

PERSONALIZED NUTRITION PLAN

7-Day Gut Health Meal Plan & Recipes

A week built around diverse fiber, fermented foods, and prebiotic ingredients — the everyday habits with the strongest evidence for supporting a healthy gut microbiome.

Breakfast: 4 servings

Lunch: 1 serving

Dinner: 4 servings

How to Use This Plan

Built for a working household: breakfast and dinner are sized to feed a family of 4, while lunch is sized for one and designed to travel to work without any cooking on-site. Every seasoning is measured — no more guessing on "garlic, to taste."

Where the Gut-Supportive Ingredients Come From	
Category	Used In This Plan
Fermented foods	Yogurt, kefir, miso, tempeh, sauerkraut, kimchi — feed beneficial bacteria directly
Prebiotic fibers	Garlic, onion, leeks, bananas, oats — feed the bacteria already in your gut
Diverse plant fiber	A different mix of vegetables, legumes, and whole grains each day
Polyphenols	Berries, leafy greens, olive oil — support a favorable gut environment

How the Lunches Work — and a Note on FODMAPs

- **Every lunch is built to eat cold or with, at most, a 1-2 minute microwave reheat** — nothing requires a stovetop, oven, or active cooking once you're at your desk.
- **Batch-cook the components on the weekend** — see the checklist below.
- **This plan is general gut-supportive eating, not a clinical low-FODMAP elimination diet.** Garlic, onion, beans, and some fruits are common IBS/SIBO triggers even though they're great for most people's gut health. If you have diagnosed IBS, SIBO, or another GI condition, work with a registered dietitian rather than self-starting an elimination diet from this plan.
- **Introduce fermented and high-fiber foods gradually** if you don't eat much of either currently.
- **Spice measurements are exact** in every recipe below — level teaspoons and tablespoons, not "to taste."
- **Medical conditions:** have a registered dietitian confirm this plan against your labs, medications, or GI diagnosis if it's supporting a specific health need.

Weekend Prep Checklist		
Component	Used In	Prep Method
Cooked quinoa (~2 cups)	Lunch — Day 1	Cook per package directions
Roasted zucchini & bell pepper (double batch)	Lunches — Day 1, 4	Roast at 425°F with olive oil, 12–15 min
Cooked lentils	Lunch — Day 2	Simmer per package directions until tender, ~20 min
Cooked farro	Lunch — Day 4	Cook per package directions
Pan-fried tempeh	Lunch — Day 5	Cube and pan-fry in a little oil until golden, ~8 min
Cooked brown rice	Lunches — Day 5, 6	Cook per package directions
SUGGESTED PREP ORDER		
1. Start the lentils and farro cooking first — they can overlap on two burners.		
2. While those cook, roast the zucchini and bell peppers on a sheet pan.		
3. Cook the quinoa and rice — these can also overlap with the above.		
4. Pan-fry the tempeh last, since it's quickest.		
5. Let everything cool, then portion into containers for the week, or store components separately and assemble each morning.		

Breakfast

18P • 44C • 9Fb • 11Ft | serves 4

Kefir Overnight Oats with Chia, Banana & Walnuts

INGREDIENTS (4 SERVINGS)

- 2 cups dry oats
- 2 cups plain kefir
- 4 tbsp chia seeds
- 2 bananas, sliced
- ½ cup walnuts, chopped
- 4 tsp honey

METHOD

1. Stir oats, kefir, and chia together in a large container or 4 jars.
2. Refrigerate overnight. Top with banana, walnuts, and honey before eating — makes 4 grab-and-go breakfasts.

Fermented: kefir. Prebiotic: oats, banana.

Lunch

16P • 48C • 13Fb • 15Ft | serves 1 • work-ready

Quinoa, Chickpea & Roasted Vegetable Salad

INGREDIENTS (1 SERVING)

- ¾ cup cooked quinoa
- ½ cup chickpeas, drained & rinsed
- 1 cup roasted zucchini & bell pepper
- ¼ cup feta, crumbled
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp fresh parsley, chopped
- Pinch of salt & black pepper

METHOD

1. **Weekend prep:** cook a batch of quinoa and roast a tray of vegetables — both keep well 4–5 days.
2. Toss quinoa, chickpeas, and roasted vegetables with olive oil, lemon juice, salt, and pepper in a container; top with feta and parsley.
3. **At work:** eat cold — it's a grain salad by design, no reheating needed.

Dinner

30P • 42C • 8Fb • 15Ft | serves 4

Garlic Salmon with Sautéed Greens, Sweet Potato & Sauerkraut

INGREDIENTS (4 SERVINGS)

- 1 lb salmon (4 fillets)
- 4 medium sweet potatoes
- 6 cups Swiss chard or kale, sautéed
- 6 cloves garlic, minced
- 4 tsp olive oil
- 1 lemon, juiced
- ¾ tsp salt, divided
- ¼ tsp black pepper, divided
- 1 cup sauerkraut, served cold on the side

METHOD

1. Preheat oven to 400°F. Pierce sweet potatoes and roast 40–45 minutes, or microwave 8–10 minutes as a shortcut.
2. Season salmon with half the garlic, lemon juice, ¼ tsp salt, and ⅛ tsp pepper; roast on a sheet pan with 2 tsp olive oil, 12–15 minutes until it flakes easily.
3. Sauté greens with remaining garlic, 2 tsp olive oil, and remaining salt & pepper, 4–5 minutes. Serve 4, with a small spoonful of sauerkraut on the side (added cold, off the heat, to preserve its live cultures).

Fermented: sauerkraut. Prebiotic: garlic, sweet potato.

Snack

4P • 26C | serves 1

Apple with Almond Butter

INGREDIENTS

- 1 medium apple, sliced
- 1 tbsp almond butter

METHOD

1. Slice apple and serve with almond butter for dipping.

Breakfast

20P · 40C · 8Fb · 8Ft | serves 4

*Greek Yogurt with Berries, Flax & Granola***INGREDIENTS (4 SERVINGS)**

- 4 cups plain Greek yogurt
- 2 cups mixed berries
- 4 tbsp ground flaxseed
- 1 cup high-fiber granola

*Fermented: yogurt. Prebiotic: flaxseed.***METHOD**

1. Divide yogurt among 4 bowls; top with berries, flaxseed, and granola.

Lunch

18P · 46C · 14Fb · 12Ft | serves 1 · work-ready

*Lentil & Roasted Vegetable Salad***INGREDIENTS (1 SERVING)**

- 1 cup cooked lentils
- 1 cup roasted carrot & bell pepper
- 2 cups arugula or mixed greens
- 1½ tbsp olive oil
- 1 tsp red wine vinegar
- ½ tsp Dijon mustard
- Pinch of salt & black pepper

METHOD

1. **Weekend prep:** cook a pot of lentils and roast a tray of carrot and pepper — keeps well 4-5 days.
2. Toss lentils and roasted vegetables with olive oil, vinegar, mustard, salt, and pepper in a container.
3. **At work:** serve over greens and eat cold — no cooking required.

Dinner

28P · 40C · 6Fb · 9Ft | serves 4

*Miso-Glazed Chicken with Broccoli & Brown Rice***INGREDIENTS (4 SERVINGS)**

- 1¼ lb chicken breast
- 3 tbsp miso paste
- 2 tbsp honey
- 1 tbsp rice vinegar
- 2 cloves garlic, minced
- 6 cups broccoli florets, steamed
- 3 cups cooked brown rice
- 1 tbsp sesame seeds

METHOD

1. Whisk miso, honey, rice vinegar, and garlic into a glaze.
2. Preheat oven to 400°F. Brush chicken with glaze; roast 20-25 minutes, brushing once more halfway through, until cooked through.
3. Steam broccoli. Serve chicken over rice with broccoli, sprinkled with sesame seeds, 4 servings.

*Fermented: miso. Add miso off high heat where possible — it keeps more of its live culture below a simmer.***Snack**

10P · 22C | serves 1

*Kefir Smoothie***INGREDIENTS**

- 1 cup plain kefir
- ½ cup frozen berries

METHOD

1. Blend kefir and berries until smooth.

Breakfast

16P · 42C · 7Fb · 6Ft | serves 4

*Kefir, Spinach & Berry Smoothies***INGREDIENTS (4 SERVINGS)**

- 4 cups plain kefir
- 4 cups spinach
- 2 bananas
- 2 cups mixed berries
- 4 tbsp chia seeds

*Fermented: kefir. Prebiotic: banana, chia.***METHOD**

1. Blend all ingredients in batches (most blenders hold about half this at once).
2. Pour into 4 glasses and serve immediately.

Lunch

16P · 44C · 12Fb · 14Ft | serves 1 · work-ready

*Hummus, Chickpea & Veggie Wrap (No-Cook)***INGREDIENTS (1 SERVING)**

- 1 whole grain tortilla or wrap
- ½ cup hummus
- ½ cup chickpeas, lightly mashed
- ½ cup shredded carrot
- ½ cup cucumber, sliced
- Handful spinach or mixed greens

METHOD

1. **Night before:** spread hummus over the wrap, layer chickpeas, carrot, cucumber, and greens, then roll tightly — 5 minutes.
2. **At work:** unwrap and eat cold — nothing to heat or assemble on-site.

Dinner

24P · 40C · 9Fb · 8Ft | serves 4

*Chicken, Leek & Garlic Soup with Side Salad***INGREDIENTS (4 SERVINGS)**

- 1 lb chicken breast, cubed
- 2 leeks, sliced (white and light green parts)
- 6 cloves garlic, minced
- 2 carrots, 2 celery stalks, diced
- 6 cups low-sodium chicken or vegetable broth
- 1 bay leaf
- ½ tsp dried thyme
- ¾ tsp salt, ¼ tsp black pepper
- Side salad with 1 tbsp olive oil vinaigrette

METHOD

1. Sauté leeks, garlic, carrot, and celery in a large pot 5–6 minutes until softened.
2. Add broth, chicken, bay leaf, thyme, salt, and pepper; simmer 20–25 minutes until chicken is cooked through. Remove bay leaf.
3. Serve 4, with a side salad.

*Prebiotic: leeks, garlic. Note: both are common IBS triggers — swap in the green tops of scallions and garlic-infused oil if either bothers you.***Snack**

15P · 12C | serves 1

*Greek Yogurt with Walnuts***INGREDIENTS**

- ¾ cup plain Greek yogurt
- 1 tbsp walnuts, chopped

METHOD

1. Top yogurt with walnuts.

Breakfast

19P • 26C • 6Fb • 12Ft | serves 4

*Spinach Omelet with a Side of Kimchi & Toast***INGREDIENTS (4 SERVINGS)**

- 8 eggs
- 4 cups spinach, chopped
- 4 tsp olive oil
- ½ tsp salt, ¼ tsp black pepper
- 4 slices whole grain toast
- ½ cup kimchi, served cold on the side

METHOD

1. Heat olive oil in a large skillet; wilt spinach 2 minutes.
2. Whisk eggs with salt and pepper (2 per omelet); pour over spinach in batches; cook until set, about 3–4 minutes each. Fold and serve.
3. Serve with toast and a small spoonful of kimchi on the side (added cold, off the heat), 4 servings.

*Fermented: kimchi.***Lunch**

14P • 48C • 10Fb • 16Ft | serves 1 • work-ready

*White Bean & Farro Salad with Roasted Vegetables***INGREDIENTS (1 SERVING)**

- ¾ cup cooked farro
- ½ cup white beans, drained & rinsed
- 1 cup roasted zucchini & bell pepper
- 3 tbsp feta, crumbled
- 1½ tbsp olive oil
- 1 tsp lemon juice
- 1 tbsp fresh parsley or mint, chopped

METHOD

1. **Weekend prep:** cook a batch of farro and roast a tray of vegetables — both keep well 4–5 days.
2. Toss together with white beans, olive oil, and lemon juice in a container; top with feta and herbs.
3. **At work:** eat cold — no reheating needed.

Dinner

30P • 34C • 8Fb • 8Ft | serves 4

*Baked Cod with Quinoa, Asparagus & Yogurt-Dill Sauce***INGREDIENTS (4 SERVINGS)**

- 1¼ lb cod fillet (4 portions)
- 2 cups cooked quinoa
- 6 cups asparagus, trimmed
- 4 tsp olive oil
- ¾ tsp salt, divided
- ¼ tsp black pepper, divided
- 1 cup plain Greek yogurt
- 1 tbsp fresh dill, chopped (or 1 tsp dried)
- 1 clove garlic, minced
- 1 tsp lemon juice

METHOD

1. Preheat oven to 400°F. Season cod with ½ tsp salt and ¼ tsp pepper; roast with asparagus (tossed with olive oil, remaining salt & pepper) on a sheet pan, 12–15 minutes, until cod flakes easily.
2. Stir yogurt, dill, garlic, and lemon juice together for the sauce.
3. Serve cod and asparagus over quinoa with a dollop of yogurt-dill sauce, 4 servings.

*Fermented: yogurt sauce, added off the heat.***Snack**

5P • 24C | serves 1

*Banana with Peanut Butter***INGREDIENTS**

- 1 medium banana
- 1 tbsp peanut butter

METHOD

1. Slice banana and top with peanut butter, or serve alongside for dipping.

Breakfast

14P • 44C • 9Fb • 9Ft | serves 4

*Warm Oatmeal with Berries, Flax & Walnuts***INGREDIENTS (4 SERVINGS)**

- 2 cups dry oats
- 4 cups milk of choice or water
- 2 cups mixed berries
- 4 tbsp ground flaxseed
- ½ cup walnuts, chopped

*Prebiotic: oats, flaxseed.***METHOD**

1. Bring milk or water to a simmer; stir in oats and cook 5–6 minutes, stirring occasionally.
2. Divide among 4 bowls; top with berries, flaxseed, and walnuts.

Lunch

20P • 42C • 10Fb • 15Ft | serves 1 • work-ready

*Tempeh & Vegetable Grain Bowl (Cold)***INGREDIENTS (1 SERVING)**

- 4 oz tempeh, cubed & pan-fried
- ¾ cup cooked brown rice or quinoa
- 1 cup roasted carrot & broccoli
- 1 tbsp olive oil
- 1 tsp tamari or soy sauce
- 1 tsp rice vinegar

*Fermented: tempeh.***METHOD**

1. **Weekend prep:** pan-fry tempeh cubes until golden (about 8 minutes), and cook a batch of grain and roasted vegetables — all keep well 4–5 days.
2. Combine everything in a container with the tamari and rice vinegar.
3. **At work:** eat cold, or microwave 1 minute if you prefer it warm.

Dinner

26P • 44C • 13Fb • 8Ft | serves 4

*Turkey & White Bean Chili with Yogurt Topping***INGREDIENTS (4 SERVINGS)**

- 1 lb lean ground turkey
- 3 cups white beans, drained & rinsed
- 1 onion, diced
- 4 cloves garlic, minced
- 1 can (28 oz) diced tomatoes
- 1½ tsp ground cumin
- 1 tsp dried oregano
- ¾ tsp salt, ¼ tsp black pepper
- 1 cup plain Greek yogurt, for topping

*Fermented: yogurt topping. Prebiotic: onion, garlic.***METHOD**

1. Brown turkey with onion and garlic in a large pot, 7–8 minutes.
2. Add white beans, diced tomatoes, cumin, oregano, salt, and pepper; simmer 25–30 minutes.
3. Serve 4, topped with a dollop of yogurt (added off the heat, once bowls are plated).

Snack

8P • 18C | serves 1

*String Cheese with Apple Slices***INGREDIENTS**

- 1 light string cheese
- 1 small apple, sliced

METHOD

1. No preparation needed — pack together.

Breakfast

20P · 42C · 8Fb · 7Ft | serves 4

*Yogurt Parfaits with High-Fiber Granola & Raspberries***INGREDIENTS (4 SERVINGS)**

- 4 cups plain Greek yogurt
- 2 cups high-fiber granola
- 2 cups raspberries
- 4 tsp chia seeds

METHOD

1. Layer yogurt, granola, raspberries, and chia in 4 glasses.

*Fermented: yogurt. Prebiotic: chia, raspberries.***Lunch**

16P · 44C · 11Fb · 12Ft | serves 1 · work-ready

*Rice, Black Bean & Kimchi Bowl (Cold)***INGREDIENTS (1 SERVING)**

- ¾ cup cooked brown rice
- ½ cup black beans, drained & rinsed
- ½ cup kimchi
- ½ avocado, sliced
- 1 tsp sesame oil
- 1 tsp sesame seeds

METHOD

1. **Weekend prep:** use leftover rice from earlier in the week, or cook a fresh batch.
2. Layer rice, black beans, and kimchi in a container; pack avocado separately to add fresh.
3. **At work:** top with avocado, sesame oil, and sesame seeds, and eat cold — the kimchi's crunch and tang do most of the work.

*Fermented: kimchi.***Dinner**

28P · 40C · 7Fb · 10Ft | serves 4

*Garlic Shrimp with Broccoli, Brown Rice & Pickles***INGREDIENTS (4 SERVINGS)**

- 1 lb shrimp, peeled & deveined
- 8 cloves garlic, minced
- 4 tsp olive oil
- 1 tbsp lemon juice
- ¼ tsp red pepper flake
- ¾ tsp salt, ¼ tsp black pepper
- 6 cups broccoli florets, steamed
- 3 cups cooked brown rice
- 1 cup fermented pickles, served on the side

METHOD

1. Heat olive oil in a large skillet; add garlic and cook 1 minute until fragrant.
2. Add shrimp, salt, and pepper; cook 2–3 minutes per side until pink and opaque. Finish with lemon juice and red pepper flake.
3. Steam broccoli. Serve shrimp over rice with broccoli and a few fermented pickles on the side, 4 servings.

*Fermented: pickles (choose "naturally fermented," not just vinegar-brined, for live cultures). Prebiotic: garlic.***Snack**

7P · 18C | serves 1

*Hummus with Vegetable Sticks***INGREDIENTS**

- ½ cup hummus
- 1 cup carrot & cucumber sticks

METHOD

1. Serve hummus with vegetable sticks for dipping.

Breakfast

18P • 46C • 9Fb • 8Ft | serves 4

*Kefir Smoothie Bowls with Granola & Berries***INGREDIENTS (4 SERVINGS)**

- 4 cups plain kefir
- 2 bananas
- 2 cups frozen mixed berries
- 2 cups high-fiber granola, for topping

*Fermented: kefir. Prebiotic: banana.***METHOD**

1. Blend kefir, banana, and frozen berries until thick and smooth (in batches if needed).
2. Pour into 4 bowls and top with granola.

Lunch

16P • 40C • 12Fb • 15Ft | serves 1 • work-ready

*Greek White Bean Salad***INGREDIENTS (1 SERVING)**

- 1 cup white beans, drained & rinsed
- 2 cups mixed greens
- ½ cup cucumber, ½ cup tomato
- 6 kalamata olives
- 2 tbsp feta
- 1½ tbsp olive oil
- 1 tsp red wine vinegar
- 1 tsp dried oregano

METHOD

1. **Night before or morning of:** combine beans, cucumber, tomato, and olives in a container.
2. Dress with olive oil, vinegar, and oregano; top with feta.
3. **At work:** serve over greens and eat cold — no cooking required.

Dinner

17P • 52C • 10Fb • 14Ft | serves 4

*Whole Wheat Pasta Primavera with Sauerkraut Side Salad***INGREDIENTS (4 SERVINGS)**

- 4 cups cooked whole wheat pasta (about 2 cups dry)
- 6 cups mixed vegetables (zucchini, carrot, peas, cherry tomato)
- 6 tbsp olive oil
- 3 cloves garlic, minced
- ½ tsp salt, ¼ tsp black pepper
- ½ cup parmesan
- 2 tbsp fresh basil, chopped
- 1 cup sauerkraut, for the side salad

*Fermented: sauerkraut, added cold.***METHOD**

1. Sauté vegetables in olive oil with garlic, salt, and pepper, in batches, 6–7 minutes until just tender.
2. Toss with cooked pasta and fresh basil; top with parmesan.
3. Serve 4, with a small side salad of greens tossed with sauerkraut, olive oil, and lemon (kept cold to preserve its cultures).

Snack

10P • 18C | serves 1

*Greek Yogurt with Honey & Walnuts***INGREDIENTS**

- ½ cup plain Greek yogurt
- 1 tsp honey
- 1 tbsp walnuts, chopped

METHOD

1. Stir honey into yogurt and top with walnuts.

7-Day Grocery List

Quantities reflect breakfast & dinner at 4 servings and lunch & snack at 1 serving each day — look for "live culture" or "naturally fermented" on labels for the fermented items.

Proteins — Meat, Poultry & Fish

- Salmon fillet — 1 lb (dinner, serves 4)
- Cod fillet — 1¼ lb (dinner, serves 4)
- Shrimp, raw peeled & deveined — 1 lb (dinner, serves 4)
- Chicken breast — about 2¼ lb (2 dinners)
- Ground turkey (lean) — 1 lb (dinner, serves 4)
- Tempeh — 4 oz (lunch, Day 5)
- Eggs — 8

Fermented & Dairy

- Plain kefir — about 7 cups
- Plain Greek yogurt — about 10 cups (~3 tubs, 32 oz each)
- Miso paste — 3 tbsp
- Sauerkraut — 2 cups
- Kimchi — 1 cup
- Naturally fermented pickles — 1 cup
- Feta cheese — about 1 cup crumbled
- Parmesan — small wedge or shredded
- Light string cheese — 1

Grains & Legumes

- Rolled oats — about 4 cups
- Quinoa, dry — about 2 cups
- Farro, dry — ⅓ cup
- Brown rice, dry — about 3 cups
- Whole wheat pasta, dry — about 2 cups
- Whole grain bread — 4 slices
- Whole grain tortilla/wrap — 1
- High-fiber granola — about 5 cups
- Chickpeas, canned — about 2 cups (1-2 cans)
- Black beans, canned — 1 cup
- White beans, canned — about 5 cups (3 cans)
- Lentils, dry or canned — about 1 cup cooked worth
- Hummus — about ⅔ cup

Vegetables & Herbs

- Spinach — about 8 cups (2 bags)
- Swiss chard or kale — 6 cups
- Mixed greens/arugula — 4 cups
- Bell peppers — about 4
- Zucchini — 2
- Onions — 2
- Leeks — 2
- Garlic — 3 heads
- Carrots — about 5 (plus roasted portions)
- Celery — 2 stalks
- Broccoli — 12 cups florets
- Asparagus — 6 cups
- Cucumber — 1½
- Tomatoes — 1
- Cherry tomatoes — 1 cup
- Diced tomatoes, canned — 1 large can (28 oz)
- Sweet potatoes — 4 medium
- Avocado — ½
- Peas, frozen — ½ cup
- Fresh basil — 1 bunch
- Fresh dill — small bunch
- Fresh parsley — small bunch

Fruits

- Mixed berries (fresh/frozen) — about 8 cups
- Raspberries — 2 cups
- Bananas — about 7
- Apples — 2
- Lemons — 4

Pantry, Oils & Seasonings

- Olive oil
- Sesame oil
- Tamari or soy sauce
- Rice vinegar, red wine vinegar
- Dijon mustard
- Honey
- Ground flaxseed — about ½ cup
- Chia seeds — about ½ cup
- Walnuts — about 1 cup
- Almond butter, peanut butter
- Kalamata olives — 1 small jar
- Sesame seeds
- Bay leaf — 1
- Cumin, oregano, thyme, red pepper flake, salt & pepper