

Biohacking Longevity Recipes

for Bloating Relief

All high-protein, low-inflammation, and gut-friendly.



BREAKFAST

1. Ginger-Turmeric Gut Reset Scramble

Ingredients:

- 2 eggs + ½ cup egg whites
- 1 tsp grated ginger
- ½ tsp turmeric
- 1 cup spinach
- ¼ avocado
- Salt + pepper

Why it works:

Ginger improves gut motility, turmeric reduces inflammation, and the protein stabilizes glucose so digestion stays smooth.

2. Low-FODMAP Green Mito Smoothie

Ingredients:

- 1 cup spinach
- ½ cup pineapple (digestive enzymes)
- 1 scoop collagen or whey
- 1 tbsp chia seeds
- ½ cup lactose-free Greek yogurt
- Water or coconut water

Why it works:

Pineapple provides bromelain for digestion, chia hydrates the gut lining, and collagen supports gut integrity.

3. Gut-Calming Blueberry Chia Pudding**Ingredients:**

- 3 tbsp chia seeds
- 1 cup almond milk
- 1 tsp vanilla
- ½ cup blueberries (polyphenols)
- 1 tsp honey (optional)

Why it works:

Fiber + hydration + antioxidants = reduced bloating and steady glucose.

**LUNCH****1. Anti-Bloat Salmon Bowl****Ingredients:**

- 4 oz baked salmon
- 1 cup arugula
- ½ cup cucumber
- ¼ cup quinoa
- Lemon + olive oil
- Dill + sea salt

Why it works:

Omega-3s reduce inflammation, cucumber hydrates, lemon stimulates digestion.

2. Fennel & Chicken Digestion Bowl

Ingredients:

- 4–5 oz grilled chicken
- ½ cup roasted fennel (top-tier for bloating!)
- 1 cup mixed greens
- ¼ avocado
- Apple cider vinegar dressing

Why it works:

Fennel relaxes the GI tract and reduces gas.

3. Turmeric Turkey Lettuce Wraps

Ingredients:

- 4 oz turkey cooked with turmeric + sea salt
- Butter lettuce cups
- Shredded carrots
- Squeeze of lime

Why it works:

Ultra-light meal that improves digestion without adding load.



1. Ginger-Lime Cod with Steamed Zucchini

Ingredients:

- 4 oz cod steamed or baked

- 1 tsp grated ginger
- Lime juice
- 1 cup steamed zucchini

Why it works:

Cod digests easily and won't sit heavy at night; ginger reduces bloating fast.

2. Ground Turkey & Basil Anti-Inflammation Skillet

Ingredients:

- 4 oz ground turkey
- Fresh basil
- 1 small chopped zucchini
- Sea salt + pepper

Why it works:

No dairy, no bloat, minimal seasoning — great for evening digestion.

3. Low-FODMAP Shrimp Stir Fry

Ingredients:

- 4–5 oz shrimp
- Carrots + bok choy
- Coconut aminos
- Lemon zest

Why it works:

Shrimp is easy on digestion and bok choy improves gut motility.



SNACKS

1. Peppermint Green Tea + 10 Almonds

Why it works:

Peppermint relaxes intestinal muscles — one of the fastest anti-bloat hacks.

2. Low-FODMAP Veggies + Lemon Sea Salt

Ingredients:

- Cucumber slices
- Carrot sticks
- Sea salt + lemon

Why it works:

Hydrating + mineral support = reduced water retention.

3. Pineapple Digestive Protein Bites

Ingredients:

- ½ cup pineapple
- 1 scoop whey or collagen
- 1 tbsp chia
- Mix + chill into spoonable bites

Why it works:

Bromelain breaks down proteins and reduces belly puffiness.