

HUM[®] GUT HEALTH RESET

Your two-week
guide to improving
your gut-health
and digestion



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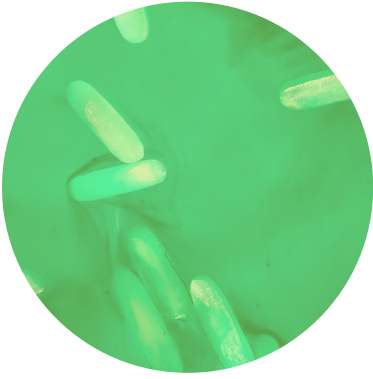
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TIME TO GET THAT GUT IN CHECK!

Whether you feel like your gut is out of whack or you just want to give your tummy some TLC, this guide is for you. It's packed with information about your digestion and your gut microbiome—including the top pillars of gut health and a mix-and-match, gut-friendly meal plan and shopping list created by our in-house registered dietitian and education specialist, Gaby Vaca-Flores, RDN. In just two weeks, you'll work to improve your digestion and boost your gut microbiome for a happier, healthier you.





WHAT IS THE GUT MICROBIOME

Your microbiome is the collection of bacteria living in your intestines and your stomach. We know what you're thinking: Bacteria inside of me? Ew! But don't worry—this bacteria works to break down and process your food so you can use it for energy to live your life. It also regulates your immune system, as research has discovered 70 to 80 percent of your immune cells are in your gut and work to respond to infections.

Your gut microbiome largely develops within the 1,000 days of your life, but the choices you make afterward can

still affect and change it. For example, eating a diet full of highly-processed foods can encourage the growth of bad bacteria, which research shows can lead to a slew of health concerns, including inflammatory bowel diseases, obesity, diabetes, liver diseases, chronic heart diseases, cancers, HIV, and autism. On the other hand, sticking to a diet full of whole foods and fiber can encourage good bacteria growth, leading to improved stress resilience, better sleep, improved digestion, and improved health overall.

HOW TO USE THIS GUIDE?

Boosting your gut health doesn't have to be hard work—so don't stress! (No, seriously, stress negatively impacts your gut health.) We put together this guide to make things easy for you. It includes a mix-and-match meal plan full of gut-friendly, RD-approved recipes. What do we mean by mix-and-match? That means you can pick any of the Category 1 recipes, any of the Category 2 recipes, and any of the Category 3 recipes (as long as you have one of each every day). Don't forget snacks and drinks either. No strict diets here! Instead, choose what looks best to you or what might be easiest to make on your busier days.

Trust us—it's all good (we, uh, tried them all). Don't want to *chef it up* every single day for 14 days? We understand. That's why we also put together some guidelines for eating out, courtesy of our on-staff registered dietitian nutritionist.

Before you get going on all the food, peruse through the pillars of gut health. While nutrition is essential for a grade A gut, so much more goes into your gut health than just the food you're eating. And don't forget to review our daily checklist each day, as we'll have new gut-healthy tips on there to help you stay on track during this time. Plus, you can track other things that impact your gut health, like water intake, amount of sleep, overall mood, and more.

Have questions? Feel free to DM us on Instagram @humnutrition.

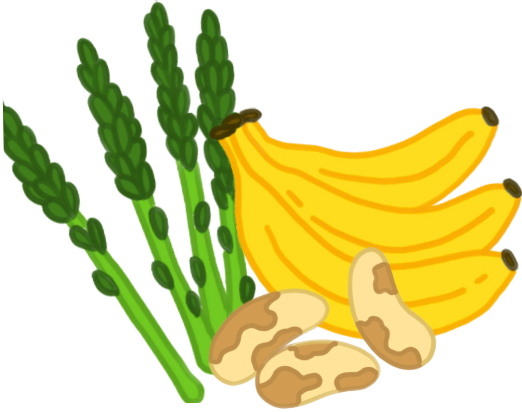


THE 6 PILLARS OF GUT HEALTH

NUTRITION

It's no secret that the food we eat impacts our gut health. Everything we put into our mouths travels down into our gastrointestinal tract and interacts with the bacteria we have in our gut microbiome. Research has confirmed that ultra-processed foods (food high in sugar, simple starches, hydrogenated oils, flavor enhancers, and colorings) can negatively affect our gut environment and increase our risk of disease. Examples of these types of foods include soda, packaged bread, processed deli meats, instant noodle soups, and salted meat products. Studies have also found that a plant-based diet can actually improve your gut health overall compared to an animal-based diet. Keep these principles in mind for a gut-healthy diet:





EAT A VARIETY OF DIFFERENT FOODS

It can be tempting to eat the same thing every day, but there are benefits to switching it up. Studies link a diverse diet to a diverse gut microbiome. Our RD-approved recipes ahead will keep things fresh.

STICK TO WHOLE FOODS

While it may be difficult to eliminate processed foods altogether, focus on eating mostly whole foods. They contain nutrients and fiber to help boost gut health—plus they don't contain added salt, sugar, or other additives that could interfere with your gut microbiome.

STOCK UP ON PREBIOTIC + PROBIOTIC FOODS

Give your gut a boost by incorporating prebiotic- and probiotic-rich foods into your diet. Yogurt, sauerkraut, sourdough bread, and kimchi are all full of probiotics (AKA good bacteria) to help with digestion and microbiome balance. Foods with prebiotics (the bacteria that probiotics feed on) include bananas, whole grains, green onions, garlic, and soybeans.





HYDRATE

This is your sign to drink more water. Not only will it help with your energy levels, memory, productivity levels, and overall mood—it can also improve your gut health. Water can help move food through your system, which will keep your regular and ease any post-meal bloat. Aim to drink eight to 12 cups of water per day.

FOCUS ON FIBER

Fiber encourages healthy bacteria growth and also helps remove waste from your system (essentially detoxing your digestive system).

LISTEN TO YOUR BODY

While there are certain guidelines most people can benefit from, everyone's body is unique. Food sensitivities or food allergies play a role in your dietary choices. Pay attention to how you feel after eating certain foods. If you're noticing symptoms like excessive gas, bloating, nausea, skin irritation, or headaches, it's worth trying an elimination diet or getting an allergy test done to see if you need to stay away from certain foods.

STRESS

The gut-brain connection is a real thing—and it's strong. In fact, the brain has a direct impact on your gut and (vice versa). Irritation in the gastrointestinal system sends signals to the brain through the central nervous system (CNS) that trigger mood changes, such as increased anxiety—meaning a stressed-out stomach could cause you stress.

In a similar way, the gastrointestinal tract is sensitive to emotions—specifically stress. Research has actually shown that stress can reshape bacterial composition in the gut through stress hormones and inflammation. As a result, gut bacteria release toxins and hormones that can alter eating behavior (studies have shown that some bacteria may even encourage dysregulated eating such as altered food cravings) and mood (the gut bacteria can increase stress levels and heighten the risk for depression). So, how do you combat this? Try to keep your stress levels in check (easier said than done, we know). But there are some science-backed ways to bring down your stress levels quickly, which include:





SLOW, DEEP BREATHS

(try square breathing: inhale for four seconds, hold for four seconds, exhale for four seconds, pause for four seconds)



MEDITATE

LIGHT EXERCISE

(a walk, a yoga session, or a bike ride will do the trick)



POSITIVE AFFIRMATIONS



BE OUTSIDE IN NATURE

If you're still struggling with stress, consider speaking to a professional. Studies have found that therapy is effective at managing stress levels.

SLEEP

You know how important sleep is for mental and physical health, but did you know it's also crucial for gut health? Research has actually linked bad gut bacteria to poor sleep. The presence of certain bacterial strains has been correlated with decreased sleep efficacy (which is the percentage of time you spend asleep while in bed). Additionally, decreased sleep is linked to increased stress levels (which we know negatively impacts your gut health). While researchers are still studying exactly how poor sleep affects your gut microbiome, sleep deprivation in general has negative effects on both your physical and mental health—all of which connect back to gut health. Even more reason to get your gut in order? Researchers have shown that a healthy, balanced gut is linked to better sleep. Aim for seven to eight hours every night. Struggling to keep a solid sleep schedule? Try science-backed methods like meditating, creating a nightly routine, and limiting screen time before you hit the hay.



SUPPLEMENTS

Give your gut a boost by adding supplements into your daily routine. While your gut works hard to keep you healthy, taking supplements can help speed digestion up and support good bacteria—which can help with bloating, staying regular, and feeling like your happiest, healthiest self. Take a look at our favorites:





GUT INSTINCT™

Our vegan probiotic (read: good bacteria) contains 10 different strains clinically studied to improve digestion, balance the gut microbiome, and enhance gut bacteria diversity for overall better gut health.

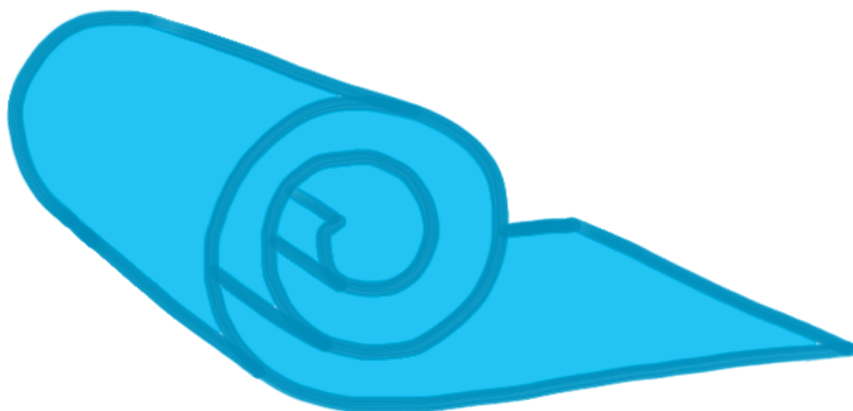
FLATTER ME™

This digestive enzyme supplement helps your body break down food into small pieces so your body can absorb the nutrients and energy from it. It contains 18 full-spectrum digestive enzymes that go to work on protein, carbs, fat, fiber, and lactose. While your body naturally produces digestive enzymes, giving them a boost can help with bloating (bye, bye, food baby) and discomfort after meals.



MOVEMENT

Any kind of exercise will boost your immune system, improve cardiovascular health, increase musculoskeletal health, improve your mood, improve cognitive health, and increase your life expectancy. Among this long list of benefits comes another: improved gut health. That's right: Moving your body can actually improve your gut bacteria. Studies show that exercise can enrich the microbiome, including boosting levels of bacteria that can help reduce obesity and other metabolic diseases and protect against gastrointestinal disorders and colon cancer. Another benefit of getting regular movement in? It lowers stress and helps with sleep—both of which impact your gut health too. Looking for ideas? Here are some of our favorite forms of movement to try out:



- WALKING
- YOGA
- PILATES
- SWIMMING
- TENNIS
- CYCLING OR BIKING
- DANCING

MEAL TIMING

We know that what you eat matters, but when you eat matters, too. Meal timing can impact your gut health in serious ways. Researchers have found that the gut microbiome displays diurnal rhythms (read: a biological rhythm that is synched up to the daytime and nighttime), which can actually be affected by meal timing. That's why experts recommend trying to limit nighttime snacking (ugh, we know), as your gut is trying to rest and metabolize what you've eaten during the day. Pro tip: You can avoid late-night cravings by ensuring you're eating enough food throughout the day (especially protein) and allowing yourself to enjoy treats in moderation.

As for the rest of your meals, aim to space them out by at least three to four hours. This makes time for the migrating motor complex (MMC) to do its job. The MMC is a system of waves that move food through your system. This process of muscle contractions, called peristalsis, takes between 2-4 hours to complete one cycle and begins about an hour after eating. It's best to allow a full cycle of the MMC to complete between meals to allow proper digestion.





THE MEALS

READY TO GET GOING?

We put together a bunch of recipes straight from HUM's RD team for easy, gut-friendly meal prep. We even included a shopping list so you can grab everything you need for your entire two-week reset.

Remember: This nutrition plan is totally customizable. Just make sure you have one meal from Category 1, one meal from Category 2, and one meal from Category 3. (And don't forget drinks and snacks!) Mix and match the recipes that look the best to you. Bon appetit!

YOUR GUT-HEALTHY GROCERY LIST

CONDIMENTS

- Apple cider vinegar
- Dijon mustard
- Green salsa of choice
- Kewpie mayonaise
- Liquid aminos
- Maple syrup
- Olive oil
- Red wine vinegar
- Soy sauce
- Sriracha
- Sugar
- Vegan mayonaise
- Vegan Worcestershire sauce
- Vegetable broth
- White vinegar



DAIRY

- Coconut milk kefir
- Eggs
- Feta cheese (or vegan feta)
- Plant-based milk
- Yogurt (can be non-dairy)



DRINKS

- Kombucha
- *Optional: beer or wine



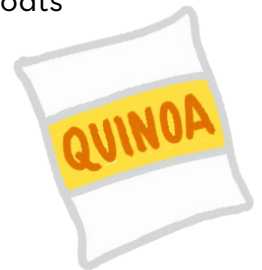
DRY GOODS

- All-purpose flour
- Cacao nibs
- Coconut flakes
- Flaxseed
- CORE STRENGTH™**
- Light brown sugar
- Peanut butter
- Pecans
- Sesame seeds
- Walnuts



GRAINS

- Cauliflower tortillas (8)
- Old-fashioned rolled oats
- Quinoa
- Sourdough bread
- White rice
- Whole-wheat buns



LEGUMES

- Black beans
- Brown lentils
- Edamame
- Garbanzo beans
- Hummus
- Kidney beans
- White beans

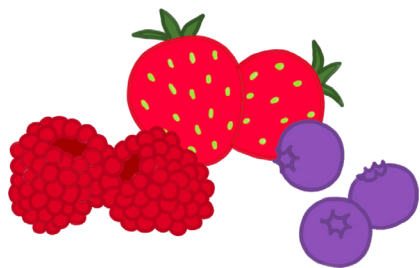


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YOUR GUT-HEALTHY GROCERY LIST

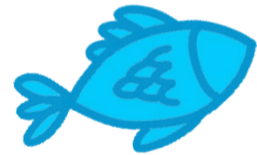
PRODUCE

- Apples
- Avocado
- Bananas
- Basil
- Berries
- Carrots
- Cauliflower rice
- Celery
- Cherry tomatoes
- Cilantro
- Cucumber
- Dates
- Fresh parsley
- Frozen mixed berries
- Garlic
- Kalamata olives
- Lemons
- Lettuce
- Limes
- Pimento peppers
- Red bell pepper
- Red onion
- Sauerkraut
- Scallions
- Sprouts
- Tomato
- White onion



MEAT (OR MEAT ALTERNATIVES)

- Chicken breasts (or sliced tofu)
- Turkey (or tempeh bacon)
- Salmon



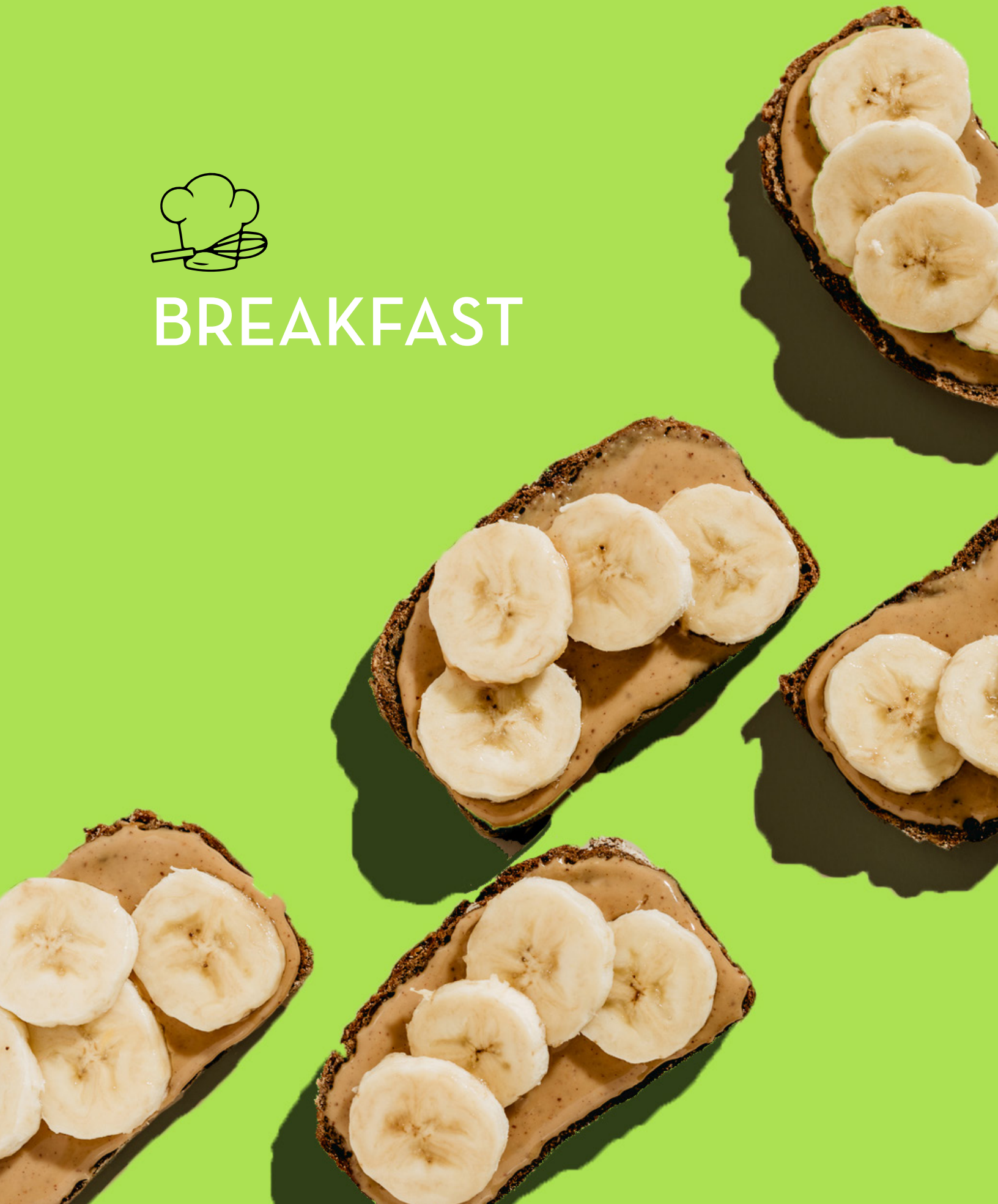
SEASONINGS

- Black pepper
- Chili powder
- Cinnamon
- Cumin
- Dried oregano
- Everything but the bagel seasoning
- Garlic powder
- Onion powder
- Salt
- Smoked paprika
- Tomato paste
- Vanilla Extract





BREAKFAST



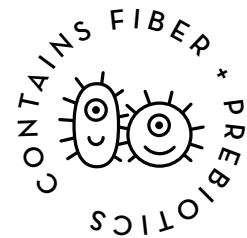
PEANUT BUTTER BANANA TOAST (VEGAN)

Sourdough bread is filled with prebiotics to help balance your gut microbiome and promote healthy digestion. The bananas are packed with fiber and have a prebiotic effect on the gut—meaning they'll feed all the good bacteria in your stomach. Add peanut butter and cinnamon for a sweet and satiating brekky.

PREP TIME: 5 MINS | MAKES: 1 SERVING

INGREDIENTS

1 slice of toasted sourdough bread
 1 tbsp peanut butter
 1/2 banana, sliced
 Dash of cinnamon (optional)



DIRECTIONS

Spread peanut butter onto the sourdough slices. Top with banana and cinnamon

QUINOA BREAKFAST BOWL (VEGAN)

Most Americans aren't getting enough fiber, which is a crucial nutrient to keep you regular and eliminate waste. Sneaking some into your breakfast is a simple way to get things down there going and reduce bloating.

PREP TIME: 10 MINS | MAKES: 1 SERVING

INGREDIENTS

1 cup cooked quinoa
 1/2 plant based milk
 Dash of vanilla
 Pinch of cinnamon
 Pinch of salt
 Toppings: berries, sliced fruit, pecans, coconut flakes, cacao nibs, maple syrup (for sweetness)



DIRECTIONS

Combine all ingredients (except the toppings) into a saucepan over medium heat until fully heated through. Pour into a bowl and enjoy with toppings of your choice.

CINNA-PROTEIN OVERNIGHT OATS

Overnight oats are an easy make-ahead option that's both nutritious and delicious. The fiber and prebiotics in the oats will feed your gut and keep things moving along. Plus, HUM's **CORE STRENGTH™** protein powder is low-FODMAP, meaning it's easily digestible (bye, bye morning bloat!).

PREP TIME: 10 MINS | MAKES: 5 SERVINGS

INGREDIENTS

2 1/2 cups old-fashioned rolled oats
2 1/2 cups plant-based milk
5 tsp light brown sugar
5 scoop of HUM Nutrition's **CORE STRENGTH™** protein powder
1 1/2 tsp vanilla extract
1 1/4 tsp ground cinnamon
1/2 tsp salt

DIRECTIONS

Combine all ingredients together in a large bowl. Pour even portions of the oat mixture into mason jars or airtight containers. Refrigerate overnight.





LUNCH



OPEN-FACED CALIFORNIA BLT (VEGAN)

We opted for an open-faced sandwich because stacking all these gut-friendly ingredients onto a regular sammy could be, well, messy. Use sourdough as your base for a healthy dose of prebiotics, and then load up on fiber-rich veggies like avocado, tomato, and sprouts. The iceberg lettuce will add a bit of crunch and volume to the meal while the vegan mayo will add a creamy burst of flavor.

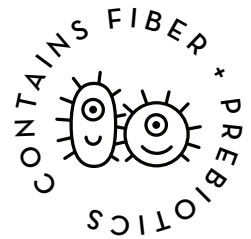
PREP TIME: 10 MINS | MAKES: 1 SERVING

INGREDIENTS

- 2 slices of sourdough bread
- 2 slices of turkey or tempeh bacon (cooked), cut in half
- 2 slices lettuce
- 2 slices tomato
- 1 tbsp mayo
- 1/2 avocado, sliced
- 1/4 sprouts

DIRECTIONS

Cook bacon until crisp. Toast the bread and spread vegan mayo on both slices. Top each slice with lettuce, bacon tomato, avocado, and sprouts.



POWER SMOOTHIE BOWL (VEGAN)

A smoothie bowl in the afternoon can be a refreshing pick-me-up—plus it's an easy way to load up on foods that are good for your gut. Coconut milk kefir (which you can find at any grocery store) is high in probiotics. A healthy dose of this creamy treat will help balance your gut microbiome and improve digestion. Mix it with frozen white beans for a dose of fiber, berries for anti-inflammatory antioxidants, and HUM's **CORE STRENGTH™** protein powder to keep you satisfied (without the bloat).

PREP TIME: 5 MINS | MAKES: 1 SERVING

INGREDIENTS

1/2 cup coconut milk kefir

1/2 cup frozen white beans

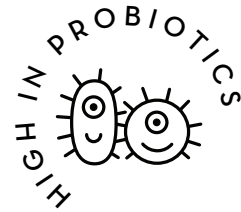
(rinse, pat dry, lay flat on a cookie sheet and freeze the night before)

1/2 cup frozen mixed berries

2 tbsp ground flaxseed

2 scoop vanilla HUM Nutrition **CORE STRENGTH™** protein powder

Optional toppings: coconut flakes, cacao nibs, fresh fruit



DIRECTIONS

Combine all ingredients in a blender and blend until you get a creamy, thick consistency. Pour smoothie into a bowl and garnish with your toppings of choice.

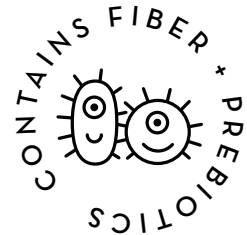
SOURDOUGH AVOCADO TOAST

Looking for a lighter lunch option? Try this sourdough avocado toast. The sourdough bread contains prebiotics to help prime your stomach for digestion while the avocado and sprouts are high in fiber to help keep things moving.

PREP TIME: 10 MINS | MAKES: 1 SERVING

INGREDIENTS

2 eggs
1 slice sourdough bread
1 lemon
1/2 avocado, mashed
1/4 cup sprouts
A sprinkle of everything but the bagel seasoning



DIRECTIONS

Cook eggs to taste (scrambled, fried, soft boiled, or hard hardboiled can all work!). Toast the bread and spread avocado evenly on both slices. Squeeze lemon juice and top your toast with eggs (or eat on them on the side). Sprinkle seasoning.

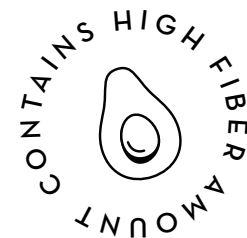
THREE BEAN SALAD (VEGAN)

This three bean salad will help you fill up on fiber fast. The dressing is made with red wine vinegar (which is high in probiotics) and the salad contains cucumber (for a healthy dose of hydration to keep things moving).

PREP TIME: 1 HOUR | MAKES: 3 SERVING

SALAD INGREDIENTS

- 1 can of garbanzo beans, rinsed and drained
- 1 can of kidney beans, rinsed and drained
- 1 can of black beans, rinsed and drained
- 1 medium cucumber, finely chopped
- 1/2 red onion, finely chopped
- 1/2 cup fresh parsley, finely chopped
- 3/4 tsp dried oregano (optional)



DRESSING INGREDIENTS

- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- 1 tbsp Dijon mustard
- Pinch of salt
- Pinch of pepper

DIRECTIONS

In a large bowl, whisk together salad and dressing ingredients. If the vinegar flavor is too overpowering, consider adding a teaspoon or two of maple syrup. Allow it to marinate in the fridge for an hour. Set aside extra portions for future lunches.

TIP

If you're prone to bloating when eating beans, soak beans overnight in water, then drain, and rinse thoroughly. This will decrease the oligosaccharide content responsible for bloat.

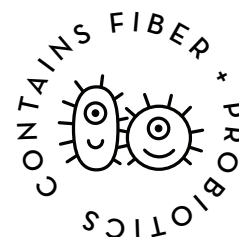
SPICY SALMON RICE BOWL

This deconstructed sushi roll is quick and simple—and loaded with belly benefits. It contains fiber and probiotics to help encourage optimal gut health. Plus, the white rice is easy to digest (so you won't deal with midday bloat).

PREP TIME: 15 MIN | MAKES: 1 SERVING

INGREDIENTS

3 to 4 oz. cooked salmon, chilled
1 1/2 cups white rice
1 tbsp water
1 tbsp soy sauce
2 tsp Kewpie mayonnaise
2 tsp Sriracha
1/2 avocado, sliced
1/4 cup kimchi
Scallions, thinly sliced for garnish
Toasted sesame seeds, for garnish
Seaweed snacks, for serving



DIRECTIONS

In a microwave safe bowl, add the salmon. Using a fork, flake it until it resembles canned fish. Top the salmon with rice, and sprinkle rice with about 1 tablespoon of water. Cover bowl with parchment or plastic wrap, and microwave until the rice is fluffy and everything is warmed through, about 2 minutes. Remove bowl from the microwave, and discard the parchment/plastic wrap. Add soy sauce, mayonnaise and sriracha. Toss until fully combined. Top bowl with avocado, kimchi, scallions, and sesame seeds. Serve with seaweed snacks.

TIP

To make vegan, use crumbled tofu instead of flaked salmon and vegan mayo instead of Kewpie mayo.



DINNER



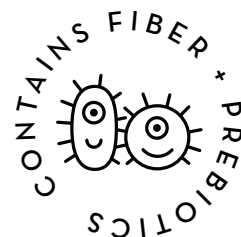
BLACK BEAN BURGER (VEGAN)

These patties are loaded with fiber and prebiotics to help detox your system and keep your gut healthy. Plus, the bun packs an extra punch of fiber. Top it off with lettuce, tomato, and vegan mayo for a delicious and nutritious meal.

PREP TIME: 20 MIN | MAKES: 2 SERVING

BLACK BEAN PATTIES INGREDIENTS

1/2 cup walnuts
 1/2 cup all-purpose flour
 1 white onion, chopped
 1/2 tsp garlic, crushed
 1/2 tbsp olive oil
 1/2 15 oz can black beans, rinsed, drained, and pat dry
 1/4 tsp smoked paprika
 1/4 tsp cumin
 1/4 tsp onion powder
 1/4 tsp garlic powder
 1 tbsp tomato paste
 1/4 tsp salt
 1/4 tsp black pepper



BURGER TOPPINGS

2 whole wheat buns
 4 slices lettuce
 4 slices tomato
 1 tbsp vegan mayo

DIRECTIONS

Blend walnuts in a high-powered blender or food processor until you achieve a crumbly consistency. Move walnut crumble to a mixing bowl and set aside. In a frying pan with olive oil, saute chopped onion, and crushed garlic until the onions are softened. Add the cooked onions and garlic to a high-powered blender or food processor. Incorporate the black beans, seasonings, and tomato paste. Blend until smooth. Transfer to the mixing bowl with the walnut crumble and mix in flour. Gently blend all ingredients together using a whisk. On a floured or non-stick baking sheet, divide the bean batter in half and roll into two balls. Tip: If the batter is difficult to mold, add flour to the sides for easy shaping. Once in a ball, flatten them to create a patty shape. Place in the freezer for 30 mins.

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OPTION 1 | STOVE TOP

In a frying pan, cook patties for 5 minutes on one side and then flip. Continue to fry until thoroughly cooked.

OPTION 2 | AIR FRYER

Heat airfryer to 375 F and grease using non-stick spray. Place both patties and cook until lightly browned and flip. Usually takes about 3-4 minutes between flips.

Serve on hamburger buns with sliced tomato, lettuce, and vegan mayo.

CHICKPEA GREEK SALAD (VEGAN)

We know salad doesn't sound particularly filling—but this one is. The base is chickpeas, which are loaded with fiber and prebiotics to help support your gut health and satiate your hunger. We've also included probiotic-rich foods (feta cheese, red wine vinegar, and garlic) to help give your microbiome a much-needed boost.

PREP TIME: 15 MIN | MAKES: 2 SERVING

SALAD INGREDIENTS

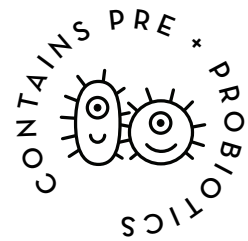
1 can (15 oz) chickpeas, drained, rinsed, and pat dry
 1/2 red bell pepper, chopped
 1/2 cup cherry tomatoes, chopped
 1/2 cup cucumbers, chopped
 1/4 cup feta cheese, crumbled
 1/4 cup basil
 1 tbsp red onion, chopped
 1 tbsp kalamata olives
 Pinch of salt
 Pinch of pepper

DRESSING INGREDIENTS

1 tbsp red wine vinegar
 1 tbsp lemon juice
 1 tbsp olive oil
 1 garlic clove, minced
 1 tsp dijon mustard
 1/2 tsp oregano, dried
 Pinch of salt
 Pinch of pepper

DIRECTIONS

To make the dressing, blend all ingredients (minus the olive oil) in a blender on low. Slowly add olive oil until dressing is smooth. To make the salad, combine all the ingredients into a large bowl and toss. Add dressing and toss again.



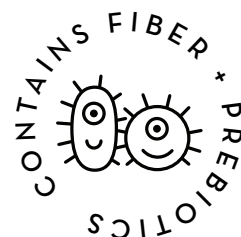
GREEN LENTIL TACOS (VEGAN)

Whether it's Taco Tuesday or you're just craving some delicious food, these green lentil tacos are the perfect choice. They're full of fiber and prebiotics to help support a balanced, healthy gut microbiome.

PREP TIME: 15 MIN | MAKES: 2 SERVING / 8 TACOS TOTAL

LENTIL MEAT INGREDIENTS

1/2 white onion, diced
 1 can (15 oz) brown lentils, rinsed, drained, pat dry
 1 1/4 cup cauliflower rice - fresh or frozen
 2 tsp olive oil
 1 tsp cumin
 1 tsp salt
 1/2 tsp garlic powder
 1/2 tsp paprika
 1/2 tsp oregano
 1/4 tsp chili powder
 1/4 cup vegetable broth
 3 tbsp vegan Worcestershire sauce
 1/2 cup tomato paste
 1 pack of small cauliflower tortillas (will need 8 tortillas total)



TACO TOPPINGS:

Green salsa of choice
 Cilantro
 Onion, diced
 Lime juice to taste

DIRECTIONS

In a hot pan with olive oil, saute onion for 1 minute. Stir in lentils and cauliflower rice and stir for another minute. Then, add spices, tomato paste, broth, and Worcestershire sauce. Reduce heat and simmer for about 5-6 minutes or until the lentil meat thickens. The longer you cook the lentils, the thicker and dryer the sauce will be. For a smoother sauce, stop the heat after 3-4 minutes. Place lentil meat onto cooked tortillas and top with salsa, cilantro, onion, and lime juice.

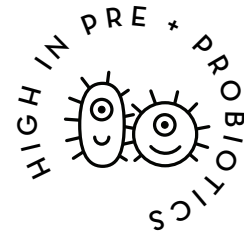
CHICKEN & SAUERKRAUT SALAD

Craving chicken salad? Try this delicious recipe, which is filled with prebiotics and probiotics to give your gut microbiome a serious boost. If you want to beef it up, add a gut-friendly grain such as buckwheat (which is full of fiber) or white rice (which is easy to digest).

PREP TIME: 15 MIN | MAKES: 2 SERVING

SALAD INGREDIENTS

2 chicken breasts, cooked and chopped
1 1/2 cups sauerkraut
1/3 medium white onion, diced
1 stalk of celery, diced
1/3 red bell pepper, diced
1/2 carrot diced
1/2 can (4 oz) of pimento peppers, drained



DRESSING INGREDIENTS

1 tbsp sugar
1/2 tbsp olive oil
1/2 tbsp apple cider vinegar
1/2 tsp dijon mustard
Pinch of salt

DIRECTIONS

In a large bowl, toss together all of the ingredients. Then, add dressing and toss again. Best if refrigerated at least 30 minutes before serving.

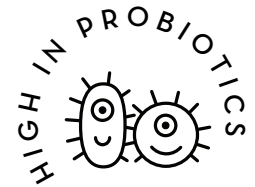
KIMCHI FRITTERS

These kimchi fritters are packed with probiotics. Add them into your weekly rotation to help support a more balanced gut and encourage better digestion.

PREP TIME: 20 MIN | MAKES: 2 (1 SERVING = 4 FRITTERS)

INGREDIENTS

- 2 scallions, thinly sliced into squares
- 4 tbsp olive oil
- 1 large egg
- 1 tablespoon kimchi liquid (from kimchi jar)
- 1/4 cup liquid aminos
- 1 cup all-purpose flour
- 1 1/2 kimchi (store-bought or homemade)
- 3 tbsp distilled white vinegar



KIMCHI FRITTERS DIRECTIONS

In a bowl, whisk one egg and combine with kimchi liquid, 1 tbsp liquid aminos, and water. Once liquids are fully combined, whisk in flour and then scallions. Chop kimchi and whisk into the batter. Heat a pan over medium heat and add olive oil. Using a measuring cup, add the fritter batter, one or two, at a time. For even cooking, make sure that each fritter is about 4 inches in diameter. Cook fritters until golden brown, flipping about halfway through. Each side should take about 2 to 3 minutes. Allow to cool before eating.

DIPPING SAUCE DIRECTIONS

Combine remaining liquid aminos with vinegar.

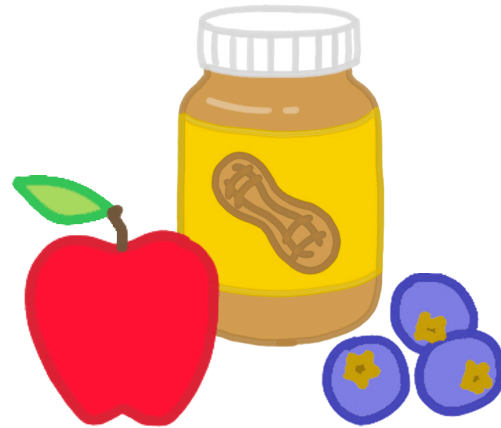
SNACKS

YOGURT & BERRIES

HUMMUS BOARD (veggies, dates, hummus)

EDAMAME & RED WINE VINEGAR

APPLES & NUT BUTTER



DRINKS

WATER

KOMBUCHA low-sugar (<5g serving)
4 oz servings, 1 to 3x day

BEER OR WINE

Because beer is fermented, it can help boost gut diversity when consumed in moderation. Wine contains beneficial compounds like polyphenols that can help reduce oxidative stress in the gut 2 drinks (or less) daily for men and 1 (or less) for women.

TIPS FOR EATING OUT



ORDER A SIDE OF FRUIT OR SALAD WITH YOUR MEAL

Remember, one of the best ways to support your gut is by eating a variety of fruits and vegetables as these will help deliver prebiotics that can help good gut bacteria thrive.



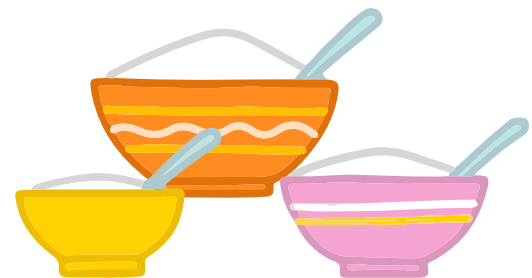
CHOOSE WHOLE GRAINS WHENEVER POSSIBLE

Opt for whole grain options for things like toast, sandwich bread, burger buns, or pasta as these will provide more fiber and keep your gut transit moving along.



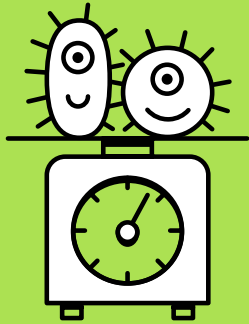
PACK YOUR HUM FLATTER ME™ DIGESTIVE ENZYMES

Even the healthiest of restaurant foods can be hard to digest. Digestive enzymes, like those found in HUM's FLATTER ME™, can help ease bloating and optimize the digestive process.



BE MINDFUL OF PORTION SIZES

Some restaurants provide generous portions, and while it's great to get the most food for your buck, eating larger portions can be stressful on your digestive system and cause blood sugar spikes. Instead, try sticking to your usual portion sizes and enjoy the remaining food as leftovers.



DAILY GUT HEALTH JOURNAL

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



8OZ

CHALLENGE OF THE DAY

Chew foods 32x before swallowing

MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



8OZ

CHALLENGE OF THE DAY

Try a guided meditation

MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



8OZ

CHALLENGE OF THE DAY

Take a 30 minute walk

MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



8OZ

CHALLENGE OF THE DAY

Keep your phone away while eating

MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



CHALLENGE OF THE DAY

Create three positive affirmations

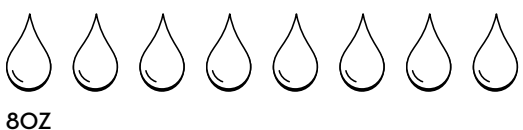
MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



CHALLENGE OF THE DAY

Add a fermented food to each meal one day

MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



80Z

CHALLENGE OF THE DAY

Breathe in for 4, hold for 7, breathe out for 8 before starting each meal

MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



80Z

CHALLENGE OF THE DAY

Go on 10-minute walks after you eat

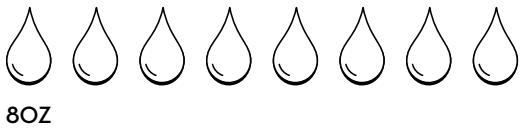
MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



CHALLENGE OF THE DAY

Create a no-technology bedtime

MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



CHALLENGE OF THE DAY

Take an Epsom salt bath before bed

MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



8OZ

CHALLENGE OF THE DAY

Take a midday break and get outside

MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



8OZ

CHALLENGE OF THE DAY

Try yoga poses for digestion (cat-cow, downward dog, and supine twist)

MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



8OZ

CHALLENGE OF THE DAY

Journal about which foods made your gut feel good this week

MEAL NOTES:

DATE:

GUT HEALTH CHECKLIST

- Daily probiotic
- One stress-relieving activity
- 30-minutes of low-impact movement
- 7-8 hours of sleep
- Sit up straight while eating
- Eat every 3-4 hours
- Drink at least eight cups of water

WATER TRACKER:



8OZ

CHALLENGE OF THE DAY

Choose one gut-healthy practice to start adopting each day

MEAL NOTES:

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