

7-Day Ayurvedic Meal Plan for Gut Health

My Journey to Healing with Organic Food

For years, I struggled with digestive issues, low energy, and various health concerns. Modern medicine provided temporary relief, but nothing truly healed me from the inside out. It was only when I turned to nature—specifically, Ayurvedic principles and organic superfoods—that my body began to heal. By adopting a gut-healing diet rich in pure, unprocessed foods, I regained my energy, improved digestion, and experienced true wellness. Now, I'm sharing this Ayurvedic meal plan with you, so you too can restore your gut health and vitality.

7-Day Ayurvedic Meal Plan for Gut Health

Day 1

Breakfast: Warm lemon water + Oatmeal with soaked almonds

Lunch: Moong dal khichdi + ghee

Dinner: Light vegetable soup + cumin tea

Day 2

Breakfast: Herbal tea + Ragi porridge

Lunch: Brown rice + dal + sautéed spinach

Dinner: Carrot ginger soup + cumin rice

Day 3

Breakfast: Turmeric milk + chia pudding

Lunch: Quinoa + steamed veggies + coconut chutney

Dinner: Mung bean soup + ghee-roasted pumpkin

Day 4

Breakfast: Herbal detox tea + soaked walnuts

Lunch: Bajra roti + sabzi + fermented pickle

Dinner: Sweet potato mash + warm cumin tea

Day 5

7-Day Ayurvedic Meal Plan for Gut Health

Breakfast: Cinnamon spiced herbal tea + boiled bananas

Lunch: Red lentil dal + rice + cucumber salad

Dinner: Steamed veggies + homemade yogurt

Day 6

Breakfast: Soaked dates + saffron milk

Lunch: Millet khichdi + ghee + buttermilk

Dinner: Light moong dal soup + herbal tea

Day 7

Breakfast: Warm water + turmeric honey drink

Lunch: Vegetable stew + brown rice

Dinner: Simple khichdi + coriander chutney

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Stay healthy and thrive with nature!