

24-hour HEALTHY GUT RESET

MEAL PLAN + SHOPPING LIST



BREAKFAST

Berry Granola Overnight
Chia and Oats



LUNCH

Kimchi Lunch Wrap



SNACK

Bloat-Busting Pineapple
Smoothie



DINNER

Creamy Herbed Polenta
Bowls

SHOPPING LIST

PANTRY STAPLES

- Olive oil (2 tablespoons)
- Salt and pepper
- Turmeric powder (1/2 teaspoon)
- Red chili flakes (1 teaspoon)

GRAINS + BULK SECTION

- Dried polenta (1 cup)
- Black sesame seeds or pumpkin seeds (optional)
- Chia seeds (3 tablespoons)
- Rolled oats (3/4 cup)
- Granola (a few tablespoons)

PRODUCE

- 1 pound Brussels sprouts
- 8 ounces white or cremini mushrooms
- 1 small package fresh sage or rosemary
- 1 fresh pineapple
- 1 large cucumber
- 3-inch piece fresh ginger
- 1 Napa cabbage
- 1 head garlic
- 1 handful fresh spinach
- 1 ripe avocado
- 1 pint blueberries
- 1 pint strawberries
- 1 pint raspberries

DAIRY + REFRIGERATED

- Shredded Parmesan cheese (3/4 cup)
- Coconut water (1 1/2 cups)
- 1 free range egg
- Vanilla non-dairy milk (1 cup)

NOTES

Berries are expensive! Feel free to just use one variety in the oatmeal recipe.

You only need 1/2 of the pineapple and it needs to be peeled and cored. If your grocery store sells peeled and cored pineapple halves, you can save yourself some prep time.