

5-Day Meal Plan

Gut-Supportive Eating · Real Food · Simple Patterns

Protein at every meal ❖ Soluble fiber daily ❖ Fermented foods encouraged ❖ Max 40g carbs per meal ❖ Aim for 80-100g protein daily

Day	Breakfast	Lunch	Dinner	Snack
1	Oatmeal & Blueberries Rolled oats (3/4 cup dry) in milk/soy milk, blueberries (1/2 cup), ground flax (1 tbsp)	Lentil Soup 1 cup cooked lentils, vegetable bouillon, carrots, celery, onion + sourdough (1 slice)	Roasted Chicken & Brown Rice Chicken thigh (4-5 oz), brown rice (3/4 cup), roasted broccoli (1-1.5 cups)	Greek yogurt (3/4 cup)
2	Eggs & Toast 2 eggs, sourdough toast (1 slice), orange (1 medium)	Black Bean & Rice Bowl Black beans (3/4 cup), rice (3/4 cup), sauteed peppers & onions, olive oil (1 tbsp)	Salmon, Potatoes & Green Beans Salmon (4-5 oz), potatoes (1 cup), green beans (1 cup)	Apple + peanut butter (1 tbsp)
3	Overnight Oats Oats (1/2 cup dry), milk/soy milk, chia seeds (1 tbsp), cinnamon	Leftover Salmon Bowl Leftover salmon (3-4 oz), rice or potatoes, cooked vegetables	Stir-Fry & Rice Chicken or tofu (4-5 oz), frozen mixed veg (2 cups), rice (3/4 cup)	Cottage cheese (1/2-3/4 cup)
4	Yogurt Parfait Greek yogurt (3/4-1 cup), oats (1/4 cup), strawberries (1/2 cup), ground flax (1 tbsp)	Lentil/Bean Soup Repeat lentil or bean soup + cooked vegetables or side salad	Turkey Pasta Lean ground turkey (4-5 oz), whole-grain pasta (1 cup), tomato sauce with garlic & herbs	Crackers + hummus (2-3 tbsp)
5	Sourdough Pancakes 2 medium pancakes with eggs or yogurt and berries (1/2 cup)	Grain Bowl Farro or rice (3/4 cup), chickpeas (3/4 cup), roasted vegetables, olive oil (1 tbsp)	Flexible Plate Protein (4-5 oz) + carbohydrate (3/4-1 cup) + vegetables (1-2 cups)	Fermented food if tolerated - sauerkraut (1-2 tbsp) or kefir (1/2 cup)

Why This Pattern Works

- ◆ Protein at every meal supports glycemic control and satiety
- ◆ Soluble fiber (oats, beans, lentils) drives fermentation and SCFA production
- ◆ Keep carbohydrates to no more than 40g per meal to support blood sugar stability
- ◆ Repetition improves tolerance and gut signaling over time
- ◆ Consistency matters more than variety within a single day
- ◆ Target 80-100g protein daily, distributed across meals, to support gut-brain signaling and satiety

Build Your Own Meal Plan

Use the front page as your reference guide — fill in each meal using the plate model

Use the 5-Day Meal Plan as inspiration. Aim for: protein at every meal · fiber-rich carbs · vegetables · healthy fat · optional fermented add-on

Day	Breakfast	Lunch	Dinner	Snack
1				
2				
3				
4				
5				

Quick Plate Reminder

1/2 Plate Fiber-rich carbs & vegetables - oats, rice, beans, lentils, potatoes, frozen veg	1/4 Plate Protein - eggs, chicken, fish, tofu, Greek yogurt, cottage cheese	1/4 Plate Healthy fats - olive oil, avocado, nuts, nut butter, chia, flax	Add-Ons Fermented foods, garlic, onion, herbs, spices, broth - optional & contextual
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