



7-Day Gut-Healing Meal Plan

Welcome to your complete 7-Day Gut-Healing Meal Plan designed to restore balance in your microbiome, improve digestion, and support overall well-being. This plan features delicious and practical meals using fermented foods and prebiotic-rich ingredients like kefir, kimchi, lentils, oats, and garlic. Each day provides 3-4 servings of fermented foods and 5-7 prebiotic-rich foods. Created by Katey Lyon.

Day 1

Breakfast: Greek yogurt with banana and oats

Lunch: Tempeh and quinoa bowl with roasted garlic broccoli

Dinner: Miso soup with tofu, seaweed, and steamed carrots

Snack: Kombucha + small handful of blueberries

Fermented Foods: Greek yogurt, tempeh, miso soup, kombucha

Prebiotic Foods: Banana, oats, garlic, broccoli, carrots, blueberries

Day 2

Breakfast: Overnight oats with kefir, chia seeds, and raspberries

Lunch: Lentil salad with arugula, leeks, and vinaigrette

Dinner: Kimchi fried rice with egg and scallions

Snack: Kefir smoothie with apple and cinnamon

Fermented Foods: Kefir, kimchi

Prebiotic Foods: Oats, chia seeds, raspberries, lentils, arugula, leeks, apple

Day 3

Breakfast: Avocado toast with whole-grain bread and sauerkraut

Lunch: Chickpea salad with cucumber, red onion, and lemon

Dinner: Grilled salmon with asparagus and miso glaze

Snack: Plain yogurt with flaxseed and kiwi

Fermented Foods: Sauerkraut, miso, yogurt



7-Day Gut-Healing Meal Plan

Prebiotic Foods: Whole grain bread, chickpeas, onion, asparagus, flaxseed, kiwi

Day 4

Breakfast: Smoothie with kefir, green banana, and spinach

Lunch: Roasted sweet potato with black beans and sautéed garlic kale

Dinner: Tempeh stir-fry with cabbage and ginger

Snack: Kombucha + apple slices

Fermented Foods: Kefir, tempeh, kombucha

Prebiotic Foods: Green banana, sweet potato, black beans, garlic, kale, cabbage, apple

Day 5

Breakfast: Yogurt parfait with oats, berries, and sunflower seeds

Lunch: Miso soup with soba noodles, tofu, and scallions

Dinner: Stuffed bell peppers with quinoa and lentils

Snack: Fermented pickles + pear slices

Fermented Foods: Yogurt, miso, pickles

Prebiotic Foods: Oats, berries, sunflower seeds, lentils, scallions, pear

Day 6

Breakfast: Chia pudding with kefir and banana

Lunch: Brown rice bowl with kimchi, egg, and sauteed zucchini

Dinner: Grilled chicken with roasted leeks and garlic potatoes

Snack: Coconut yogurt with berries

Fermented Foods: Kefir, kimchi, coconut yogurt

Prebiotic Foods: Chia, banana, brown rice, leeks, garlic, potatoes, berries

Day 7

Breakfast: Oatmeal with flaxseed, blueberries, and kefir

Lunch: Chickpea wrap with romaine, tomato, and pickled onions



7-Day Gut-Healing Meal Plan

Dinner: Stir-fried tofu with cabbage, carrots, and ginger miso sauce

Snack: Kombucha + sliced green apple

Fermented Foods: Kefir, pickled onions, miso, kombucha

Prebiotic Foods: Oats, flaxseed, blueberries, chickpeas, romaine, cabbage, carrots, apple



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Estimated Daily Nutritional Breakdown

Calories: 1800-2000 kcal/day

Protein: 70-90g/day

Fiber: 30-40g/day

Fermented servings: 3-4/day

Prebiotic-rich foods: 5-7/day



7-Day Gut-Healing Meal Plan

Grocery List

Fermented Foods

- Greek yogurt
- Kefir
- Kimchi
- Sauerkraut
- Miso paste
- Kombucha
- Plain yogurt
- Coconut yogurt
- Tempeh
- Pickled onions
- Fermented pickles

Prebiotic-Rich Produce

- Bananas (green)
- Blueberries
- Raspberries
- Kiwi
- Apples
- Pears
- Carrots
- Leeks
- Garlic
- Onions
- Spinach



7-Day Gut-Healing Meal Plan

- Kale
- Cabbage
- Sweet potatoes
- Asparagus
- Zucchini
- Tomatoes
- Romaine lettuce
- Cucumber

Grains & Legumes

- Oats
- Whole-grain bread
- Quinoa
- Brown rice
- Soba noodles
- Chickpeas
- Black beans
- Lentils

Proteins

- Tofu
- Eggs
- Grilled chicken
- Salmon

Seeds & Nuts

- Chia seeds
- Flaxseed



7-Day Gut-Healing Meal Plan

- Sunflower seeds

Miscellaneous

- Seaweed
- Vinaigrette
- Lemon
- Cinnamon
- Ginger
- Olive oil
- Vinegar