

3 Delicious Dinner Recipes

SIBO-Friendly



Zucchini Frittata with Feta

Vegetarian |



Ingredients (1 serving)

- 3 eggs
- 1 zucchini
- 50 g feta cheese
- 3 EL olive oil
- 1 EL capers
- Salt

Tip: This dish is ideal for meal prep and tastes excellent cold as well.

Preparation

- 1
 - Slice the zucchini into rounds (approx. 1 cm thick).
 - Whisk the eggs until combined.
 - Cut the feta into slices.
 - 2
 - Heat the olive oil in a pan over medium heat.
 - Fry the zucchini slices on both sides until lightly golden.
 - Pour the whisked eggs over the zucchini and let set over medium heat.
 - Distribute the feta on top and allow it to warm slightly.
 - Sprinkle with capers and season with salt as desired.
- Serve with a green salad dressed with 2 tbsp olive oil and 1 tbsp white wine vinegar.

Grilled Vegetable Omelette

Vegetarian |



Ingredients (1 serving)

- 3 eggs
- 1 zucchini
- 1 small eggplant
- 30 g red bell pepper
- 3 tbsp olive oil
- 1 tbsp white wine vinegar
- 1 handful mixed salad greens
- Salt



Tip: Ideal for meal prep. Tastes excellent cold as well.

Preparation

1 Omelette

- Whisk the eggs.
- Heat 1 tbsp olive oil in a pan. Add the eggs and let set over medium heat.
- Remove the omelette from the pan and set aside.

2 Vegetables

- Dice the zucchini, eggplant, and bell pepper.
- Heat 1 tbsp olive oil in the pan and sauté the vegetables until tender.
- Spoon the vegetables onto the omelette and fold or roll it.
- Garnish with basil if desired.

3 Salad

- Wash the salad greens.
- Mix the vinegar with the remaining olive oil, season with salt, and dress the salad.

Salmon with Fennel and Tomato Vegetables

Main Course | Fish



Ingredients (1 serving)

For the salmon

200 g salmon fillet
Salt and pepper

For the fennel vegetables

1 fennel bulb
2 tbsp olive oil
2 cocktail tomatoes, halved
1 tbsp lemon juice
1 tsp dried oregano
Salt and pepper

Tip: This recipe can easily be adapted using other well-tolerated vegetables.

Preparation

1 Salmon

- Season the salmon with salt and pepper and place it in an ovenproof dish.
- Bake in the oven at 140 °C (285 °F) for 15–20 minutes, depending on thickness.

2 Fennel Vegetables

- Heat the olive oil in a pan.
- Slice the fennel very thinly and sauté until tender.
- Season with oregano, salt, and pepper.
- Finish by stirring in the lemon juice and tomatoes.

3 Serving

Arrange the fennel and tomato vegetables on a plate and serve with the salmon fillet.



Want to learn more about SIBO (Small Intestinal Bacterial Overgrowth)?

- In addition to our online course, we offer further support options. Visit us to learn more:

www.sibo-academy.de

- You can also find many insightful articles about SIBO on our blog ([click here!](#))

Understanding SIBO was the breakthrough that helped me escape the IBS trap.



Scan the QR
code for more
information.

Contact

sibo-academy.de

info@sibo-academy.de

[@/thomasbacharach](https://www.instagram.com/thomasbacharach)

[f /Dr.ThomasBacharach](https://www.facebook.com/Dr.ThomasBacharach)