

7- Day Gut Reset Meal Plan

How to Use This 7- Day Plan

This plan is designed to gently rebalance the gut using fiber-rich, anti-inflammatory foods.

All meals are simple, affordable, and easy to prepare.

Daily Meal Plan Overview

- Breakfast: High-fiber, probiotic-supporting meals.
- Lunch: Balanced meals with whole grains and vegetables.
- Dinner: Light, anti-inflammatory dishes.
- Snacks: Fruit, nuts, seeds, or yogurt.

Sample Day (Day 1)

Breakfast: Oats with chia seeds, banana, and cinnamon.

Lunch: Brown rice bowl with chickpeas, spinach, and avocado.

Dinner: Grilled chicken with steamed broccoli and sweet potato.

Snack: A handful of almonds or a probiotic yogurt.

Shopping List

- Vegetables: Spinach, broccoli, carrots, sweet potatoes.
- Fruits: Bananas, berries, apples.
- Whole grains: Oats, brown rice, quinoa.
- Proteins: Chicken, beans, eggs.
- Fermented foods: Yogurt, kefir, sauerkraut.
- Extras: Olive oil, herbs, spices.

Prep Guide

- Cook grains in bulk to save time.
- Pre-cut vegetables for faster meals.
- Prepare snacks and store them in airtight containers.

Maintenance After the 7 Days

Continue incorporating gut-friendly foods.

Stay hydrated and maintain a regular eating schedule.