

# GUT RESET PPROGRAM

DAY 1: FOUNDATION RECIPES

# THE GREAT GUT AWAKENING

## DAILY OVERVIEW

**Day 1 Focus:** Establishing the foundation for beneficial bacterial growth through diverse fiber, prebiotic foods, and initial gut awakening.

Today's Goals	Total Daily Intake Summary
✓ Activate digestive enzymes with morning hydration	<b>Fiber:</b> 40-50g
✓ Feed beneficial bacteria with diverse plant fibers	<b>Diverse Plant Foods:</b> 15-20 different types
✓ Introduce fermented foods to begin bacterial reinforcement	<b>Fermented Foods:</b> 3-4 tablespoons minimum
✓ Create optimal pH environment for beneficial bacteria	<b>Water:</b> 80-100 oz
✓ Begin the 12-hour overnight fast protocol	Protein: 60-80g, Healthy Fats: 50-70g

## MORNING HYDRATION PROTOCOL

Timing	Servings	Prep Time
Within 10-15 minutes of waking	1	2 minutes

## Ingredients:

- 16-20 oz warm water (body temperature, not hot)
- Juice of 1/2 fresh lemon
- Optional: Small pinch of Celtic sea salt



## Instructions:

- Fill a large glass or mug with warm water (test on wrist - should feel comfortable).
- Cut lemon in half and squeeze fresh juice into water.
- Add a small pinch of sea salt if using.
- Stir gently and drink slowly over 5-10 minutes.
- Don't rush - sip mindfully.

## WHY THIS WORKS:

- Enzyme Activation: Warm water activates digestive enzymes that have been dormant overnight.
- Vagus Nerve Stimulation: Sends positive signals from gut to brain.
- pH Balancing: Lemon (though acidic) has an alkalizing effect once metabolized.
- Electrolytes: Sea salt provides sodium and trace minerals for bacterial communication.

## BREAKFAST

The Foundation Fiber Bowl

Timing	Servings	Prep Time
Within 1-2 hours of waking	1	5-25 minutes

## Ingredients:

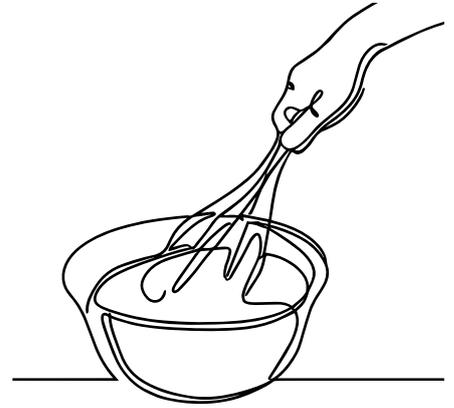
Component	Item	Measurement
<b>Base</b>	Steel-cut oats (dry measurement)	1/2 cup
	Water or unsweetened plant milk (almond, oat, or coconut)	1 1/2 cups
	Sea salt	Pinch
<b>Fiber Boosters</b>	Ground flaxseed	2 tablespoons
	Chia seeds	1 tablespoon
<b>Toppings</b>	Mixed berries (fresh or frozen)	1/2 cup
	Raw walnuts, roughly chopped	1/4 cup
	Raw almonds, roughly chopped	1/4 cup
<b>Flavor Enhancers</b>	Raw honey	1/2 teaspoon
	Ceylon cinnamon	1/2 teaspoon
	Optional: Vanilla extract	1/2 teaspoon

## Preparation Method 1: Overnight (Recommended)

### Night Before (5 minutes):

- In a large mason jar or bowl with lid, combine oats, flaxseed, chia seeds, and a pinch of sea salt.
- Add 1 1/2 cups liquid (water or plant milk).
- Stir thoroughly and cover tightly.
- Refrigerate for at least 8 hours (or overnight).





## Morning (2 minutes):

- Remove from refrigerator.
- Stir mixture (it will be thick and gel-like).
- Transfer to a bowl if not eating from the jar.
- Top with berries, walnuts, and almonds.
- Drizzle with honey and sprinkle with cinnamon.
- Enjoy cold, or microwave for 60-90 seconds if you prefer warm.

## Bacterial Benefits: Why Each Ingredient Matters

- **Steel-Cut Oats:** Contain beta-glucan fiber that feeds Bifidobacterium species. Resistant starch (after cooling overnight) feeds Akkermansia muciniphila.
- **Ground Flaxseed:** Rich in lignans that beneficial bacteria convert to enterolignans, which help balance hormones and reduce inflammation.
- **Chia Seeds:** Soluble fiber that forms a gel in the digestive system, which protects bacteria during transit and provides an attachment surface.
- **Mixed Berries:** Provide diverse polyphenols (anthocyanins, ellagitannins) that feed Bifidobacterium and Lactobacillus species.
- **Ceylon Cinnamon:** Contains cinnamaldehyde with selective antimicrobial properties, killing harmful bacteria (E. coli, Salmonella) but sparing beneficial bacteria.

## Variations & Substitutions:

- Nut Allergies: Replace nuts with sunflower seeds and pumpkin seeds.
- Apple Pie Version: Replace berries with 1 diced green apple; increase cinnamon to 1 teaspoon; add 1/4 teaspoon nutmeg; use pecans instead of walnuts.
- Budget-Friendly Version: Use old-fashioned rolled oats instead of steel-cut; use frozen berries (same nutrition, lower cost); reduce nuts to 1/4 cup total.

# LUNCH



## The Rainbow Gut-Healing Bowl

Timing	Servings	Prep Time
4-6 hours after breakfast (12-2 PM)	1	20-25 minutes

## Ingredients:

Component	Item	Measurement
<b>Base</b>	mixed dark leafy greens	2 cups
	Cooked quinoa (cooled to room temperature - must be prepared ahead)	1/2 cup
<b>The Seven Colors</b>	cherry tomatoes (Red)	1/2 cup
	grated carrots (Orange)	1/2 cup
	yellow bell pepper (Yellow)	1/2 medium
<b>Toppings</b>	broccoli florets (Green)	1/2 cup
	Red cabbage (Purple)	1/4 cup
	red onion (White)	1/4 cup
	chickpeas (Brown/Tan)	1/2 cup
<b>Protein (Choose One)</b>	4 oz wild-caught salmon or	
	2 hard-boiled eggs or	
	1/2 cup black beans	

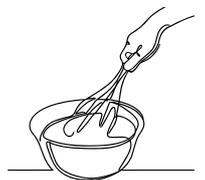
<b>Healthy Fats &amp; Toppings:</b>	avocado (sliced)	1/4 medium
	Raw pumpkin seeds	2 tablespoons
	raw sunflower seeds	2 tablespoons



## THE GUT-HEALING DRESSING:

- 3 tablespoons extra virgin olive oil,
- 1 tablespoon apple cider vinegar (with "the mother")
- 1 teaspoon Dijon mustard,
- 1 clove fresh garlic (minced)
- Juice of 1/2 fresh lemon
- 1/4 teaspoon sea salt
- Fresh ground black pepper to taste
- 1 teaspoon raw honey (optional).

## Preparation Instructions (Quinoa Cooling is Critical)



When quinoa is cooked and then cooled, the starch molecules reorganize into "resistant starch". Your digestive enzymes cannot break this down, but beneficial bacteria love it.

## Quinoa Method:

Rinse, combine with water, boil, simmer 15 mins, let sit 5 mins, fluff. Critical: Spread on a plate to cool quickly, then refrigerate for at least 4 hours. This cooling process increases resistant starch content by 300-400%.

# Bacterial Benefits: The Seven-Color Strategy

Each color represents different classes of polyphenols that feed different bacterial species:

Color/Food	Key Polyphenol/Fiber	Bacterial Benefit
<b>RED (Tomatoes)</b>	Lycopene	Metabolized by Lactobacillus species.
GREEN (Broccoli)	Sulforaphane, Glucosinolates	Feeds Akkermansia muciniphila (master regulator bacteria).
<b>PURPLE (Red Cabbage)</b>	Anthocyanins	Preferentially metabolized by Bifidobacterium.
WHITE (Onions)	Fructooligosaccharides (FOS)	Pure prebiotic fiber; feeds Bifidobacterium and Lactobacillus.
<b>BROWN/TAN (Chickpeas)</b>	Resistant starch, GOS	Feeds multiple bacterial species simultaneously.

**The Synergy Effect:** Eating all seven colors in one meal ensures diverse nutrients arrive, simultaneously feeding 20-30 different bacterial species and maintaining healthy diversity.

## Post-Lunch Protocol: The 10-15 Minute Walk

Stimulates the vagus nerve (gut-brain communication) and increases blood flow to the intestines by 25-30%. Promotes gentle peristalsis (moves food through digestive system)



# AFTERNOON SNACK

The Colony Support Mix



Timing	Servings	Prep Time
Around 3 PM	1	12 minutes

## Ingredients:

- 10-12 raw almonds
- 1 small green apple (Granny Smith preferred)
- 1 small piece dark chocolate (20-25g, 85% cacao or higher)



## Instructions:

Almonds First: Eat 10-12 raw almonds first. Chew each almond 20-30 times (slows sugar absorption from apple).

Green Apple: Eat apple slowly, with skin on. (Higher polyphenol content and lower sugar than red apples) .

Dark Chocolate: Eat chocolate last; let it melt slowly in your mouth. (Flavanols are absorbed best without other foods) .

## Bacterial Benefits:

Green Apple: Pectin (soluble fiber) forms a gel that mimics intestinal mucus, allowing bacteria to practice attachment mechanisms.

Dark Chocolate: Flavanols are metabolized by bacteria into anti-inflammatory compounds. Theobromine inhibits harmful Clostridium but not beneficial Lactobacillus/Bifidobacterium.

# DINNER

The Colony Support Mix



Timing	Servings	Prep Time	Cook Time
5:30-7:00 PM (finish eating at least 3 hours before bedtime)	1	15 minutes	30 minutes

## The Plate Composition Ratios:

- 50% Prebiotic Vegetables (feeds beneficial bacteria)
- 25% Quality Protein (provides amino acids for bacterial enzymes)
- 25% Complex Carbohydrate (provides resistant starch)
- Plus: Fermented topping (live beneficial bacteria)

## Component 1: PREBIOTIC VEGETABLES (50%)

### Roasted Allium & Crucifer Mix

#### Ingredients:

- 1 large leek (white and light green parts only)
- 1 cup Brussels sprouts (about 8-10 sprouts)
- 1/2 medium red onion
- 4-5 garlic cloves (smashed, skin on)
- 2 tablespoons extra virgin olive oil, 1/2 teaspoon sea salt, Fresh ground black pepper, 1 teaspoon fresh thyme, Optional: 1/2 teaspoon lemon zest



#### Why These Specific Vegetables:

- Leeks: Contain 3-5g inulin per cup (pure prebiotic fiber); Fructooligosaccharides (FOS) that Bifidobacterium feeds on.
- Brussels Sprouts: Rich in sulforaphane (supports gut lining repair).
- Garlic: Allicin (selective antimicrobial - kills pathogens, spares beneficial bacteria).

## Component 2: QUALITY PROTEIN (25%)

Option	Ingredients	Bacterial Benefit
<b>A. Herb-Crusted Salmon</b>	4-6 oz wild-caught salmon fillet, olive oil, fresh parsley, fresh dill, garlic, lemon juice, sea salt, pepper.	Omega-3 fatty acids reduce inflammatory cytokines that harm gut bacteria.
<b>B. Turmeric-Ginger Tempeh</b>	4 oz tempeh, coconut oil, fresh ginger, turmeric powder, tamari, garlic, lime juice, black pepper.	Fermented soy product; provides probiotic properties and is more easily digestible than tofu. Turmeric + Black pepper reduces gut inflammation.
<b>C. Lemon-Herb Chicken Thighs</b>	1-2 chicken thighs, olive oil, garlic, lemon juice, dried oregano, paprika, sea salt, pepper.	Dark meat has more healthy fats than breast; collagen supports gut lining.

## Component 3: COMPLEX CARBOHYDRATE (25%)

Option	Key Step/Benefit
<b>A. Roasted Sweet Potato</b>	<b>Critical:</b> Let cool to room temperature (at least 15-20 minutes) after roasting. Cooling increases resistant starch by 300%.
<b>B. Cooked and Cooled Quinoa</b>	Use pre-cooked, cooled quinoa from lunch prep. The resistant starch remains even after reheating.
<b>C. Cooked Lentils</b>	Highest protein of any plant food (except soy); resistant starch: 5g per serving; fermented by bacteria into high amounts of butyrate.

## Component 4: FERMENTED TOPPING (Critical!)

### Fermented Vegetable Medley :

- Ingredients: 3-4 tablespoons sauerkraut OR kimchi.
- Instructions: Choose raw, unpasteurized from the refrigerated section. Do not heat the fermented vegetables (this kills beneficial bacteria).
- Why This is Non-Negotiable: Delivers billions of live beneficial bacteria directly to the gut. Organic acids create an optimal pH.

# POST-DINNER & EVENING PROTOCOL

### The 12-Hour Fast

From the time you finish dinner until breakfast the next morning should be at least 12 hours. This fasting window allows bacteria to shift from digestion mode to repair mode, clean up toxins, and strengthen the gut barrier.

### Gut-Soothing Bedtime Tea

### Chamomile-Ginger Calm Tea

**Timing: 30-60 minutes before bed.**

### Ingredients:

- 1 cup hot water (about 180°F, not boiling)
- 1 chamomile tea bag OR 1 tablespoon dried chamomile flowers
- 1/2-inch piece fresh ginger, sliced thin (or 1/4 tsp ground ginger)
- 1 teaspoon raw honey
- Optional: small squeeze of lemon



### Benefits:

- Chamomile: Contains apigenin (reduces anxiety). Promotes relaxation and is anti-inflammatory for the gut lining.
- Ginger: Reduces digestive discomfort and stimulates digestive enzymes.
- Honey: Prebiotic oligosaccharides feed beneficial bacteria overnight.

### Evening Journal (Optional)

Take 5 minutes before bed to note your physical and mental feelings, and review your daily goals. This reinforces positive habits and builds awareness of your body's signals.

Thank you