



28-DAY GUT RESTORE MEAL PLAN

Plan your *gut-healing meals*
for a whole month!

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28-DAY MEAL PLAN

Congratulations on investing in your health by choosing to own our 28-Day Gut Health Meal Plan.

This meal plan is designed to give you a well-rounded and diverse plant-based nutritional regime that promotes gut health and has you feeling at your best. The first weeks start with foods that are less irritating on the gut and gradually increases to foods that require more work from your digestive system to break down and absorb to build tolerance. Nutrients that we focus on in this meal plan include ***fiber, healthy fats, plant-based protein, polyphenols, antioxidants, and a range of vitamins and minerals including iron, magnesium, calcium, zinc, and vitamin B12.*** All these nutrients are essential for a healthy gut and microbiome.

The truth is, no matter what diet you follow, you may still lack essential nutrients. This is because the topsoil in which our food is grown is depleted of its minerals. In addition, our food is often grown with chemicals and certain toxins like heavy metals, which can accumulate in our bodies and prevent the absorption of important minerals.

Therefore, supplementation should still be considered with this meal plan, especially zinc, iodine, vitamin D, vitamin B12, vitamin K2, and omega 3 fatty acids (algae oil). Getting your levels checked through your doctor is a great first step.

One of the biggest keys to succeeding on this plant-based meal plan is to plan ahead. Before the week begins (a Sunday usually works best), carve out some time where you can have a look through the recipes, visit the local farmer's markets and health food stores with your shopping lists and buy the things you need, and even prepare some of the staples such as the Tahini Drizzle and Peanut Butter Sauce. Setting time aside once per month to make the fermented foods is also recommended.

Get your family on board if you can, or at least get their support for your transition. Tell your family and friends about your dietary requirements so they can help you out. Getting them to be your taste testers may also win them over to joining you on your journey.

It's also really important to have an **open and positive mindset**. If you dwell on all the things you're missing out on, it's going to be extra challenging for you.

Focus instead on the things you like about the new diet/lifestyle and what you'll be gaining in terms of health, and it'll make it a lot easier for yourself. You'll be surprised, a few months down the track, your new habits and choices will become like second nature, and you will love how it makes you feel and that is what this is all about!



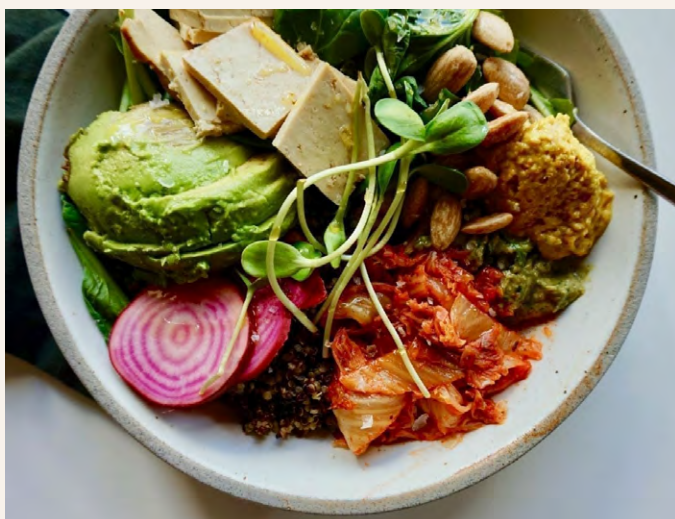
There are a few fermented recipes included in the sides and staples. We encourage you to make these and have these stored at home so you can add 1-2 tablespoons of them per day to your meals. It's best to alternate between them every day to increase diversity of probiotic strains in your diet. You could also consider a probiotic supplement.

How you eat is often just as important as what you eat. Therefore, trying not to eat too much between your meals helps your digestive system function best. If you do need a snack, stick to fruits, vegetables and nuts and seeds as much as possible. Avoid drinking too much liquid with your meals as this will dilute nutrients, reducing the amount your body can absorb. Try drinking a teaspoon of lemon juice or apple cider vinegar in water 15-20 minutes before your meals to stimulate your hydrochloric acid production and digestive enzyme secretion ready for digestion of your food.

We've also included eight sweet recipes so you can have two desserts per week but we encourage you to focus mostly on fruit so you can better control any sugar cravings. We have also mostly included natural sweeteners such as monk fruit sweetener and erythritol (and honey when absolutely necessary) which do not have any effect on your blood sugar levels. Note that the shopping lists do not contain the ingredients needed for the dessert recipes (or the fermented foods).

Finally, if you're out with friends and stray from your meal plan, don't give up. The key is to not throw away all your hard work because of a tiny hiccup. Consistency is far better than perfection. Don't let perfectionism be the enemy of the good. Pick yourself up and keep going.

That's it from us! We hope you enjoy the fun of preparing the meals as well as the meals itself. And most of all, we hope you love the way it makes you feel, and we wish you all the best on your journey to becoming the best version of your self!



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Banana and Nectarine Breakfast Smoothie	Zucchini Scrambled Turmeric Tofu with a side of Kimchi	Turmeric Millet Porridge with Assorted Nuts	Banana and Nectarine Breakfast Smoothie	Zucchini Scrambled Turmeric Tofu	Turmeric Millet Porridge with Assorted Nuts	Homemade Austrian Pancakes with Cranberry Jam and Apple Puree
LUNCH	Vegan Sandwich with Beetroot Hummus, Pickles, and Raw Vegetables	Colorful Quinoa Salad	Roasted Tomato and Fennel Soup with Basil and Garlic Pesto	Beet and Lentil Salad with Vegan Feta and Tahini Dressing	Japanese Soba Noodle Soup with Mushrooms and Tofu	Coconut Quinoa Vegetable Bowl	Asparagus and Basil Tart
DINNER	Colorful Quinoa Salad	Roasted Tomato and Fennel Soup with Basil and Garlic Pesto	Beet and Lentil Salad with Vegan Feta and Tahini Dressing	Japanese Soba Noodle Soup with Mushrooms and Tofu	Coconut Quinoa Vegetable Bowl	Asparagus and Basil Tart	Vegan Shakshuka
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Almond Oatmeal Porridge with Mango and Blueberries	Nutritiously Sublime Green Smoothie	Choc-Orange Chia Pudding	Almond Oatmeal Porridge with Mango and Blueberries	Nutritiously Sublime Green Smoothie	Choc-Orange Chia Pudding	Vegan Oatmeal Pancakes with Berries
LUNCH	Vegan Shakshuka	Zucchini Noodles with Pistachio & Pumpkin Seed Pesto & Brazil Nut Parmesan	Lettuce Leaf Quinoa and Vegetable Cups with Peanut Sauce	Hearty Cauliflower Curry	Chickpea Buddha Bowl	Vegan Omelet with Asparagus	Miso Ramen Noodle Bowl with Tempeh
DINNER	Zucchini Noodles with Pistachio & Pumpkin Seed Pesto & Brazil Nut Parmesan	Lettuce Leaf Quinoa and Vegetable Cups with Peanut Sauce	Hearty Cauliflower Curry	Chickpea Buddha Bowl	Vegan Omelet with Asparagus	Miso Ramen Noodle Bowl with Tempeh	Baked Sweet Potato Quinoa Salad with Figs and Pomegranate

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Matcha Green Tea Smoothie Bowl	Homemade Granola	Amaranth Porridge with Almond Nut Butter and Berries	Matcha Green Tea Smoothie Bowl	Homemade Granola	Amaranth Porridge with Almond Nut Butter and Berries	Egyptian Ful Medames
LUNCH	Baked Sweet Potato Quinoa Salad with Figs and Pomegranate	Mushroom Stuffed Sweet Potato	Green Lentil and Vegetable Soup	Creamy Cashew Mushroom Spaghetti	Chickpea Tofu Mango Curry	Gluten-free Tortillas with Bean Sauce, Vegetables and Sprouts	French Ratatouille with Brazil Nut Parmesan
DINNER	Mushroom Stuffed Sweet Potato	Green Lentil and Vegetable Soup	Creamy Cashew Mushroom Spaghetti	Chickpea Tofu Mango Curry	Gluten-free Tortillas with Bean Sauce, Vegetables and Sprouts	French Ratatouille with Brazil Nut Parmesan	Quinoa Stuffed Bell Peppers
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Chocolate Smoothie Bowl with Granola	Blueberry Buckwheat Porridge	Herbed Lentils with Butternut Squash and Cashew Hummus	Blueberry Buckwheat Porridge	Herbed Lentils with Butternut Squash and Cashew Hummus	Chocolate Smoothie Bowl with Granola	Vegan Oatmeal Pancakes with Berries
LUNCH	Quinoa Stuffed Bell Peppers	Lemon Artichoke Pasta	Vegetable Stir Fry with Marinated Tofu	Beet and Lentil Salad with Vegan Feta	Butternut Squash Carrot Soup	Lentil Meatballs with Kale Salad and Tahini Dressing	Vegan Sandwich with Beetroot Hummus and Raw Vegetables
DINNER	Lemon Artichoke Pasta	Vegetable Stir Fry with Marinated Tofu	Beet and Lentil Salad with Vegan Feta	Butternut Squash Carrot Soup	Lentil Meatballs with Kale Salad and Tahini Dressing	Greek-style Lima Bean Stew	Greek-style Lima Bean Stew