

Gut-Friendly Meal Guide

Ready to nourish your microbiome and feel your best? This simple guide includes meal ideas and food tips to support digestion, reduce inflammation, and boost your overall wellness.

Focus on incorporating fiber-rich plants, fermented foods, healthy fats, and plenty of hydration.

Breakfast

- Greek yogurt with berries, flaxseeds, and a drizzle of honey
- Oats cooked with almond milk, banana, cinnamon, and chia seeds
- Green smoothie with spinach, avocado, kefir, and pineapple

Lunch

- Quinoa bowl with roasted sweet potato, chickpeas, arugula, and tahini dressing
- Lentil soup with carrots, celery, turmeric, and miso
- Salad with mixed greens, sauerkraut, pumpkin seeds, and olive oil

Dinner

- Grilled salmon with steamed broccoli and wild rice
- Stir-fry with tofu, garlic, ginger, bok choy, and mushrooms
- Zucchini noodles with fermented pesto and cherry tomatoes

Snacks

- Hummus with cucumber and carrot sticks
- Apple slices with almond butter
- Handful of walnuts and a piece of dark chocolate (85%+)