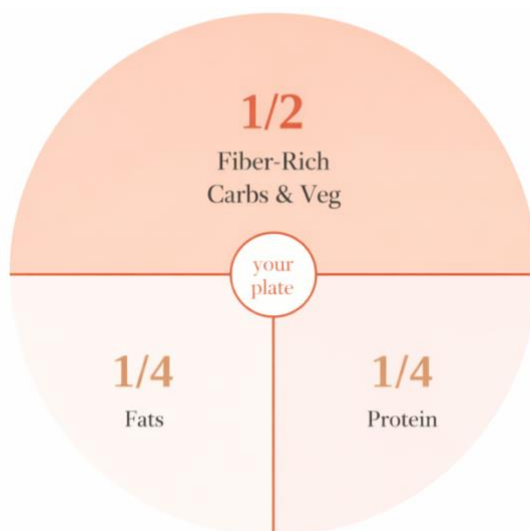


The Healthy-Gut **Plate Model** (GF / DF)

Gluten-Free & Dairy-Free · Make Every Meal Support Your Gut



Fiber-Rich Carbohydrates & Vegetables

1/2 Plate

Fermentable fibers · SCFA production · Stool consistency

Choose certified gluten-free grains - rice, quinoa, millet, GF-certified oats. Keep total carbohydrates to no more than 40g per meal to support blood sugar stability.

Protein

1/4 Plate

Slow gastric emptying · Blood sugar stability · Gut-brain signaling

All animal proteins are naturally GF/DF. For plant proteins, use certified GF tofu/tempeh and coconut yogurt or hemp seeds. Aim for 80-100g of protein daily, distributed across meals (roughly 25-35g per meal).

Fats

1/4 Plate

Pace digestion · Nutrient absorption · Meal satisfaction

Paces digestion and supports fat-soluble nutrient absorption (A, D, E, K). All whole-food fats - olive oil, avocado, nuts, seeds, nut butters - are naturally GF and DF.

Optional

Add-Ons

Hydration · Microbial signaling · Flavor consistency

Verify bouillon, kimchi, and fermented foods are GF. Use tamari in place of soy sauce. Dairy-free kefir (coconut-based) provides the same microbial benefit as traditional kefir.

Pantry Staples Grocery List

Gluten-free & dairy-free – healthy plate ratios, gut support

Vegetables and fruits are naturally GF/D. Verify 'certified gluten-free' on oats, bouillon, and packaged items.

1/2 Plate: Fiber-Rich Carbs & Vegetables

Fermentable fibers · Feeds good gut microbes · Gut lining

- | | |
|--|---|
| ☐ Certified GF rolled oats | ☐ Canned chickpeas |
| ☐ Brown or white rice | ☐ Dry lentils (verify GF) |
| ☐ Quinoa or millet | ☐ Frozen broccoli |
| ☐ Potatoes & sweet potatoes | ☐ Frozen green beans |
| ☐ Canned black beans | ☐ Frozen mixed veg |
| ☐ Canned pinto beans | ☐ Canned tomatoes (no additives) |

1/4 Plate: Protein

Feeling full · Blood sugar · Gut-brain axis

- | | |
|--|---|
| ☐ Eggs | ☐ Tofu (GF certified) |
| ☐ Canned salmon | ☐ Tempeh (verify no wheat) |
| ☐ Canned tuna | ☐ Coconut yogurt (unsweetened) |
| ☐ Chicken (fresh or frozen) | ☐ Hemp seeds |
| ☐ Lean ground turkey | |

1/4 Plate: Fats

Paces digestion · Aids nutrient absorption · Satisfaction

- | | |
|---|---|
| ☐ Olive oil | ☐ Sunflower seed butter |
| ☐ Coconut oil | ☐ Almond butter (GF labeled) |
| ☐ Avocados (fresh or frozen) | ☐ Chia seeds |
| ☐ Almonds | ☐ Ground flaxseed |
| ☐ Walnuts | |

Plate Add-Ons: Optional

Microbial signaling · Flavor · Hydration

- | | |
|---|---|
| ☐ Vegetable bouillon (GF) | ☐ Garlic |
| ☐ Bone broth (GF labeled) | ☐ Onions |
| ☐ Sauerkraut | ☐ Oregano & basil |
| ☐ Kimchi (check label) | ☐ Cinnamon |
| ☐ Coconut kefir (dairy-free) | ☐ Turmeric |
| ☐ Tamari (GF soy sauce) | ☐ Cumin & black pepper |

Targets: Try no more than 45g carbohydrates per meal. Aim for 80-100g protein daily (roughly 25-35g per meal).
GF/DF Tips: Always verify 'certified gluten-free' on oats and bouillon. Tamari replaces soy sauce 1:1.