

one week of gut health



The microbes in your gut affect you wayyy more than you think.

95% of serotonin

50% dopamine

50% vitamin K

+ many more vitamins and nutrients

are made in your gut – yes by microbes

Let's feed these little gut microbes, make them happy so they make us happy! *The literal definition of a symbiotic relationship.* Additionally, the “outputs” of these gut microbes not only affect our physical and mental health but they play a huge role in protecting our MITOCHONDRIA (the power house of the cell).

Let's get to it. Read over the tips then scroll down to the plan on the next page.

GUT HEALTH TIP	THE WHY
No non-nutritive sugars	Artificial sweeteners can disrupt the gut flora. If you need to have something sweet, eating a small serving of your sweet (made from <i>real</i> sugar) with a serving of protein and fiber is best! However, some evidence shows allulose or stevia to have minimal impacts, but don't overdo it!
No foods with added sugar however, anything less than 3 gram per serving is okay!	Too much concentrated sugar will feed the sugar-craving gut microbes and cause overgrowth. If you are going to have a sweet item, do not eat it alone, read the tip above!
1-2 source of probiotics from food, daily	Foods that have LIVE bacteria cultures! - Yogurt, cottage cheese, miso, tempeh, fermented foods See my product recommendations resource.
1-3 source of post-biotics from food, daily	Foods that were fermented and contain beneficial bacteria outputs that will help support the gut microbiome environment! Try a 1oz serving of apple cider vinegar after every meal.
3-8 sources of pre-biotics from food, daily	Any whole food fruits or veggies. The best ones are any berries and pomegranate seeds (polyphenols!)
Drink water, but do not over hydrate.	0.5 to 0.6 oz per pound of body weight plus 6 oz for every 20 minutes of exercise you do!
Meet your protein and fat needs per your body weight	Schedule an appointment for guidance www.foodandmirth.com
Try for an extra 1 to 2, 15 minute walks per day on top of your regular workout schedule.	Frequent bouts of movement helps with gut motility! Do this between meals!



Example meals:

<i>Breakfast</i>		
<i>Greek yogurt with blueberries and raspberries. Topped with hemp and flax seeds (apple cider vinegar aperitif)</i>	<i>Hawaiian papaya with cottage cheese, topped with pomegranate seeds. (apple cider vinegar aperitif)</i>	<i>Soft boiled eggs with avocado and fresh mozzarella cheese over toast and a bowl of mixed fruit (apple cider vinegar aperitif)</i>
<i>Lunch</i>		
<i>Grilled chicken with side salad (cucumber, parsley, cilantro, onion, mint, lemon juice, salt) and side hummus, feta cheese with olive oil drizzle (apple cider vinegar aperitif)</i>	<i>Firm tofu or tempeh stir-fry with garlic, ginger, green onion, chili flakes cooked in sesame oil and a little low sodium soy sauce. Serve with purple sweet potato and kimchi (apple cider vinegar aperitif).</i>	<i>Steamed bok choy and cabbage with wild caught salmon in low sodium miso sauce and baked purple sweet potato topped with pomegranate seeds (apple cider vinegar aperitif).</i>
<i>Dinner</i>		
<i>Arugula salad with steak, boiled eggs, avocado, onion, green onion and cucumber with balsamic and olive oil (apple cider vinegar aperitif).</i>	<i>Roasted red wine beets with burrata cheese, green onion, orange slices, salt and pepper over an arugula bed (apple cider vinegar aperitif).</i>	<i>Roasted green squash or green papaya with roasted chicken with side of salad: kimchi, carrots, bamboo shoots, ginger, garlic, sesame oil and chili flakes (apple cider vinegar aperitif).</i>

THE PLAN

- 1) Create a list of 3 breakfasts, 3 lunches, 3 dinners and 3 snacks that you can have that fit the rules on the first page.
- 2) Follow the meals you planned for 6 days (eat each meal twice); do not restrict the amount of food for this week! Eat until you are full and eat when you are hungry. This should leave you full by dinner, I recommend no food 2 hours before bed to let your gut rest at night and overnight (gut cleaning). You will find that eating this way will also meet your other nutrition and health related goals at the same times too!
- 3) **Every night journal these 3 questions:**
 - On a scale of 1 to 5 how is my:
 - Energy
 - Focus
 - Mood
 - Sleep
 - Are there any foods I am craving right now? If so what are they?
 - Describe your bowel movements today:
- 4) At the end of the week, journal about what changes you would like to carry on with you. When returning to your normal eating plan, try to be mindful about how you incorporate other foods slowly back into your diet. Only re-introduce ONE new food/meal per day. Write about *how* the reintroduction of this food made you feel. Use the questions from #3 to guide you.
- 5) Schedule an appointment for guidance 😊