

7-Day Gluten-Free Gut Reset Meal Plan

Plan Overview

Goals:

Soothe inflammation

Support digestion

Eliminate gluten, dairy, and processed foods

Feed your gut with healing, whole foods

Daily Focus:

Hydration (at least 8 glasses of water)

Fermented foods (1 serving/day)

Prebiotics & fiber (onions, garlic, leeks, greens)

Protein-rich meals

Minimal sugar & no gluten

Gut-Healing Grocery List

Proteins

- Organic chicken breast
- Ground turkey
- Salmon
- Eggs (or flax eggs)
- Bone broth (or collagen powder)

Vegetables & Fruit

- Zucchini, carrots, sweet potatoes, spinach, kale, cucumbers
- Garlic, onions, leeks
- Blueberries, apples, bananas, avocados

Gut-Friendly Add-Ons

- Sauerkraut or kimchi
- Coconut yogurt (unsweetened, dairy-free)

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- Chia seeds, flaxseeds
- Ginger & turmeric

Pantry Basics

- Gluten-free oats
- Quinoa
- Almond flour
- Extra virgin olive oil, avocado oil
- Herbal teas (peppermint, ginger, chamomile)

7-Day Meal Plan

Day 1

- Breakfast: Chia seed pudding with coconut milk + blueberries
- Lunch: Chicken bone broth soup with zucchini, carrots, spinach
- Snack: Apple slices with almond butter
- Dinner: Baked salmon with roasted sweet potato and sautéed kale
- Gut Boost: 1 tbsp sauerkraut on the side

Day 2

- Breakfast: Scrambled eggs with spinach + avocado slices
- Lunch: Quinoa bowl with grilled chicken, cucumber, and tahini drizzle
- Snack: Handful of blueberries + herbal tea
- Dinner: Ground turkey stir-fry with garlic, onions, carrots, and broccoli
- Gut Boost: Coconut yogurt with cinnamon

Day 3

- Breakfast: Green smoothie (spinach, banana, chia, coconut milk)
- Lunch: Sweet potato & black bean bowl with avocado + lime
- Snack: Carrot sticks + hummus
- Dinner: Lemon-garlic baked chicken thighs + steamed broccoli + quinoa
- Gut Boost: Ginger tea after dinner

Day 4

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- Breakfast: Overnight oats with almond milk, flaxseed, cinnamon, apple slices
- Lunch: Leftover turkey stir-fry + side salad with olive oil
- Snack: Coconut yogurt with chia seeds
- Dinner: Wild-caught salmon + sautéed zucchini noodles
- Gut Boost: 1 tbsp kimchi

Day 5

- Breakfast: Avocado toast (gluten-free bread) + boiled egg
- Lunch: Chicken & veggie bone broth soup
- Snack: Banana with sunflower seed butter
- Dinner: Quinoa-stuffed peppers with onion, garlic, spinach, turkey
- Gut Boost: Peppermint tea

Day 6

- Breakfast: Smoothie bowl with coconut yogurt, banana, chia, berries
- Lunch: Quinoa and arugula salad with lemon vinaigrette
- Snack: Sliced cucumber + guacamole
- Dinner: Baked cod with sweet potato mash + steamed greens
- Gut Boost: Herbal tea + 1 tbsp sauerkraut

Day 7

- Breakfast: Scrambled eggs with sautéed spinach + gluten-free toast
- Lunch: Turkey lettuce wraps with garlic, avocado, and carrots
- Snack: Handful of mixed berries
- Dinner: Bone broth soup with quinoa and roasted veggies
- Gut Boost: Coconut yogurt

Tips for Success

- Start your morning with warm lemon water
- Sip bone broth mid-morning or afternoon
- Chew your food slowly for better digestion
- Avoid snacking after dinner to give your gut time to rest
- Keep a food & symptom journal throughout the week

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