

7-Day Gut Reset Actionable Plan

Daily Routine Framework

- Drink 1–2 glasses of water upon waking.
- Eat a fiber-rich breakfast (oats, fruit, chia, whole grains).
- Include at least one fermented food daily (curd/yogurt/kefir).
- Pair probiotics with prebiotics (e.g., curd + banana).
- Take 10-minute walks after meals.
- Stop eating 2 hours before sleep.

Veg Meal Plan Example

- Breakfast: Oats with banana + chia seeds
- Lunch: Dal, brown rice/millet, vegetables, salad
- Snack: Apple or roasted chickpeas
- Dinner: Vegetable khichdi + curd

Non-Veg Meal Plan Example

- Breakfast: Eggs + whole-grain toast + fruit
- Lunch: Grilled chicken or fish + vegetables + rice
- Snack: Nuts or yogurt
- Dinner: Lentil soup + sautéed vegetables + curd

High-Fiber Grocery List

- Oats or daliya
- Lentils, chickpeas, kidney beans
- Brown rice or millets
- Leafy greens and mixed vegetables
- Apples, bananas, guava
- Chia or flax seeds
- Curd or yogurt