

blossom

BY BAILEY

Gut-Friendly Meal Guide



My name is Bailey Rinke, and I'm a Functional Nutritionist specializing in Gut Health. This one-day meal plan focuses on what to eat if you're having any gut issues and want to reduce inflammation. If we have an imbalance in our gut, it can cause a plethora of symptoms such as bloating, constipation, diarrhea, skin irritation (acne, rosacea, eczema), anxiety, depression, weight gain, bad breath, brain fog, food intolerances, hormone imbalances, and sugar cravings. My goal is to help you get to the root cause of your symptoms so you can feel your absolute best. Stay tuned for a 7 day gut healing meal plan available at www.thegreendoorlife.com/bailey

Breakfast

Green Mango Smoothie



Ingredients

- 1 cup frozen spinach
- 3/4 cup frozen mango
- 1 tbsp ground flaxseed
- 1 tsp L-Glutamine powder
(Pure Encapsulations is a good brand)
- 1/2 cup almond milk
- 1 tsp turmeric powder
- 1 pinch of black pepper
- 1 inch piece of ginger root
- 2 scoops Promix protein powder
- 1 cup ice
- 1 cup water

Macronutrients

Protein: 32g

Carbs: 50g

Fat: 11g

Lunch

Gut Friendly Chicken Salad



Salad

- 4 ounce of chicken
- 3 cups arugula
- 1/2 cup sauerkraut
- 1/2 cup cucumber
- 1/4 cup pickled onion
- 1 cup boiled beets

Dill Lemon Dressing

- Serving size: 2 salads
- 1/4 cup greek yogurt
 - Juice of 1 lemon
 - 1 tsp dried dill weed
 - 1 garlic clove
 - 1/2 tsp olive oil
 - Pinch of salt

Macros

Protein: 41g
Carbs: 26g
Fat: 8g

Instructions:

Bake chicken breast at 375 F for 25–30 minutes and season to your liking. Toss arugula in lemon juice and Himalayan salt. Chop veggies into bite size and assemble salad. Add dressing.

Dinner

Pomegranate Salmon & Cauliflower Mash



Macros

Protein: 32g

Carbs: 11g

Fat: 15g

Salmon

Season the salmon with lemon juice, cayenne pepper & salt. Drizzle with avocado oil & bake on 420 F for 9-10 minutes. Top with cilantro sauce & pomegranate seeds.

Cauliflower Mash

- (serves 4)
- 1 head cauliflower
- 3/4 cup plain non fat greek yogurt
- 1/4 cup olive oil
- 2 tsp onion powder
- 2 tsp garlic powder
- 2 garlic cloves
- 1 tbsp butter
- salt/pepper
- Blend in a food processor

Cilantro Sauce

- 1/2 cup cilantro
- 1 garlic clove
- 2 tbsp plain greek yogurt
- juice of 1 lemon, salt & cayenne pepper for spice
- Blend in a food processor

Dessert

Pomegranate Greek Yogurt Bites



Macros

Protein: 7g

Carbs: 11g

Fat: 6g

Ingredients

(Makes 12)

- fruit of 1 pomegranate
- 3 cups Wallaby's nonfat greek yogurt
- 2 tbsp coconut oil
- 1/3 container of organic dark chocolate chips

Instructions

Mix pomegranate seeds & greek yogurt in a bowl. Make 12 bite size balls on a baking sheet and place in freezer until solid. Melt chocolate chips & coconut oil mixture. Once bites are frozen, cover them in the melted dark chocolate and add sea salt quickly, before chocolate hardens. Place back in the freezer for 30 minutes.

Gut Healthy Foods

Foods to Avoid for Gut Health

- Spinach
- Arugula
- Carrots
- Broccoli
- Onions
- Cauliflower
- Avocado
- Bananas
- Salmon
- Sardines
- Herring
- Quinoa
- Brown rice
- Bone broth
- Berries
- Greek yogurt
- Fermented veggies
- Boiled beets

-Wheat/Gluten: Gluten activates Zonulin– a protein that regulates the tight junctions of the small intestine. Once zonulin is released, the tight junctions open allowing particles to pass through the intestinal wall. This is known as leaky gut, causing chronic inflammation.

-Fried foods: Usually fried in flour which is made with gluten.

-Extremely spicy foods: Such as habanero peppers or curries can irritate the gut lining if its inflamed.

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