



7 Day Sample Gut Friendly Meal Plan

7-Day Gut-Friendly Meal Plan

Meal Plan Overview

Day 1

Breakfast: Berry Yogurt Parfait
Lunch: Quinoa & Roasted Veggie Salad with Kimchi
Dinner: Grilled Salmon with Steamed Asparagus

Day 2

Breakfast: Overnight Oats with Kefir
Lunch: Lentil Soup with Carrots and Leeks
Dinner: Baked Chicken Bone Broth Soup with Vegetables

Day 3

Breakfast: Spinach & Mushroom Omelette
Lunch: Turkey & Avocado Lettuce Wraps
Dinner: Miso-Glazed Cod with Bok Choy

Day 4

Breakfast: Chia Seed Pudding with Almond Milk
Lunch: Chickpea & Cucumber Salad
Dinner: Lentil & Sweet Potato Curry

Day 5

Breakfast: Avocado Toast on Sprouted Grain Bread
Lunch: Brown Rice Bowl with Steamed Broccoli and Tempeh
Dinner: Zucchini Noodle Pasta with Pesto and Cherry Tomatoes

Day 6

Breakfast: Green Smoothie with Spinach and Banana
Lunch: Mixed Greens Salad with Sauerkraut and Seeds
Dinner: Beef & Vegetable Stir-Fry with Ginger

Day 7

Breakfast: Greek Yogurt Pancakes with Blueberries
Lunch: Vegetable Stir-Fry with Miso Sauce
Dinner: Baked Trout with Garlic, Lemon, and Roasted Brussels Sprouts