

A smiling woman with long dark hair, wearing a dark floral dress and large blue earrings, is in a kitchen. She is holding a silver muddler and a tray of Brussels sprouts. The background shows a kitchen with a white range hood and a light-colored wall.

# 3-DAY GUT-HEALTHY MEAL PLAN

*isn*

ISABEL SMITH NUTRITION  
— AND LIFESTYLE —

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# WELCOME!

We're so excited you're here!

We created this meal plan to be a microbiome-friendly, bloat friendly plan. If you're seriously bloated you may need more help than this plan, but it's a place to start.

Everyone is different, so what works for one person may not work for everyone. One of the most important things to consider when healing a gut is working on feeding the gut bacteria through various types of fiber.

In this plan we varied the types of fiber you're getting to help feed your microbiome without challenging issues with bloat.

If you need more support or you want to connect we'd love to be in touch!

For more content like this meal plan, join our Facebook group by clicking the button below, or follow us on Instagram @isabelsmithnutrition.

\*As always please seek medical advice and help from your practitioner, this plan doesn't fit everyone - try it at your own volition.

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# 3-DAY BLOAT-FRIENDLY MEAL PLAN DAY 1

1

## BREAKFAST

Gluten-free oatmeal or buckwheat cereal with collagen and chia seeds. Topped with berries, nut or seed butter, and cinnamon

2

## LUNCH

Arugula salad with roasted salmon, artichokes, and acorn squash. Topped with sunflower seed & kimichi. Dressed in lemon, EVOO, salt and pepper

3

## SNACK

Rice cake with mashed avocado and a sprinkle of hemp seeds (option:top with microgreens)

4

## DINNER

Turkey meatballs with pesto and cauliflower rice

5

## DESSERT

Peppermint tea with 1 oz dark chocolate (look for dairy-free, soy-free)

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# 3-DAY BLOAT-FRIENDLY MEAL PLAN

## DAY 2

1

### BREAKFAST

Smoothie with berries, avocado, collagen, chia seeds, and frozen zucchini

2

### LUNCH

Mediterranean salad with chickpeas, cucumber, tomatoes, onion, parsley, with tahini. EVOO, lemon, salt and pepper

3

### SNACK

Hard-boiled eggs with flackers

4

### DINNER

Roasted chicken, sweet potato, and asparagus with balsamic glaze

5

### DESSERT

Avocado-Mousse and tea of choice (dandelion or fennel tea)

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# 3-DAY BLOAT-FRIENDLY MEAL PLAN

## DAY 3

1

### BREAKFAST

Scrambled eggs on sweet potato toast with microgreens or sauteed spinach

2

### LUNCH

Ground turkey or beef (go for organic grass-fed) lettuce wraps with cabbage, avocado, mushrooms and tomato

3

### SNACK

Chia-seed pudding with coconut milk, mango, and coconut shreds

4

### DINNER

Stir-fry with shrimp, brown rice, edamame, broccoli, carrots, sauerkraut, ginger, garlic, and coconut aminos

5

### DESSERT

Ginger tea with 1 tsp manuka honey

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