

WWW.MINDANDBODYRESET.CO.UK

# 7-DAY BLOAT FREE PLAN

INFO@MINDANDBODYRESET.CO.UK



# Hello!

## HOW THIS PLAN WORKS

This is not a detox.

This is not about restriction or perfection.

This 7-day plan is designed to:

- reduce digestive overload
- calm the gut and nervous system
- help your body digest more comfortably

You'll eat simple, nourishing meals, focus on how you eat, and introduce small lifestyle shifts that support digestion.

If something doesn't suit you, skip it.

Listening to your body is part of the process.

*Kay-Maxine*

# DAILY FOUNDATIONS (FOLLOW ALL WEEK)

## **Eating**

- Eat 3 main meals (snacks optional)
- Avoid eating on the go
- Sit down for meals whenever possible
- Stop eating when comfortably full

## **Drinking**

- Sip water throughout the day
- Avoid large amounts with meals
- Choose herbal teas between meals

## **Lifestyle**

- Gentle movement daily
- Prioritise sleep and stress reduction
- No intense exercise during the reset

## **FOODS TO LIMIT (JUST FOR 7 DAYS)**

You're not banning these — just giving your gut a break.

- Fizzy drinks
- Very large portions
- Raw vegetables
- Highly processed foods
- Eating late at night

# FOODS TO FOCUS ON THIS WEEK

## **Protein**

- Eggs
- Chicken
- Fish
- Tofu or tempeh
- Greek or lactose-free yoghurt

## **Carbohydrates**

- White rice
- Potatoes
- Oats
- Sourdough bread

## **Vegetables (mostly cooked)**

- Carrots
- Courgette
- Spinach
- Aubergine
- Bell peppers

## **Fats**

- Olive oil
- Butter or ghee
- Avocado (small portions)

## **Drinks**

- Peppermint tea
- Fennel tea
- Chamomile tea

# Day 1- Slow Down

## **Focus**

*Calming digestion by reducing rush and stress.*

## **Meals**

### Breakfast:

Porridge with oat milk, banana, and a drizzle of maple syrup

### Lunch:

Chicken, white rice, and cooked carrots

### Dinner:

Salmon, mashed potatoes, and sautéed courgette

## **Lifestyle**

- Eat without distractions
- Chew slowly
- 5-minute walk after your main meal

### Reflection:

When did my body feel most comfortable today?

# DAY 2 – Regular Meals

## Focus

*Supporting digestion with consistency.*

## Meals

### Breakfast:

Eggs and sourdough toast

### Lunch:

Soup with bread

### Dinner:

Stir-fried tofu with rice and spinach

## Lifestyle

- Eat at similar times
- Avoid skipping meals
- Herbal tea after dinner

### Reflection:

How did regular eating affect bloating?

# DAY 3 - Gentle Foods

## Focus

*Reducing fermentation.*

## Meals

### Breakfast:

Greek or lactose-free yoghurt with oats

### Lunch:

Baked potato with butter and tuna

### Dinner:

Chicken and rice bowl with cooked vegetables

## Lifestyle

- Warm foods over cold
- Avoid raw veg today

### Reflection:

Did warmth make a difference?

# DAY 4 - Nervous System Support

## Focus

*Calming the gut-brain connection.*

## Meals

Repeat meals that felt good earlier in the week.

## Lifestyle

- 2 minutes of slow breathing before meals
- Earlier bedtime
- Reduce multitasking

## Reflection:

How did stress affect my digestion today?



# DAY 5- Portion Comfort

## **Focus**

*Avoiding digestive overload.*

## **Meals**

### Breakfast:

Smaller portion porridge

### Lunch:

Leftovers or soup

### Dinner:

Fish, rice, and vegetables

## **Lifestyle**

- Stop eating when comfortable
- No “finishing for the sake of it”

### Reflection:

What portion size felt best?

# DAY 6 - Gentle Movement

## Focus

*Supporting gut motility.*

## Meals

Repeat your most comfortable meals from the week.

## Lifestyle

- Gentle walk
- Light stretching
- Avoid intense workouts

## Reflection:

How did movement affect bloating?

# DAY 7 - Reflection & Reset

## Focus

*Understanding what helped.*

## Meals

Choose your top 3 comfortable meals from the week.

## Lifestyle

- Slow breakfast
- Reflect on the week
- Prepare for the week ahead
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## Reflection:

- What reduced bloating most?
- What habits will I keep?
- What foods felt safest?

# End - of - Plan Reflection

## Complete these sentences:

- My digestion feels calmer when I:
- Foods that felt supportive this week:
- Habits I want to continue:
- My bloating now (1-10):
- My bloating before (1-10):
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## CALM CLOSE

This plan is not about fixing your body.

It's about learning how to support it.

If bloating returns, you can return to these foundations at any time.

Consistency and kindness are more powerful than perfection.

## *So what's next?*

If you would like steady regular support sent to your email, via instagram posts, webinars, FaceBook private support group, discounts and more, please subscribe to the FREE newsletter. For extra support you can pay **£4.99** you will receive a **monthly newsletter** with **tips, success stories, product reviews**, and **discounts** and an **exclusive invite to join Happy Gut a FaceBook group** for like minded women to support each other, and I will be available for '**Live**' catch ups providing opportunities for Q&A's.  
Or buy **The Calm Core Course for only £40.**

“Why would you choose The Calm Core?”

Your a female

Often exhausted by doctors and influencers

Often quietly Googling at 11pm

You don't want extremes.

You want steady guidance.

The Calm Core exists for women who are tired of being told bloating is “normal.” I use calm, practical gut health education to help you understand your body and reduce bloating – without restrictive diets, fear-based advice, or expensive protocols.

*Visit [www.mindandbodyreset.co.uk](http://www.mindandbodyreset.co.uk) to subscribe to the monthly newsletter or purchase The Calm Core Course.*

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