

*7 - Day Meal Plan For
Optimal Gut Health*



MEAL	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
DAY 1	Scrambled Eggs with Spinach and Avocado	Coconut Yogurt with Chia Seeds and Blueberries	Grilled Salmon Salad	Veggies with Hummus	Baked Chicken with Sweet Potatoes and Broccoli
DAY 2	Overnight Oats	Green Apple and Walnuts	Quinoa Bowl with Roasted Veggies	Bone Broth	Lemon Herb Cod with Cauliflower Mash
DAY 3	Gut-Healing Smoothie	Carrot Sticks with Guacamole	Turkey Burger Lettuce Wrap	Pumpkin Seeds	Shrimp Stir-Fry with Cauliflower Rice
DAY 4	Poached Eggs with Avocado and Gluten-Free Toast	Nutty Coconut Mix	Lentil Soup	Sliced Pear with Almond Butter	Zoodles with Grass-Fed Meatballs
DAY 5	Chia Seed Pudding	Celery Sticks with Sunflower Seed Butter	Grilled Chicken Salad with Beets and Pumpkin Seeds	Raw Almonds	Baked Trout with Carrots and Kale
DAY 6	Green Detox Smoothie	Hard-Boiled Egg	Chicken and Vegetable Soup	Smoked Salmon with Cucumber	Grilled Lamb Chops with Butternut Squash
DAY 7	Scrambled Eggs with Fresh Herbs and Avocado	Gut-Healing Smoothie	Salmon Salad with Tahini Dressing	Olives	Herb-Roasted Chicken Thighs with Steamed Asparagus



DAY 1

Breakfast	<p>Scrambled Eggs with Spinach and Avocado</p> <ul style="list-style-type: none">• Ingredients: 2 eggs, 1 cup spinach, ½ avocado, ¼ tsp turmeric, salt, and pepper.• Instructions: Sauté spinach in a pan with olive oil. Add whisked eggs and turmeric and cook thoroughly. Season with salt and pepper. Serve with sliced avocado.• Meal Prep Tip: Wash and chop spinach in advance to save time.
Snack	<p>Coconut Yogurt with Chia Seeds and Blueberries</p> <ul style="list-style-type: none">• Ingredients: ½ cup unsweetened coconut yogurt, 1 tbsp. chia seeds, ¼ cup fresh blueberries.• Instructions: "Pour yogurt in a bowl, top with chia seeds and blueberries
Lunch	<p>Grilled Salmon Salad</p> <ul style="list-style-type: none">• Ingredients: One 4-6oz salmon fillet, mixed greens, cucumber, carrot, olive oil, lemon juice.• Instructions: Grill salmon. Toss greens, one cucumber, sliced; one carrot, sliced in olive oil and lemon juice. Add salmon on top.• Meal Prep Tip: Cook extra salmon for Day 2 dinner
Snack	<p>Veggies with Hummus</p> <ul style="list-style-type: none">• Ingredients: Cucumber and celery sticks, 3 tbsp hummus.
Dinner	<p>Baked Chicken with Sweet Potatoes and Broccoli</p> <ul style="list-style-type: none">• Ingredients: 1 chicken breast, ½ sweet potato, 1 cup broccoli, salt, and pepper.• Instructions: Bake chicken and sweet potato at 400°F for 25-30 minutes. While the chicken and sweet potato bake, steam the broccoli. Season the steamed broccoli with a small pinch of salt and pepper before serving. Steam broccoli.• Meal Prep Tip: Cook extra sweet potatoes for Day 2 lunch.



DAY 2

<p>Breakfast</p>	<p>Overnight Oats</p> <ul style="list-style-type: none"> • Ingredients: ½ cup gluten-free oats, 1 cup almond milk, 1 tbsp. chia seeds, ½ banana, cinnamon. • Instructions: Combine the ingredients in a jar. Stir well to mix all the ingredients evenly. Store in the refrigerator overnight. Top with banana slices in the morning.
<p>Snack</p>	<p>Green Apple and Walnuts</p> <ul style="list-style-type: none"> • Ingredients: 1 green apple, small handful of walnuts.
<p>Lunch</p>	<p>Quinoa Bowl with Roasted Veggies</p> <ul style="list-style-type: none"> • Ingredients: ½ cup cooked quinoa, ½ roasted zucchini, ½ bell pepper, sliced, ½ cup diced eggplant, 1 tbsp. tahini. • Instructions: Roast veggies in olive oil, then assemble the bowl by adding the quinoa, topping with veggies and tahini. • Meal Prep Tip: Cook quinoa in bulk for use in later meals.
<p>Snack</p>	<p>Bone Broth</p> <ul style="list-style-type: none"> • Ingredients: 1 cup warm bone broth, fresh parsley. • Instructions: Warm the bone broth in a saucepan until it reaches your desired temperature. Stir in 1 tsp of chopped fresh parsley just before serving for added flavor and freshness.
<p>Dinner</p>	<p>Lemon Herb Cod with Cauliflower Mash</p> <ul style="list-style-type: none"> • Ingredients: 1 cod fillet, 1 lemon, sliced, 1 tbsp fresh parsley or dill, chopped, 1 cup steamed cauliflower. • Instructions: Bake cod with lemon and parsley or dill. Blend steamed cauliflower into a mash with olive oil and salt.



DAY 3

Breakfast	Gut-Healing Smoothie <ul style="list-style-type: none">• Ingredients: 1 cup spinach, ½ cup frozen mango, 1 cup almond milk, 1 tbsp flaxseeds, 1 scoop collagen powder.• Instructions: Place the spinach, frozen mango, almond milk, flaxseeds, and collagen powder into a blender. Blend until smooth and creamy. Pour into a glass and enjoy immediately.
Snack	Carrot Sticks with Guacamole <ul style="list-style-type: none">• Ingredients: 2-3 large carrots, 1 ripe avocado, 1 tbsp. lime juice, 2 tbsp. cilantro (chopped), salt, pepper, 1 small garlic clove (optional).• Instructions: Cut carrots into sticks. Mash the avocado with lime juice, cilantro, garlic (if using), salt, and pepper. Serve with carrot sticks for dipping.
Lunch	Turkey Burger Lettuce Wrap <ul style="list-style-type: none">• Ingredients: 1 lb. lean ground turkey, 1 large egg, ½ teaspoon salt and pepper, 1 teaspoon Worcestershire sauce, ¼ teaspoon garlic powder and onion powder, 1 tablespoon olive oil, 1 tablespoon butter, lettuce leaves, avocado slices, roasted Brussels sprouts.• Instructions: Mix the ground turkey, egg, salt, pepper, Worcestershire sauce, garlic powder, and onion powder in a bowl. Form into 4 patties. Heat olive oil and butter on a griddle or pan over medium-high heat and cook the patties for 4 minutes per side, until browned and cooked through. Meanwhile, preheat the oven to 400°F (200°C), toss Brussels sprouts with olive oil, salt, and pepper, and roast for 20-25 minutes. Serve the turkey patty on a lettuce leaf with avocado slices and roasted Brussels sprouts.• Meal Prep Tip: Prep burger patties and roast Brussels sprouts ahead of time.



DAY 3

Snack	Pumpkin Seeds <ul style="list-style-type: none">• Ingredients: Small handful of pumpkin seeds.
Dinner	Shrimp Stir-Fry with Cauliflower Rice <ul style="list-style-type: none">• Ingredients: 1 cup shrimp, 2 cups bok choy (chopped), 1 cup mushrooms (sliced), 2 tablespoons coconut aminos, 1 cup cauliflower rice.• Instructions: In a large pan, stir-fry the shrimp, bok choy, and mushrooms in coconut aminos over medium heat for about 5-7 minutes, or until the shrimp is cooked through and the vegetables are tender. To make the cauliflower rice, grate or pulse cauliflower florets in a food processor until it resembles rice, then sauté in a pan with a bit of olive oil for 3-5 minutes until tender. Serve the shrimp and veggie stir-fry over the cauliflower rice.



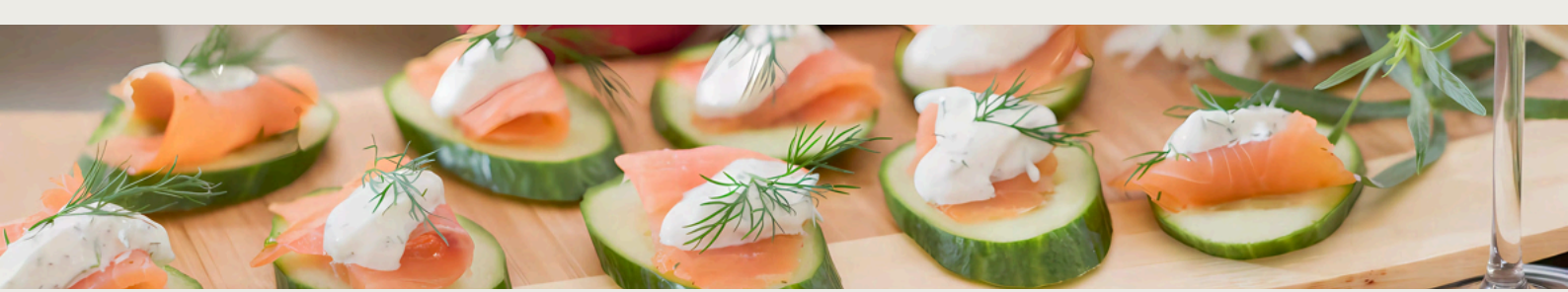
DAY 4

<p>Breakfast</p>	<p>Poached Eggs with Avocado and Gluten-Free Toast</p> <ul style="list-style-type: none"> • Ingredients: 2 eggs, 1/2 avocado, 1 slice gluten-free bread, salt, pepper, optional red pepper flakes or herbs. • Instructions: Poach the eggs for 3-4 minutes. Toast the bread, slice the avocado, and season. Place eggs on the toast and top with avocado. Optional: add seasoning.
<p>Snack</p>	<p>Nutty Coconut Mix</p> <ul style="list-style-type: none"> • Ingredients: 1/4 cup mixed nuts (unsweetened and unflavored), 1/4 cup dried unsweetened coconut flakes. • Instructions: Combine the mixed nuts and coconut flakes in a small bowl and enjoy for a satisfying, nutrient-dense snack.
<p>Lunch</p>	<p>Lentil Soup</p> <ul style="list-style-type: none"> • Ingredients: 1 cup lentils, 1 onion (diced), 2 carrots (diced), 2 celery stalks (diced), 3 garlic cloves (minced), 4 cups vegetable broth, 1 tbsp. olive oil, salt, pepper, optional thyme or bay leaves. • Instructions: Sauté onion, carrots, celery, and garlic in olive oil for 5 minutes. Add lentils and broth, bring to a boil, then simmer for 25-30 minutes. Season with salt, pepper, and optional herbs. Blend for a creamier texture. • Meal Prep Tip: Make a large batch to freeze portions.
<p>Snack</p>	<p>Sliced Pear with Almond Butter</p>
<p>Dinner</p>	<p>Zoodles with Grass-Fed Meatballs</p> <ul style="list-style-type: none"> • Ingredients: 2 zucchinis (spiralized), 1/2 lb. grass-fed ground beef, 1/2 cup tomato-basil sauce, 1 tbsp. olive oil, salt, pepper, optional Parmesan or basil. • Instructions: Form beef into meatballs, bake at 375°F for 20-25 minutes. Sauté zucchini noodles in olive oil for 2-3 minutes. Warm sauce, and serve meatballs over zoodles. Garnish with optional Parmesan or basil.



DAY 5

Breakfast	<p>Chia Seed Pudding</p> <ul style="list-style-type: none">• Ingredients: ¼ cup chia seeds, 1 cup coconut milk, raspberries, coconut flakes• Instructions: Combine chia seeds and coconut milk in a jar or bowl. Then refrigerate for at least 4 hours or overnight. Top with raspberries and coconut flakes before serving.
Snack	<p>Celery Sticks with Sunflower Seed Butter</p> <ul style="list-style-type: none">• Ingredients: 4-5 celery sticks, 3 tbsp. sunflower seed butter.• Instructions: Spread sunflower seed butter on each celery stick and enjoy a crunchy, satisfying snack.
Lunch	<p>Grilled Chicken Salad with Beets and Pumpkin Seeds</p> <ul style="list-style-type: none">• Ingredients: 1 grilled chicken breast (6-8 oz.), 4 cups mixed greens, 2 medium beets (peeled and sliced), 2 tbsp. pumpkin seeds, 1 tbsp. olive oil, 1 tbsp. balsamic vinegar.• Instructions: Preheat the oven to 400°F (200°C) and roast the beets with olive oil, salt, and pepper for 25-30 minutes. Toss mixed greens with olive oil and balsamic vinegar. Add sliced grilled chicken, roasted beets, and pumpkin seeds, then toss together.
Snack	<p>Raw Almonds</p> <ul style="list-style-type: none">• Ingredients: Small handful of almonds
Dinner	<p>Baked Trout with Carrots and Kale</p> <ul style="list-style-type: none">• Ingredients: 1 trout fillet (6-8 oz.), 1 cup sliced carrots, 1 cup chopped kale, 1 tbsp. olive oil, salt, and pepper.• Instructions: Preheat the oven to 375°F (190°C). Season the trout with olive oil, salt, and pepper, and bake for 15-20 minutes. Sauté carrots in olive oil until tender, then add the kale and cook until wilted. Serve the trout with the sides.



DAY 6

Breakfast	Green Detox Smoothie <ul style="list-style-type: none">• Ingredients: Kale, cucumber, mint, pineapple, coconut water.• Instructions: Blend all ingredients together until smooth.
Snack	Hard-Boiled Egg
Lunch	Chicken and Vegetable Soup <ul style="list-style-type: none">• Ingredients: 2 cups shredded chicken, 6 cups broth, 2 carrots (sliced), 2 celery stalks (diced), 1 onion (diced), 1 zucchini (diced), 3 garlic cloves (minced), 2 tbsp. olive oil, 2 tbsp. parsley.• Instructions: Sauté garlic, onion, and celery in olive oil. Add broth, carrots, zucchini, and chicken. Simmer for 20 minutes until vegetables are tender. Top with parsley.
Snack	Smoked Salmon with Cucumber <ul style="list-style-type: none">• Ingredients: 4-6 oz. smoked salmon, 1 cucumber.• Instructions: Slice cucumber into rounds. Top each slice with smoked salmon and serve.
Dinner	Grilled Lamb Chops with Butternut Squash <ul style="list-style-type: none">• Ingredients: 4 lamb chops (6-8 oz each), 1 cup roasted butternut squash, 1 tbsp olive oil, 1 tsp rosemary, salt, and pepper.• Instructions: Season lamb chops with olive oil, rosemary, salt, and pepper. Grill to preferred doneness, about 3 minutes per side. Serve with squash.



DAY 7

Breakfast	<p>Scrambled Eggs with Fresh Herbs and Avocado</p> <ul style="list-style-type: none">• Ingredients: 2 eggs, 1/2 avocado, fresh herbs (such as parsley or chives), 1 tbsp olive oil, salt, and pepper.• Instructions: Whisk the eggs in a bowl. Heat olive oil in a pan over medium heat, pour in the eggs, and cook while stirring gently. Add chopped fresh herbs as the eggs cook. Serve with sliced avocado on the side.
Snack	<p>Gut-Healing Smoothie</p> <ul style="list-style-type: none">• Ingredients: 1 cup spinach, 1/2 cup frozen mango, 1 cup almond milk, 1 tbsp flaxseeds, 1 scoop collagen powder.• Instructions: Combine spinach, mango, almond milk, flaxseeds, and collagen powder in a blender. Blend until smooth and creamy. Serve immediately.
Lunch	<p>Salmon Salad with Tahini Dressing</p> <ul style="list-style-type: none">• Ingredients: 4 oz grilled salmon, 4 cups mixed greens, 1/2 cucumber (sliced), 1 medium tomato (chopped), 2 tbsp tahini, 1 tbsp lemon juice.• Instructions: Toss the mixed greens, cucumber, and tomato with tahini and lemon juice until well combined. Top the salad with the grilled salmon and serve.
Snack	<p>Olives</p> <ul style="list-style-type: none">• Ingredients: 1/4 cup olives (preferably low-sodium).• Instructions: Enjoy the olives as a quick, savory snack.



DAY 7

Dinner

Herb-Roasted Chicken Thighs with Steamed Asparagus

- Ingredients: 4 bone-in, skin-on chicken thighs (about 1.5 lbs), 1 cup asparagus, 2 tbsp fresh herbs (thyme, rosemary), 1 tbsp olive oil, salt, and pepper.
- Instructions: Preheat the oven to 375°F (190°C). Season the chicken thighs with fresh herbs, olive oil, salt, and pepper. Roast on a baking sheet for 30-35 minutes until the internal temperature reaches 165°F (74°C). Steam the asparagus until tender, then drizzle with olive oil before serving.

The background image shows several meal prep containers. One central container holds green beans, two hard-boiled eggs, and white rice. To the left, there's a container with green grapes and another with sliced carrots. Below the central container, there's a yellow water bottle and a container with a salad. In the bottom left, a bowl contains sliced apples. In the bottom right, a container holds a baked fish fillet, snow peas, and broccoli. A green smoothie bottle is visible at the top left, and a red water bottle is at the bottom right.

Meal Prep Tips

- 1. Batch Cook Proteins:** Grill or bake chicken, salmon, and turkey patties ahead of time to use in multiple meals.
- 2. Prepare Veggies in Advance:** Wash, chop, and store vegetables in airtight containers for easy access.
- 3. Make Sauces and Dressings:** Prepare tahini, vinaigrettes, and tomato-basil sauces to save time.
- 4. Use Mason Jars:** Pre-portion chia puddings, overnight oats, and salads in mason jars for grab-and-go convenience.
- 5. Freeze Soups and Stews:** Double recipes like lentil soup and freeze leftovers for quick meals.



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