

28 Day gut health Guide

This 28-day challenge is all about small, positive changes to support your gut health. Each week focuses on a theme, with simple daily goals designed to help you add positive habits over time. You'll find practical, doable steps to nourish your body and build a foundation for long-term gut wellness. Check off each day as you go and celebrate the little wins along the way!

Week 1

Adding more fiber to feed healthy gut bacteria

- ☐ **Day 1:** Swap one grain product (white rice, pasta or bread) for a whole grain or other higher fiber option
Tip: Whole grains feed good gut bacteria.
Try this: Banza pasta.
- ☐ **Day 2:** Eat 3 different colored veggies
Tip: Variety feeds a diverse gut microbiome.
Try this: Roast three different colorful veggies on one sheet pan with olive oil, then add them to your favorite meal.
- ☐ **Day 3:** Add a fiber-rich snack to your day
Tip: Nuts, produce, whole grains or air-popped popcorn are all fiber-filled options.
Try this: Apple slices with almond butter.
- ☐ **Day 4:** Include legumes in a meal
Tip: Beans and lentils are sources of prebiotic fiber.
Try this: Add chickpeas to a salad, lentils to a soup or black beans to tacos.
- ☐ **Day 5:** Add a fruit with skin
Challenge: Keep the skin on apples, pears, or grapes.
- ☐ **Day 6:** High-fiber breakfast
Try This: Mash 1 avocado with olive oil, lemon juice and red pepper. Spread onto whole grain toast.
- ☐ **Day 7:** Weekly Reflection
Tip: Track how you feel, note any digestive changes.

Week 2

Including probiotics to support digestion

- ☐ **Day 8:** Add yogurt or kefir
Tip: Yogurt and kefir contain live cultures that support good gut bacteria.
Try this: Make a smoothie using kefir or yogurt.
- ☐ **Day 9:** Try a fermented vegetable (like sauerkraut, kimchi or pickles)
Tip: Fermented vegetables contain probiotics.
Try this: Add sauerkraut to a tuna or chicken salad sandwich.
- ☐ **Day 10:** Make a probiotic-containing snack
Try this: Yogurt topped with fruit and granola.
- ☐ **Day 11:** Drink kombucha or kefir
Tip: Fermented beverages may support gut diversity.
- ☐ **Day 12:** DIY fermented food
Try This: Try a quick homemade ferment such as cucumber kimchi or pickled carrots.
- ☐ **Day 13:** Pair fiber + probiotics
Tip: Take what you've learned so far and create your own fiber + probiotic combination. Mix and match foods you enjoy!
- ☐ **Day 14:** Weekly Reflection
Tip: Notice energy or digestion changes.

Week 3

Water and mindful eating habits

- ☐ **Day 15:** Drink 8 cups of water
Try this: Mix it up by adding slices of fruits or veggies to your water.
- ☐ **Day 16:** Eat one meal mindfully
Tip: Chew slowly, avoid screens.
- ☐ **Day 17:** Replace sugary drinks with water or herbal tea
Try This: Waterloo sparkling waters.
- ☐ **Day 18:** Add hydrating fruits/veggies
Try this: Add watermelon, cucumbers or celery to a snack or meal.
- ☐ **Day 19:** Drink a glass of water before each meal
Tip: Supports digestion and satiety.
- ☐ **Day 20:** Snack mindfully
Tip: Choose snacks that fuel your body and gut.
Try this: Daily Crunch Cherry Berry Snack Mix.
- ☐ **Day 21:** Weekly Reflection
Tip: Track hydration and energy levels.

Week 4

Plant-based proteins and variety

- ☐ **Day 22:** Include beans or lentils
Try this: Add cooked lentils to a grain bowl, toss beans into a salad, or make a quick bean-based dip like hummus for snacking.
- ☐ **Day 23:** Add tofu or tempeh
Try this: Mix tofu into scrambled eggs.
- ☐ **Day 24:** Add nuts or seeds to a meal or snack
Tip: Adds fiber + protein + healthy fats.
- ☐ **Day 25:** Try a new fruit or vegetable
Challenge: Pick something you've never tried.
- ☐ **Day 26:** Combine fiber + protein when building meals and snacks
Tip: Both fiber and protein keep you feeling full longer.
- ☐ **Day 27:** Mini gut-friendly feast
Challenge: Put together a meal using fermented foods, fiber, protein, and veggies.
- ☐ **Day 28:** Final Reflection
Tip: Celebrate your progress and plan next steps. Think about the "small wins" you had and how you can build on them in the coming weeks.

Gut Healthy grocery List

Whole Grains & High Fiber Options

- ☐ Banza Chickpea Pasta
- ☐ Food Club Whole Wheat Pasta
- ☐ Food Club Whole Wheat Bread
- ☐ Brown Rice
- ☐ Oats
- ☐ Whole Wheat Tortillas
- ☐ Barley
- ☐ Catalina Crunch Cereal
- ☐ Cheerios Cereal
- ☐ Air-Popped Popcorn
- ☐ Quinoa
- ☐ Farro

Vegetables (aim for color variety)

- ☐ Broccoli
- ☐ Red Bell Peppers
- ☐ Carrots
- ☐ Zucchini
- ☐ Beets
- ☐ Sweet Potatoes
- ☐ Kale
- ☐ Spinach
- ☐ Cauliflower
- ☐ Red Cabbage
- ☐ Cucumbers
- ☐ Celery
- ☐ Cherry Tomatoes
- ☐ Butternut Squash

Fruits (with skin when possible)

- ☐ Apples
- ☐ Pears
- ☐ Grapes
- ☐ Berries (blueberries, raspberries, strawberries)
- ☐ Bananas
- ☐ Kiwi
- ☐ Watermelon
- ☐ Oranges
- ☐ Mango
- ☐ Pineapple
- ☐ Avocados
- ☐ Pomegranate

Flavor Boosters & Cooking Staples

- ☐ Extra Virgin Olive Oil
- ☐ Lemon Juice
- ☐ Apple Cider Vinegar
- ☐ Garlic
- ☐ Ginger
- ☐ Turmeric
- ☐ Low-Sodium Vegetable Broth
- ☐ Coconut Aminos

Hydration Helpers

- ☐ Waterloo Sparkling Water
- ☐ Herbal Teas (peppermint, ginger, chamomile)
- ☐ Coconut Water (unsweetened)
- ☐ Infused Water Bottles or Pitchers
- ☐ Fresh Mint, Basil or Citrus Slices For Water

Fermented & Probiotic Foods

- ☐ Food Club Greek Yogurt
- ☐ Lifeway Kefir
- ☐ Food Club Sauerkraut
- ☐ Synergy Kombucha
- ☐ Kimchi
- ☐ Pickled Carrots or Cucumbers
- ☐ Cottage Cheese

Fiber-Rich Snacks & Healthy Fats

- ☐ Four Brothers Mixed Nuts
- ☐ Chia Seeds
- ☐ Pumpkin Seeds
- ☐ Sunflower Seeds
- ☐ Daily Crunch Cherry Berry Snack Mix
- ☐ Nut Butter (no added sugar)
- ☐ Harmony Trail Mix

Legumes & Plant-Based Protein

- ☐ Chickpeas
- ☐ Black Beans
- ☐ Lentils
- ☐ Hummus
- ☐ Tofu
- ☐ Tempeh
- ☐ Edamame (frozen or fresh)

Bonus: Try-Something-New Produce Picks

- ☐ Jicama
- ☐ Fennel
- ☐ Dragon Fruit
- ☐ Kohlrabi
- ☐ Starfruit
- ☐ Daikon Radish

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They are available to answer your nutrition questions, share recipes, and provide resources.

