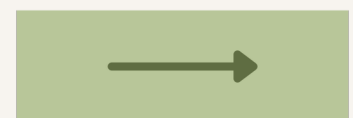
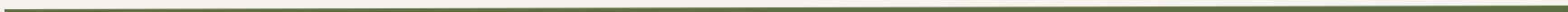

7-Day Gut Reset Food Checklist + Simple Meal Ideas

A CALM GUT SUPPORTS BETTER ENERGY, MOOD,
AND OVERALL HEALTH.



Daily Gut Habits

- ☐ Drink plenty of water
- ☐ Eat 1 fermented food
- ☐ Include fiber-rich foods
- ☐ Choose whole foods
- ☐ Eat slowly & mindfully



DAY

01

Hydration Reset

Breakfast: fruit smoothie with spinach + water or almond milk

Lunch: veggie salad with olive oil & lemon

Dinner: grilled chicken + roasted vegetables



DAY

02

Fiber Boost

Breakfast: oatmeal with berries & chia seeds

Lunch: quinoa bowl with veggies & beans

Dinner: brown rice + salmon + broccoli



DAY

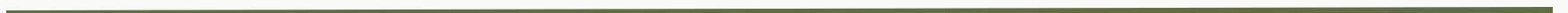
03

Probiotic Power

Breakfast: Greek yogurt with honey & fruit

Lunch: salad with sauerkraut or kimchi

Dinner: chicken stir-fry with veggies



DAY

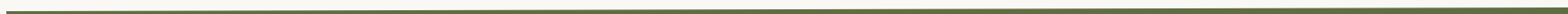
04

Gentle Proteins

Breakfast: eggs with spinach & avocado

Lunch: lentil soup or grilled chicken wrap

Dinner: baked fish with veggies



DAY

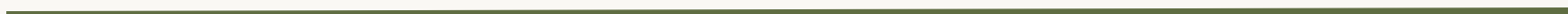
05

Healthy Fats

Breakfast: avocado toast on whole grain bread

Lunch: salad with olive oil dressing & nuts

Dinner: roasted veggies with chicken or tofu



DAY

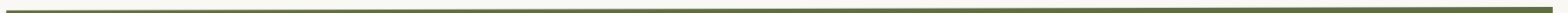
06

Anti-Inflammatory Foods

Breakfast: smoothie with ginger & berries

Lunch: leafy greens salad with salmon

Dinner: turmeric rice + veggies + protein



DAY

07

Balanced Plate

Breakfast: eggs + fruit + whole grain toast

Lunch: protein bowl with veggies & quinoa

Dinner: grilled protein + veggies + healthy fat



Limit This Week

- ☐ Sugary snacks
- ☐ Fried foods
- ☐ Processed meals
- ☐ Soda

