

7-Day

Gut Healing Meal Plan

Nourish Your Gut, Naturally — 100% Gluten-Free

Complete meals, snacks, shopping lists & bonus recipes
designed to soothe, repair, and strengthen your digestive system

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This meal plan is 100% gluten-free, dairy-optional, and designed around whole, anti-inflammatory foods. Every recipe is simple enough for busy weeknights and gentle enough for sensitive stomachs.

Why Gut Health Matters

Especially When You're Gluten-Free

If you're living gluten-free — whether due to celiac disease, gluten sensitivity, or an autoimmune condition — your gut has likely been through a lot. Chronic gluten exposure can damage the intestinal lining, disrupt your microbiome, and trigger inflammation that persists even after going GF.

The good news? Your gut is remarkably resilient. With the right foods, consistent habits, and a little patience, you can help your digestive system heal and thrive.

Signs Your Gut Needs Attention:

- Bloating, gas, or discomfort after meals — even gluten-free ones
- Irregular digestion (constipation, diarrhea, or alternating)
- Food sensitivities that seem to be multiplying
- Fatigue, brain fog, or low energy despite eating well
- Skin issues like eczema, rashes, or acne
- Frequent colds or feeling run-down

Did You Know?

Roughly 70-80% of your immune system lives in your gut. Healing your gut doesn't just improve digestion — it can transform your energy, mood, skin, and overall resilience.

The 5 Pillars of Gut Healing

This meal plan is built around five evidence-based strategies that work together to restore your gut lining, balance your microbiome, and calm inflammation.

1. Remove Irritants

Eliminate common gut irritants beyond gluten: excess sugar, processed seed oils, artificial sweeteners, and alcohol. This plan keeps things clean and simple.

2. Repair the Lining

Bone broth, collagen-rich foods, L-glutamine (from whole foods), and zinc help rebuild the intestinal barrier. You'll see these throughout the week.

3. Restore Good Bacteria

Fermented foods like sauerkraut, kimchi, coconut yogurt, and kombucha introduce beneficial bacteria. We ramp these up gradually so your system can adjust.

4. Feed Your Microbiome

Prebiotic fibers from garlic, onions, bananas, asparagus, and flaxseed feed the good bacteria already living in your gut. Diversity is key.

5. Rebalance & Maintain

Stress management, sleep, hydration, and mindful eating all impact gut health. We include daily tips to support the whole picture.

Katie's Tip:

Start slow with fermented foods — especially if you're new to them. A tablespoon of sauerkraut is a great starting point. Too much, too fast can cause temporary bloating as your microbiome adjusts.

Before You Start: Pantry Essentials

Stock up on these staples before Day 1. Having everything on hand makes the week feel effortless instead of overwhelming.

Cooking Fats	Extra virgin olive oil, avocado oil, coconut oil, ghee (or dairy-free butter)
Bone Broth	Organic chicken or beef bone broth (or homemade — recipe on p.11)
Ferments	Raw sauerkraut, kimchi, coconut yogurt, kombucha
Proteins	Wild-caught salmon, organic chicken, pastured eggs, collagen peptides
GF Grains	White rice, certified GF oats, quinoa
Produce	Sweet potatoes, bananas, ginger, turmeric, garlic, leafy greens, berries
Pantry	Raw honey, apple cider vinegar, coconut aminos, flaxseed, chia seeds
Herbs/Spices	Turmeric, ginger, cinnamon, cumin, sea salt, black pepper

Celiac Safety Note:

Always check labels! Even "naturally gluten-free" products can be cross-contaminated. Look for certified gluten-free labels on oats, spices, broths, and condiments.

Day 1: Reset — Soothe & Simplify

Breakfast	Golden Turmeric Oatmeal — GF oats cooked in bone broth with turmeric, cinnamon, sliced banana, and a drizzle of raw honey <i>Anti-inflammatory spices calm the gut first thing</i>
Snack	1/2 cup coconut yogurt with a sprinkle of ground flaxseed
Lunch	Simple Chicken & Rice Soup — shredded chicken, white rice, carrots, celery, garlic, and fresh ginger in bone broth <i>Gentle, easy-to-digest, and deeply nourishing</i>
Snack	Ripe banana with 1 tbsp almond butter
Dinner	Baked salmon with steamed sweet potato and sauteed zucchini in olive oil with sea salt <i>Omega-3s from salmon are powerfully anti-inflammatory</i>
Evening	Warm bone broth with a squeeze of lemon and pinch of sea salt

Daily Gut Tip: Hydration is foundational. Aim for half your body weight in ounces of water today. Add lemon or cucumber for flavor.

Day 2: Nourish — Anti-Inflammatory Focus

Breakfast Berry-Ginger Smoothie — frozen blueberries, banana, fresh ginger, collagen peptides, spinach, and coconut milk

Blueberries are one of the highest-antioxidant foods available

Snack Rice cakes with mashed avocado and sea salt

Lunch Turmeric Chicken Bowl — grilled chicken over white rice with roasted sweet potato, steamed broccoli, and turmeric-tahini drizzle

Snack Handful of pumpkin seeds and a few dried apricots

Dinner One-Pan Salmon with roasted asparagus, cherry tomatoes, garlic, and lemon — cooked in avocado oil

Asparagus is a powerful prebiotic

Evening Ginger tea with raw honey

Daily Gut Tip: Try to eat without screens today. Mindful eating activates your parasympathetic nervous system, which directly improves digestion.

Day 3: Rebuild — Collagen & Bone Broth

Breakfast	Collagen Pancakes — 2 eggs, 1 mashed banana, 2 scoops collagen peptides, and 1/4 cup GF oat flour. Top with berries. <i>Collagen provides the amino acids your gut lining needs to repair</i>
Snack	Warm bone broth with sliced green onion
Lunch	Bone Broth Ramen — rice noodles in rich bone broth with soft-boiled egg, shredded chicken, bok choy, and sesame seeds
Snack	Apple slices with sunflower seed butter
Dinner	Slow-Cooker Chicken Thighs — skin-on thighs braised with garlic, onion, carrots, and herbs in bone broth. Serve over rice. <i>Skin-on chicken provides natural collagen and gelatin</i>
Evening	Golden milk — coconut milk, turmeric, ginger, cinnamon, black pepper, and honey

Daily Gut Tip: Bone broth is the MVP of gut healing. The gelatin helps seal the gut lining while providing easily absorbable minerals. Sip it throughout the day.

Day 4: Diversify — Fiber Variety Day

Breakfast	Chia Pudding — chia seeds soaked overnight in coconut milk with vanilla, topped with kiwi, hemp seeds, and a drizzle of honey <i>Chia seeds are rich in soluble fiber that feeds good bacteria</i>
Snack	Celery sticks with almond butter and a few raisins
Lunch	Rainbow Quinoa Bowl — quinoa topped with roasted sweet potato, shredded purple cabbage, chickpeas, avocado, and lemon-tahini dressing <i>Fiber diversity feeds a diverse microbiome</i>
Snack	1/2 cup coconut yogurt with a handful of walnuts
Dinner	Herb-Crusted Chicken with roasted root vegetables (carrots, parsnips, beets) and a side of sauteed kale in garlic and olive oil
Evening	Peppermint tea (naturally soothing for digestion)

Daily Gut Tip: Aim for 30 different plant foods per week. Each type of fiber feeds different beneficial bacteria. Variety is more important than volume.

Day 5: Ferment — Probiotic Power

Breakfast	Coconut Yogurt Parfait — coconut yogurt layered with GF granola, sliced banana, ground flaxseed, and a drizzle of honey <i>Choose yogurt with live active cultures — check the label</i>
Snack	Rice crackers with 2 tbsp sauerkraut and avocado
Lunch	Korean-Inspired Bibimbap Bowl — white rice, sauteed vegetables (spinach, carrots, zucchini), fried egg, and a generous spoonful of kimchi <i>Kimchi contains Lactobacillus strains that support gut health</i>
Snack	Small glass of kombucha with a handful of almonds
Dinner	Lemon-Herb Baked Chicken with fermented salsa verde, roasted cauliflower, and quinoa
Evening	Warm bone broth with a splash of apple cider vinegar

Daily Gut Tip: Fermented foods introduce living bacteria to your gut. Start small if you're new — 1-2 tbsp per meal is plenty. You can always increase.

Day 6: Strengthen — Prebiotic Focus

Breakfast Banana-Oat Bake — sliced bananas, GF oats, eggs, cinnamon, and a touch of maple syrup, baked until golden. Serve with coconut yogurt.

Bananas (especially slightly green) are rich in prebiotic resistant starch

Snack Jicama sticks with guacamole

Lunch Garlic & Leek Chicken Soup — chicken, leeks, garlic, potatoes, and fresh thyme in bone broth

Garlic and leeks are among the best prebiotic foods

Snack Smoothie — frozen mango, spinach, collagen peptides, and coconut water

Dinner Pan-Seared Salmon over a bed of sauteed dandelion greens and caramelized onions, with a side of roasted garlic mashed sweet potatoes

Evening Chamomile tea with a spoonful of raw honey

Daily Gut Tip: Prebiotics are the fuel for your probiotics. Think of it like this: fermented foods plant the garden, prebiotic foods water it.

Day 7: Sustain — Putting It All Together

Breakfast	The Ultimate Gut Bowl — coconut yogurt, GF granola, mixed berries, sliced banana, chia seeds, ground flaxseed, hemp hearts, and a drizzle of honey <i>Combines probiotics, prebiotics, fiber, and healthy fats in one bowl</i>
Snack	Hard-boiled egg and a small portion of sauerkraut
Lunch	Mediterranean Quinoa Salad — quinoa, cucumber, cherry tomatoes, Kalamata olives, red onion, fresh herbs, and lemon-olive oil dressing. Side of bone broth.
Snack	Green smoothie — spinach, banana, ginger, collagen peptides, and almond milk
Dinner	Celebration Dinner: Herb-Roasted Whole Chicken with roasted root vegetables, sauteed greens, and a side of fermented veggies <i>You made it! This dinner brings together every gut-healing pillar</i>
Evening	Golden milk with collagen peptides

Daily Gut Tip: Day 7 is about building a sustainable template. Take note of what felt good this week and what you'd adjust. Your gut healing journey doesn't end here — it's just beginning.

3 Bonus Gut-Healing Recipes

Homemade Bone Broth

Prep: 10 min | Cook: 12-24 hours | Makes: ~8 cups | GF DF

Ingredients:

- 2-3 lbs chicken bones (or beef marrow bones)
- 2 tbsp apple cider vinegar
- 1 onion, quartered
- 3 cloves garlic, smashed
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 bay leaf
- 1 tsp sea salt
- Fresh herbs (thyme, parsley)
- Water to cover (about 10 cups)

Instructions:

1. Place bones in a large stockpot or slow cooker. Add apple cider vinegar and let sit for 30 minutes (this helps draw out minerals).
2. Add vegetables, herbs, bay leaf, and salt. Cover with water.
3. Bring to a boil, then reduce to a low simmer. Cook for 12-24 hours (slow cooker on low works perfectly).
4. Strain through a fine mesh strainer. Store in mason jars in the fridge for up to 5 days, or freeze for up to 3 months.
5. A good broth will gel when refrigerated — that's the collagen!

Golden Turmeric Healing Soup

Prep: 10 min | Cook: 25 min | Serves: 4 | GF DF

Ingredients:

- 4 cups bone broth
- 2 cups diced sweet potato
- 1 can full-fat coconut milk
- 1 tbsp fresh grated turmeric (or 1 tsp ground)
- 1 tbsp fresh grated ginger
- 3 cloves garlic, minced
- 1 tbsp coconut oil

- 1/2 tsp cumin
- Sea salt and black pepper to taste
- Fresh cilantro for garnish

Instructions:

1. Heat coconut oil in a large pot over medium heat. Saute garlic, turmeric, and ginger for 1-2 minutes.
2. Add sweet potato, bone broth, and cumin. Bring to a boil, then simmer for 20 minutes until potato is tender.
3. Stir in coconut milk. Use an immersion blender to blend until smooth (or leave chunky).
4. Season with sea salt and black pepper. Garnish with fresh cilantro.

Gut-Healing Ginger-Berry Smoothie

Prep: 5 min | Serves: 1 | GF DF

Ingredients:

- 1 cup frozen mixed berries
- 1 ripe banana
- 1-inch piece fresh ginger, peeled
- 1 scoop collagen peptides
- 1 tbsp ground flaxseed
- 1 cup coconut milk (or almond milk)
- 1/2 cup spinach
- 1 tsp raw honey (optional)

Instructions:

1. Add all ingredients to a high-speed blender.
2. Blend until smooth and creamy, about 60 seconds.
3. Pour into a glass and enjoy immediately for maximum nutrient benefit.

Meal Prep Tip:

All three recipes freeze beautifully. Make a double batch of bone broth on the weekend and freeze in 2-cup portions for the week ahead. The soup can be frozen in individual servings for quick gut-healing lunches.

Weekly Shopping List

Check off items as you shop. Adjust quantities based on household size.

Proteins

- Wild-caught salmon fillets (3-4)
- Whole chicken or bone-in thighs
- Chicken bones for broth (2-3 lbs)
- Pastured eggs (2 dozen)
- Collagen peptides (1 container)

Produce — Fruits

- Bananas (6-8)
- Blueberries (fresh or frozen, 2 cups)
- Mixed berries (frozen, 2 cups)
- Kiwi (2)
- Mango (frozen, 1 cup)
- Apples (2-3)
- Lemons (4)
- Dried apricots (small bag)

Produce — Vegetables

- Sweet potatoes (4-5)
- Spinach (2 bags)
- Kale (1 bunch)
- Broccoli (1 head)
- Zucchini (3)
- Asparagus (1 bunch)
- Carrots (1 bag)
- Celery (1 bunch)
- Bok choy (1 bunch)
- Cherry tomatoes (1 pint)
- Purple cabbage (1 small)
- Cauliflower (1 head)
- Dandelion greens (1 bunch)
- Jicama (1)
- Cucumber (2)
- Beets (2-3)
- Parsnips (2-3)
- Leeks (2)

- Garlic (2 heads)
- Onions (3-4)
- Fresh ginger root
- Fresh turmeric root

Fermented Foods

- Raw sauerkraut (1 jar)
- Kimchi (1 jar)
- Coconut yogurt (2 large containers)
- Kombucha (2-3 bottles)
- Apple cider vinegar (1 bottle)

Pantry Staples

- Certified GF oats
- White rice
- Quinoa
- Rice noodles
- GF granola
- Chia seeds
- Ground flaxseed
- Hemp hearts
- Pumpkin seeds
- Walnuts
- Almonds
- Almond butter
- Sunflower seed butter
- Raw honey
- Maple syrup (small)
- Coconut milk (full-fat cans, 3-4)
- Coconut milk (carton)
- Almond milk (1 carton)
- Coconut water (1-2 bottles)
- Coconut aminos
- Tahini
- Kalamata olives

Oils & Fats

- Extra virgin olive oil
- Avocado oil
- Coconut oil
- Ghee or dairy-free butter

Herbs, Spices & Teas

- Ground turmeric
- Ground cinnamon
- Ground cumin
- Sea salt
- Black pepper
- Bay leaves
- Fresh thyme
- Fresh parsley
- Fresh cilantro
- Peppermint tea
- Chamomile tea
- Ginger tea

Gut Health Tracker

Track how you feel each day. Circle or write your responses. Patterns will emerge!

Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

What to Expect:

Gut healing isn't linear. You may feel worse on Day 3 or 4 as your microbiome adjusts — this is normal and often a sign that things are shifting in the right direction. Trust the process and be patient with your body.

Next Steps & Resources

Congratulations on completing (or committing to!) your 7-Day Gut Healing Meal Plan. Here's how to keep the momentum going:

Repeat & Rotate

Use this plan as a template. Swap proteins, vegetables, and fermented foods to keep things interesting while maintaining the same healing framework.

Build Your Fermented Food Habit

Try to include at least one serving of fermented food at every meal. It becomes second nature within a few weeks.

Prioritize Sleep

Your gut repairs itself while you sleep. Aim for 7-9 hours and keep a consistent schedule. This is non-negotiable for gut healing.

Manage Stress

Chronic stress directly damages the gut lining. Find what works for you — prayer, walks, deep breathing, journaling — and do it daily.

Keep a Food Journal

Use the tracker on the previous page as a starting point. Long-term tracking helps you identify trigger foods and patterns.

Want More Gut-Healing Resources?

Visit [LetsGoGlutenFree.com/gut-health](https://lets-go-gluten-free.com/gut-health) for our complete gut health resource library, including recipes, supplement guides, and expert interviews.

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***Medical Disclaimer:** This meal plan is for informational and educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult with a qualified healthcare provider before making changes to your diet, especially if you have celiac disease, IBD, IBS, or other gastrointestinal conditions. Individual results may vary.*

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