive enzymes (avoid exceeding 8oz of liquid during meals).
- 8. Encourage healthy bowel movements** by eating adequate carbohydrates and fiber, and incorporating gentle movement (walking, yoga, etc).
- 9. Be mindful of caffeine, carbonation, and alcoholic beverages.** If you choose to consume, enjoy in moderation.
- 10. Always have food before caffeinated drinks** such as coffee or tea.

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Day 1

MEAL PLAN



BREAKFAST

Spinach & feta egg white bites w/ sourdough or whole wheat toast



LUNCH

Salmon rice bowl w/ maple “soy” marinade



SNACK

Oatmeal w/ 1/2 banana + 1 tbsp sunflower seed or almond butter



DINNER

One-pot Pumpkin Squash Orzo w/ Chicken

Note: eating an early dinner (about 3 hours before bed) is a super-helpful reflux-prevention tip!



Day 2

MEAL PLAN



BREAKFAST

Pumpkin overnight oats (easy meal prep!)



LUNCH

5-minute avocado egg salad w/ spinach on whole grain toast



SNACK

Blueberry & banana breakfast cookies



DINNER

High protein butternut squash pasta

Note: an afternoon snack is a strategic choice to help you prevent overeating / over filling the stomach at dinner.



Day 3

MEAL PLAN



BREAKFAST

Fluffiest 4-ingredient oatmeal pancakes



LUNCH

Soba noodle rainbow salad



SNACK

Cantaloupe w/ 1/4 cup pumpkin seeds



DINNER

Miso Cod w/ sliced cucumbers + white rice

Note: keeping a 3-hour buffer between your last bite and bed gives your body time to digest before lying down.





Spinach & Feta Egg White Bites

Ingredients (~10-12 bites)

- 2 cups baby spinach
- 1/2 cup crumbled feta (or df cheese alternative)
- 2 cups liquid egg whites (a carton for ease of use, or sub 10 egg whites / 7 whole eggs)
- 1.5 cups cottage cheese (can sub 1 cup dairy-free cheese alternative)
- 1/2 tsp sea salt

Instructions

1. Combine egg whites (or whole eggs if using) + cottage cheese + salt in a blender and combine for ~20 seconds until well mixed.
2. In a greased muffin tin (or use liners), tear a small handful of baby spinach and fill each muffin tin. Crumble feta on top. Now pour over your egg mixture.
3. Bake at 375 for 35-40 minutes. Allow to cool fully and use a knife to remove the egg bites. Store in an airtight container for up to 5 days.



Salmon Rice Bowl

with maple “soy” marinade

Ingredients (2 servings)

- two 4-6 oz salmon fillets
- 2 tbsp coconut aminos
- 1/2 tsp sesame oil
- 1 tsp maple syrup
- 3 large carrots, shredded
- 2 mini persian cucumbers, thinly sliced
- 1 tsp sesame seeds
- 1 cup cooked brown or white rice

Instructions

1. Preheat your oven to 375°F. In a small bowl, combine 2 tbsp coconut aminos, 1/2 tsp sesame oil, and 1 tsp maple syrup. Place your salmon (flesh side down) into the marinade while the oven preheats.
2. Shred carrots and slice cucumber. Set aside.
3. Place your salmon on a parchment-lined baking sheet and bake for ~10-11 minutes or until cooked as desired (thickest part 145°F).
4. In a bowl, add 1/2 cup rice, 1/2 cup grated carrot, and 1/2 of your diced cucumber.
5. Once your salmon is cooked, remove it from the oven and dice into ~1" pieces. Add to your bowl. Sprinkle with sesame seeds. Optional: add a drizzle of coconut aminos.



One Pot Pumpkin & Squash Orzo w/ Chicken

Ingredients (Servings: 6)

- 6 chicken thighs
- One small butternut or kabocha squash, peeled and cut into one-inch cubes (1 1/2 cups)
- Two carrots peeled and chopped into cubes
- Six sage leaves chopped (2 tsp)
- Three sprigs of thyme chopped finely
- Half of a 15oz can of pumpkin purée
- One cup of Orzo (regular or GF works)
- Two cups of chicken broth
- Optional: 1/4 cup of Parmesan cheese
- One 8oz bag of spinach

Instructions

1. Peel carrots and squash, then roughly cut them into 1-inch cubes.
2. Finely chop six leaves of fresh sage and 3 sprigs of thyme.
3. Pat raw chicken thighs dry with a paper towel then sprinkle with salt.
4. Heat 1 tbsp olive oil in a medium-sized pot and place chicken inside (cook for 4-5 min on each side).
5. Once cooked, remove the chicken from the pot and set aside on a plate.
6. Add squash, carrot, and herbs to the pot and cook for 5 min. Add 1/8 tsp more salt to the veggies.
7. Add half a can of pumpkin purée and stir together. Add your bag of spinach and Parmesan and stir until combined. Taste the base and add more seasoning if needed.
8. Add your cup of orzo and the chicken broth.
9. Let everything come to a medium boil then add chicken back into the pot. Cover for 15-20 min on low heat, stirring occasionally.
10. Once the broth is evaporated and the orzo looks plump, you are ready to serve!

Bon appétite!



Pumpkin Overnight Oats

Ingredients (1 serving, triple for meal prep!)

- 1/2 cup organic whole rolled oats
- 1 serving low-FODMAP protein powder (or sub 1/2 cup lactose-free greek yogurt)
- 1 tsp pumpkin spice seasoning
- 1 tbsp flax meal
- 1 tbsp chia seeds
- 1/2 cup pureed pumpkin
- 1 cup almond milk
- Optional: 1 tsp maple syrup
- Optional: 1/3 cup lactose-free greek yogurt + 1 tbsp almond butter for topping

Instructions

1. Simply combine all ingredients in a small jar or Tupperware container.
2. Pop in the fridge overnight to set.

To serve: top with lactose-free Greek yogurt + 1 tbsp almond butter for a quick breakfast. Store in the fridge for up to 7 days in an air-tight container.



Prep-ahead!

5-Minute Avocado Egg Salad

Ingredients (4-5 servings)

- 6 eggs, hardboiled
- 1 large ripe avocado (can substitute 1/2 cup hummus if you do not like avocado)
- salt as desired

Instructions

1. Hard boil 6 eggs (boil for 10-12 min), then cool and peel (use a spoon for easy shell removal!).
2. Dice your eggs into small 1/2" pieces.
3. Peel and mash 1 large, ripe avocado. Mix with diced egg. Add any seasonings, salt if you like. Keep mashing until well combined. (You can also add hummus if your avocado was too small, or if you prefer hummus over avocado.)
4. Now add your avocado egg salad to two slices of toasted bread with fresh greens. Sprinkle on hemp seeds for additional nutrition if you like!



Blueberry Banana Breakfast Cookies

Ingredients (~6, 4" cookies)

- 2/3 cup whole oats
- 1/2 banana, mashed
- 3 tbsp honey or maple syrup if low FODMAP
- 3 tbsp tahini (if yours doesn't pour easily, mix w/ 1 tsp olive oil)
- 1/3 cup dried unsweetened blueberries or other dried fruit
- 1 tbsp cinnamon
- 1/8 tsp fine grain salt
- 1/2 tsp baking powder
- 1 tbsp sesame seeds (optional)

Instructions

1. Preheat oven to 350°F.
2. Mash your half banana, then combine all other ingredients together in a medium-sized bowl.
3. Carefully form 1/4 cup of your mixture into small cookie mounds on your parchment-covered baking sheet.
4. Bake for 10 minutes. Then allow to cool fully before moving. Store in the fridge for up to 1 week.

Feel free to double or triple this recipe for a larger yield! **For breakfast**, pair 2-3 cookies with greek yogurt & fruit or eggs & sautéed spinach for a complete meal. Also delicious crumbled on a smoothie or coconut yogurt bowl.



Prep-ahead!

High Protein Butternut Squash Pasta

Ingredients (~2 servings)

- 6 cups butternut squash, diced (~1 small squash)
- 1 tbsp avocado oil
- 6 oz firm tofu (~1/2 of a 12oz package)
- 1/3 cup nutritional yeast
- 1 tsp dried thyme
- 1/2 tsp dried sage
- 1/8 tsp cinnamon
- 1/2 tsp salt
- zest of 1/2 lemon
- 1.5 cups unsweetened nut milk

Instructions

1. Preheat oven to 375°F. Dice butternut squash into 1-2" pieces and remove all seeds (if you cannot cut the squash, roast ~25 min first to soften before cutting). Toss diced squash in 1 tbsp avocado oil. Roast on a parchment-covered baking sheet until fork tender (~35 min).
2. When soft, remove the squash and allow it to cool until you can safely remove the skin without burning your hands. Remove the skin and add squash to a blender with all additional ingredients listed above.
3. Blend until smooth and creamy. If you would like a thinner sauce, add more nut milk. Taste and add additional seasonings if desired.

Pour over pasta and top with flaky sea salt. Warm toasted breadcrumbs are also delicious here!



Prep-ahead!

Fluffiest 4-Ingredient Oatmeal Pancakes

Ingredients (yields ~3 servings)

- 1 cup oats
- 1 cup plain greek yogurt (can sub a dairy-free greek yogurt)
- 3 eggs
- 1/4 tsp vanilla extract
- 1/3 cup blueberries (optional)

Instructions

1. Combine oats, eggs, yogurt, and vanilla extract in a blender or food processor until well combined (~30 seconds).
2. Add in blueberries if you wish and give the batter a quick mix with a spoon.
3. Heat a nonstick pan. Turn to medium heat and grease with avocado oil. Pour ~1/4 cup of batter to make 3-4" pancakes. In a large pan, you can make 3-4 pancakes at once. Watch for bubbles and flip!
4. Create your stack and top with your favorite toppings: berries, sunflower seed butter, maple syrup, etc.

These pancakes can be easily prepped ahead and frozen (store up to 3 months)! They reheat deliciously in the microwave and are an acid reflux-friendly way to enjoy comforting blueberry pancakes.



Soba Noodle Rainbow Salad

Salad ingredients (yields ~4 servings)

- 2 cups cooked soba noodles (or rice noodles if gluten-free)
- 2 cups edamame beans, shelled (can defrost frozen!)
- 1 cup shredded purple cabbage
- 1 cup shredded carrot
- 2 tbsp sesame seeds

Instructions

1. Simply cook noodles of choice as directed on the package.
2. Allow to cool and combine with all other salad ingredients. In a separate small bowl, combine the ingredients for the “peanut” sauce.
3. Then pour over noodles and mix well. Store in the fridge for up to 7 days.

For the “Peanut” Sauce

- 1/2 cup creamy sunflower seed butter (can sub PB!)
- 1 tsp sesame oil
- 1/4 cup coconut aminos
- 1 tbsp sesame seeds
- Optional: dash of salt



Miso Cod

Pair with cucumber and white rice for a simple, satisfying dinner.

Ingredients (Servings: 3-4)

- 3-4 Cod fillets
- 1/4 cup white miso paste
- 1 tbsp sesame oil
- Two tablespoons of mirin
- Two tablespoons of honey
- Optional: two teaspoons of fresh grated ginger

Instructions

1. In a bowl mix together white miso paste, sesame oil, mirin, honey, and the optional grated ginger.
2. Dry off cod fillets with a paper towel on both sides.
3. Place the cod in an air-tight container and pour the marinade over the top. Let the cod marinate for at least two hours.
4. After marinating, place the cod on a baking dish and remove the excess marinade with a paper towel until there is none left on the cod.
5. Air-fry cod at 425 for 15 minutes, or bake the cod at 450 for 15 minutes.

Bon appétite!

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