

# 7-Day Gut Health Meal Plan (2025)

## Day 1

Breakfast: Greek yogurt with chia seeds, berries, and a drizzle of honey

Lunch: Quinoa salad with chickpeas, spinach, and olive oil dressing

Dinner: Grilled salmon with steamed broccoli and sweet potato

Snack: Kombucha and a handful of almonds

## Day 2

Breakfast: Oatmeal topped with banana slices and flaxseeds

Lunch: Whole grain wrap with hummus, avocado, and mixed greens

Dinner: Stir-fried tofu with bok choy and brown rice

Snack: Greek yogurt and blueberries

## Day 3

Breakfast: Smoothie with kefir, spinach, pineapple, and ginger

Lunch: Lentil soup with a slice of sourdough bread

Dinner: Baked chicken breast with roasted Brussels sprouts and quinoa

Snack: Carrot sticks and hummus

## Day 4

Breakfast: Scrambled eggs with sauerkraut and whole grain toast

Lunch: Farro salad with cherry tomatoes, cucumber, and feta

Dinner: Shrimp stir-fry with mixed vegetables and brown rice

Snack: Apple slices with almond butter

## Day 5

Breakfast: Avocado toast with kimchi on sprouted grain bread

Lunch: Chickpea and vegetable curry with basmati rice

Dinner: Grilled turkey burger with a side of mixed greens

Snack: Plain yogurt with cinnamon and walnuts

## Day 6

Breakfast: Chia pudding with almond milk and fresh mango

Lunch: Vegetable soup with a side of fermented pickles

Dinner: Grilled trout with sautéed kale and mashed cauliflower

Snack: Cucumber slices with tahini dip

## **Day 7**

Breakfast: Overnight oats with kefir, berries, and pumpkin seeds

Lunch: Tempeh wrap with fermented veggies and tahini dressing

Dinner: Stuffed bell peppers with quinoa, beans, and avocado

Snack: Herbal tea and a piece of dark chocolate