



Fibro Flare Day Meal Plan: Gentle Food for Bad Days

3 No-Cook, Low-Prep Meals + Pantry Staples List

-Shelia | Simple Life Meals | simplelifemeals.com

The Fibro Flare Rules

1. No shame in frozen/canned — nutrients > "from scratch"
2. Protein + Fat + Carb = steady energy, less crash
3. Paper plates allowed — save spoons for healing
4. Prep = open a package — that counts

3 Meals You Can Make in 5 Min

Breakfast: Greek yogurt + frozen berries + handful walnuts + drizzle honey

Lunch: Rotisserie chicken + bagged salad + microwave rice cup

Dinner: Canned white chicken chili — add avocado + tortilla chips

Pantry/Freezer Checklist

Proteins: chicken, canned tuna, shakes, yogurt

Carbs: Microwave rice, frozen fruit, pouches

Fats: Avocado cups, nut butter packets, cheese sticks

Comfort: Ginger tea, dark chocolate, bone broth

“Slower is still progress. You’re doing better than you think.”

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