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# GOOD GUT HEALTH

*guide*

**+ 5 Day Gut Reset Meal Plan**

Written by Angela Gioffre (nutritionist of 20+ years)

There are many ways to improve your health, but none are as significant as improving your gut health, it's literally where everything begins and its importance can't be overstated.

To help you boost your gut health, I've pulled together some of my favourite nutritionist tips and recipes, plus hand-picked **super food** recommendations, to help you feel your best.

I've also included a specially tailored 5 day gut reset meal plan to support your digestive system with the best prebiotic and probiotic foods to get you on track to optimal gut health.

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# WHAT IS 'GUT HEALTH'

**There's a lot of talk about gut health,  
but do you actually know its significance for your health?**

When we talk about the gut, we're referring to  
your entire gastrointestinal system.

It's your mental wellness, your immune system, your metabolism, your  
sleep cycle and your overall digestion. It's the trillions of bacteria that  
have taken up residence in your gut. These guests determine your health  
outcomes, and it's all contingent on who is living there.

'Bad' bacterias will wreak havoc, creating anxiety, malabsorption  
and reduced immunity, whilst the 'good' guys will ensure that your food  
is digested properly, you can fight off disease and manage your stress.

I know who I want to cohabitate with, and so do you.

That's why ensuring your gut health is in good check is important  
- it literally impacts your overall wellbeing.



# SIGNS OF POOR GUT HEALTH

## BOWEL MOVEMENTS

**Bowel movements are a great indicator of what is happening in your gut.**

Persistent constipation and diarrhea can indicate that there could be an imbalance in the gut.

Your stools, size, consistency and colour are all important to note as well, **unhealthy stools** maybe:

- Hard and solid like nuggets
- Soft or liquid stool
- Stools that float, is usually a sign of undigested fats

### **Healthy stools:**

- Sink in the toilet
- Smooth in texture
- Passes without pain or discomfort
- Soft to firm sausage shapes

## SLOW GUT TRANSIT TIME...

The average amount of time for food to travel from your mouth, through your gut and to be digested is around 28 hours. If it's slower than that, then you might have some gut issues.

A really simple way to test your transit time, is using corn. Eat 1 tablespoon of corn and see how long it takes for the corn kernels to appear in your stools, and when you can no longer see them. Corn is a food of which the cellulose shell will remain partially undigested - which is why it's such a great food to use for this experiment!

## BLOATING AND EXCESSIVE GAS

Gas is created by your gut bacteria processing the foods we eat, and is completely natural. It becomes problematic when it's chronic, or when it becomes trapped, causing bloating and pain.

# FACTORS THAT AFFECT YOUR GUT HEALTH



Diet



Consumption of ultra processed foods



Lack of movement or physical activity



Stress



Too little sleep



Smoking and alcohol



Antibiotics

# 14 TIPS TO IMPROVE GUT HEALTH



01. Increase your **fibre intake**; that means having more fresh fruit and vegetables in your diet everyday.

02. Incorporate more fermented, **probiotic rich foods** into your diet; yoghurt, kefir, sauerkraut, kimchi, kombucha, **Apple Cider Vinegar**.

03. Consume **prebiotic foods**, foods like bananas, garlic, onions, asparagus and **Turkey Tail**.

04. Stay hydrated, **drinking plenty of water** is important for supporting your digestion as well as keeping things moving.

05. Avoid **processed foods** - that means refined grains, unhealthy fats and foods high in sugar.

06. Work through **stress**, use techniques like deep breathing, meditation, yoga, exercise and **Ashwagandha**. Stress negatively impacts your gut health.

07. Aim for at least 7-8 hours of **quality sleep** every night, inadequate sleep affects gut microbiota composition and function.

08. **Move your body** everyday - not only does it promote gut motility but overall digestive health as well.

09. **Chew your food** properly, it's the first stage of digestion and the more it's processed here the better the digestion in the tract.

10. Limit **alcohol intake**, it disrupts gut bacteria balance.

11. **Limit antibiotic use** to only when essential.

12. Diversify your diet, try to eat at least **30 different plant foods** per week.

13. Avoid **artificial sweeteners**, studies have shown they alter gut bacteria.

14. Stay consistent with **meal times**.

# YOUR BETTER GUT CHECKLIST:

I have a daily challenge for you to really set your gut up for optimal health:

- Include fermented foods on your plate at every meal
- Build your plate around mostly plants, and add prebiotic foods (or take [Turkey Tail](#))
- Eat 5 different plant foods each day
- Avoid processed foods
- Move every single day
- Go to bed at the same time each night
- Set 10 minutes aside for deep breathing exercises

Do it like your life depends on it – because it literally does.



# RECOMMENDED SUPER FOODS



SHOP HERE

### 1. TURKEY TAIL

Is a powerful prebiotic mushroom that is best known for its ability to help encourage the population of good bacteria in your gut. Ours includes its potent mycelium 'roots' which offer additional gut supportive benefits.

It is also rich in antioxidants, which can help reduce swelling in the gut and throughout the body.



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### 3. APPLE CIDER VINEGAR

Is a natural probiotic that has incredible gut-boosting benefits.

It helps to promote a healthy digestive system by increasing the production of stomach acid, which aids in the digestion of food, and contains enzymes that can help break down food more efficiently, allowing your body to absorb more nutrients.



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### 2. AUSTRALIAN GREENS

Is a blend of Certified Organic green vegetables, including kale, brussel sprouts, barley grass, wheatgrass and broccoli.

These vegetables are rich in vitamins and minerals, as well as fibre, which can help support regular bowel movements and overall gut health.

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# 5 DAY GUT RESET MEAL PLAN



# DAY 1

## BREAKFAST

Greek yogurt parfait with mixed berries, chia seeds, **bee pollen** and a drizzle of honey.



## LUNCH

Quinoa salad with spinach, cherry tomatoes, cucumbers, **hemp seeds**, feta, chickpeas, parsley and red onion with a lemon dressing.



## DINNER

Baked salmon with roasted sweet potatoes and steamed broccoli.





# DAY 2

## BREAKFAST

Overnight oats made with rolled oats, chia seeds, coconut milk, sliced bananas, and a sprinkle of cinnamon.



## LUNCH

Lentil soup with carrots, celery, onions, and garlic served with sourdough bread.



## DINNER

Grilled chicken breast with sautéed kale and rice and a green salad



# DAY 3



## BREAKFAST

Sourdough toast topped with avocado slices, cherry tomatoes, and a poached egg.



## LUNCH

Falafel and avocado wrap with whole grain tortilla, mixed greens, shredded carrots, and hummus.



## DINNER

Stir-fried tofu with mixed vegetables, capsicums, broccoli, snap peas served over rice.





# DAY 4

## BREAKFAST

Spinach and mushroom omelette with sourdough toast.



## LUNCH

Chickpea salad with rocket, roasted red peppers, feta cheese, and a balsamic vinaigrette.



## DINNER

Brown lentil curry with roti, rice, yoghurt and cucumbers





# DAY 5

## BREAKFAST

Smoothie made with kale, pineapple, **Naked greens**, coconut water, lime juice. Handful of nuts.



## LUNCH

Quinoa and black bean bowl with roasted sweet potatoes, grated cheese, avocado slices, and a coriander-lime dressing.



## DINNER

Sushi bowl: Miso-Glazed Salmon/eggplant with seaweed, carrot, cucumber, pickled ginger, avocado, eggs and rice with a spicy sirachia mayonnaise.



A kitchen scene featuring a white tablet on a white stand, displaying a recipe with an image of a dish. The tablet is placed on a wooden tray. In the foreground, there is a white ceramic toothbrush holder containing a wooden spoon and a pack of toothbrushes. To the right, a white bowl contains several green limes. The background shows a white countertop and a wooden handle of a glass pitcher.

# GUT BOOSTING RECIPES





Making fermented foods might seem daunting, especially if you're new to it, but I'm here to share a simple sauerkraut recipe that only requires two ingredients: organic cabbage and non-iodized salt.

Opting for organic cabbage is crucial as it retains natural bacteria vital for fermentation, which pesticides could kill.

Likewise, using non-iodised salt, such as Himalayan or Celtic salt, preserves the crispness of the vegetables and adds nutrients to the ferment.

We'll use the lacto-fermentation to transform cabbage into sauerkraut, where beneficial bacteria convert sugars into lactic acid, creating an environment inhospitable to harmful bacteria.

# SIMPLE SAUERKRAUT RECIPE

## INGREDIENTS

- 1 medium-sized organic cabbage
- 1 1/2 tablespoon sea salt (non-iodised)
- Optional: Caraway seeds, juniper berries, or other flavourings

## INSTRUCTIONS

- 01.** Prepare the Cabbage: Remove the outer leaves from the cabbage and set them aside. Cut the cabbage into quarters and remove the core. Finely shred the cabbage using a knife or a mandoline.
- 02.** Add Salt
- 03.** Massage and Release Juices
- 04.** Add Optional Flavors
- 05.** Pack the Cabbage into the Fermentation Container
- 06.** Press Down and Add Weight
- 07.** Cover and Ferment: Taste the sauerkraut after a week and continue fermenting until it reaches your desired level of tanginess.



Nothing beats freshly baked bread, and this super simple homemade sourdough recipe produces the perfect loaf every time!

Plus, sourdough is a gut-boosting fermented food that is easier to digest than other bread, has a lower glycemic index and is good for gluten sensitivity.

# HOMEMADE SOURDOUGH RECIPE

## INGREDIENTS

- 3 cups flour
- ½ tsp yeast
- 1 ½ tsp salt
- 1 tablespoon sourdough culture

## INSTRUCTIONS

- 01.** Mix all ingredients in a bowl, cover and leave on the bench for around 12 hours.
- 02.** Preheat cast iron pot with lid at 225 c for 20 mins.
- 03.** Place some baking paper in the pot (carefully-it will be super hot).
- 04.** Tip your dough in cover the pot and back for 30 mins.
- 05.** Remove the lid and bake for a further 15 mins.



This non-alcoholic probiotic berry shrub is a gut-friendly drink perfect for daily consumption.

Made with just a handful of ingredients, it undergoes its lacto-fermentation transformation to convert sugars into beneficial probiotics.

Enjoy its refreshing taste while supporting your gut health.

## PROBIOTIC BERRY MOCKTAIL RECIPE

### INGREDIENTS

- 350g berries (such as raspberries, blackberries, blueberries, or strawberries),
- 1 1/2 cups raw sugar
- 1 cup apple cider vinegar
- Sparkling water

### INSTRUCTIONS

- 01.** Gently mash berries in a medium bowl with a fork. Add sugar, and stir to combine. Place in a jar and let sit at room temperature for a day until fruit is really soft and sugar is dissolved.
- 02.** Strain fruit (keep discarded fruit and use with ice cream or freeze for use later), add vinegar, stir to combine.
- 03.** Pour into a clean jar with a lid and chill for at least a week
- 04.** To use: add 2 tbsp of the shrub into a glass with ice, top with sparkling water, garnish with herbs



Get set to add some heat to your culinary creations with a homemade fermented chilli sauce that not only adds a fiery kick but also packs a punch of health benefits.

Fermentation not only enhances the taste and texture of chillies but also unlocks their nutritional potential.

During fermentation, beneficial bacteria break down the chillies, releasing vitamins, minerals, and enzymes that promote digestive health and support a robust immune system.

# FIERY FERMENTED CHILLI SAUCE

## INGREDIENTS

- 400g fresh red chillies (or a mix of your preferred heat level)- chopped
- 6 cloves garlic, peeled and smashed
- 6 tsp salt
- 1 tablespoon raw honey or maple syrup
- 1lt filtered water
- 2 sprigs rosemary
- 1 small shallot , finely chopped
- 12 whole black peppercorns
- Big jar
- 1 tablespoon apple cider vinegar (with the mother)- optional

## INSTRUCTIONS

- 01.** Wash your jar, into it add the chilli, garlic, salt, honey or maple, water, rosemary, shallot and peppercorns, put the lid on the jar.
- 02.** Place lid on jar and place somewhere out of direct sunlight.
- 03.** Open the jar daily to burp the chilli sauce and then shake it.
- 04.** Continue this process for 30 days.
- 05.** After 30 days, strain the liquid from the chilli and reserve, place the rest of the ingredients in a blender and blend till smooth, adding the reserved liquid if needed. If you like your chilli sauce chunky don't blend it too much.
- 06.** Check flavour and at this stage you can add some vinegar to help balance the acidity.
- 07.** Store in a small sterilised jar in the fridge for 3 months

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