

Vagus reset diet

✦ Gentle foods to help you unwind, reset,
and feel more balanced — from your
gut to your mood



Prepared for: VIP clients

Prepared by: Helping Hospital

**Calm, mind body focus on
nourishment, digestion, and gentle
balance**

Clinically informed. Heartfully Chosen.

Goal:

To help support you move, rest, and care for your body
with more connection.



Day 1: Set your intention. Mind-body connection.

Why it matters:

Guiding Principles

- **Slow down while you eat.** This helps activate the vagus nerve and improve digestion.
- **Warm, easy to digest meals** keep your body calm.
- **Add calming elements:** lemon water, herbal tea, deep breathing before meals.
- **Avoid harsh stimulants** like excessive caffeine, fried foods, or heavy sugar



Calm start:

Breakfast: Warm Oats with Blueberries & Cinnamon

→ Warm, grounding, supports steady energy.

Lunch: Quinoa Bowl with Sweet Potato & Avocado

→ Combines slow carbs + healthy fats to calm your system.

Dinner: Lemon Salmon with Steamed Broccoli

→ Omega-3s support nervous system balance.

Snack: Herbal tea + handful of walnuts

RECIPES for Day one:

Breakfast: Warm Oats with Blueberries & Cinnamon

Ingredients:

- ½ cup rolled oats
- 1 cup unsweetened almond milk
- ½ cup fresh or frozen blueberries
- ½ tsp cinnamon
- 1 tsp honey or maple syrup

Instructions:

1. In a small saucepan, heat almond milk over medium heat until warm.
2. Add oats and cook for 5 minutes, stirring often until creamy.
3. Stir in cinnamon and drizzle honey on top.
4. Add blueberries and gently mix, let sit for 1 minute to warm the berries.

Why it helps: Warm, grounding oats stabilize blood sugar and soothe the nervous system.

Macros:

Calories: 320 | Protein: 8g | Carbs: 55g | Fat: 8g | Fiber 6 g

Lunch: Quinoa Bowl with Sweet Potato & Avocado

Ingredients:

- ½ cup cooked quinoa
- ½ cup roasted sweet potato cubes
- ¼ avocado, sliced
- 1 tbsp olive oil
- Juice from ½ lemon
- Salt, pepper, and herbs to taste

Instructions:

1. Roast sweet potatoes: toss cubes with olive oil and bake at 400°F for 25 minutes.
2. Combine quinoa and roasted sweet potatoes in a bowl.
3. Drizzle with olive oil and lemon juice.
4. Top with avocado and sprinkle herbs or a pinch of salt.

Why it helps: This mix of healthy fats, slow carbs, and minerals supports steady energy and a calm mood.

Macros:

Calories: 430 | Protein: 9g | Carbs: 44g | Fat: 24g | Fiber 8 g

Dinner: Lemon Salmon with Steamed Broccoli

Ingredients:

- 1 salmon fillet
- 1 tsp olive oil
- 1 lemon slice
- 1 cup broccoli florets
- Fresh herbs (dill or parsley)

Instructions:

1. Preheat oven to 400°F. Line a tray with parchment paper.
2. Place salmon on the tray, drizzle olive oil, top with lemon slice and herbs.
3. Bake 12–15 minutes until flaky.
4. Steam broccoli for 5 minutes until bright green.
5. Serve together, squeeze extra lemon juice over the top.

Why it helps: Omega-3 fats in salmon nourish the brain and help reduce tension.

Macros:

Calories: 420 | Protein: 36g | Carbs: 6g | Fat: 28g | Fiber 3 g

Snack: Herbal Tea + Walnuts

- Brew chamomile, lemon balm, or mint tea.
- Enjoy with a small handful (about ¼ cup) of raw walnuts.

Why it helps: Tea rituals calm your vagus nerve; walnuts support brain and nerve health.

Macros:

Calories: 180 | Protein: 4g | Carbs: 5g | Fat: 17g | Fiber 2 g



Day 2: Digestion Reset

Calm Start:

Breakfast: Green Smoothie

→ Hydrating and soothing for digestion.

Lunch: Lentil Soup

→ Warm and rich in minerals, easy on the gut.

Dinner: Chicken & Veggie Stir-Fry

→ Garlic and olive oil gently support the gut-brain axis.

Snack: Apple with almond butter



RECIPES for Day two:

Breakfast: Green Smoothie

Ingredients:

- 1 banana
- 1 handful spinach
- ½ cup frozen mango
- 1 cup coconut water
- 1 tbsp ground flaxseed

Instructions:

1. Add all ingredients to a blender.
2. Blend until creamy and smooth.
3. Pour into a glass and sip slowly – aim for mindful breathing while you drink.

Macros:

Calories: 260 | Protein: 4g | Carbs: 50g | Fat: 6g | Fiber 6 g

Why it helps: Hydration and gentle fiber wake up digestion and calm the gut-brain axis.

Lunch: Lentil Soup

Ingredients:

- ½ cup dry lentils (green or brown)
- 2 cups vegetable broth
- ½ cup diced carrots
- ½ cup diced celery
- ½ onion, chopped
- 1 tsp olive oil
- Pinch of thyme or parsley, salt and pepper to taste if desired

Instructions:

1. Heat olive oil in a pot, add onion, celery, and carrots; sauté for 5 minutes.
2. Add lentils and broth. Bring to a boil, then reduce heat to low.
3. Simmer for 25–30 minutes until lentils are tender.
4. Add herbs and a drizzle of olive oil before serving.

Macros:

Calories: 350 | Protein: 21g | Carbs: 48g | Fat: 8g | Fiber 15 g

Why it helps: Warm and mineral rich, supports the parasympathetic (rest and digest) state.

Dinner: Chicken & Veggie StirFry

Ingredients:

- 1 small chicken breast (sliced)
- 1 cup mixed vegetables (broccoli, bell peppers, snap peas)
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tbsp low-sodium soy sauce or coconut aminos

Instructions:

1. Heat olive oil in a pan. Add chicken and cook 5–7 minutes until golden. Season with salt and pepper if desired.
2. Add garlic and veggies, stir-fry another 5 minutes.
3. Add soy sauce and toss gently.
4. Serve warm with brown rice or on its own.

Macros:

Calories: 460 | Protein: 36g | Carbs: 28g | Fat: 22g | Fiber 4 g

Why it helps: Light, balanced, and easy to digest, ideal for evening meals.

Snack: Apple with Almond Butter

- Slice 1 apple and spread 1 tbsp almond butter on top.
- Optional sprinkle of cinnamon.

Macros:

Calories: 190 | Protein: 3g | Carbs: 26g | Fat: 9g | Fiber 4 g

Why it helps: Natural sweetness plus healthy fat keeps your energy even and your mind calm.

Every small win counts. You're already doing more than you think.



Day 3: Gut-Brain Connection

Calm Start:

Breakfast: Chia Pudding with Coconut Milk & Raspberries
→ Prebiotic fiber helps your microbiome thrive.

Lunch: Brown Rice + Chickpeas + Lemon Tahini Dressing
→ Comforting and full of plant-based protein.

Dinner: Shrimp & Zucchini Noodles
→ Light, easy protein with gut friendly herbs and lemon

Snack: Cucumber slices with hummus



RECIPES for Day three:

Breakfast: Chia Pudding with Coconut Milk & Raspberries

Ingredients:

- 2 tbsp chia seeds
- 1 cup unsweetened coconut milk
- ½ tsp vanilla
- ½ cup raspberries
- 1 tsp honey

Instructions:

1. Mix chia, coconut milk, and vanilla in a jar.
2. Stir well, let sit 10 minutes, stir again, and refrigerate overnight.
3. Top with raspberries and honey before serving.

Macros: 260 kcal | Protein: 6g | Carbs: 25g | Fat: 16g

Why it helps: Healthy fats and gentle fiber wake up digestion and calm the gut brain axis.

Lunch: Brown Rice & Chickpea Bowl with Lemon Tahini

Ingredients:

- ½ cup cooked brown rice
- ½ cup canned chickpeas (rinsed)
- ½ cup chopped cucumber & tomato
- 1 tbsp tahini
- Juice from ½ lemon
- 1 tsp olive oil

Instructions:

1. Whisk tahini, lemon juice, and olive oil for the dressing.
2. Combine rice, chickpeas, and veggies in a bowl.
3. Drizzle dressing on top and stir gently.

Macros: 420 kcal | Protein: 13g | Carbs: 55g | Fat: 15g

Why it helps: Flavor and mineral rich ,supports the parasympathetic (rest and digest) state.

Dinner: Shrimp with Zucchini Noodles

Ingredients:

- 6 shrimp
- 1 small zucchini (spiralized)
- 1 tsp olive oil
- 1 garlic clove, minced
- Juice from ½ lemon

Instructions:

1. Heat olive oil in a pan, add garlic and shrimp; cook 2–3 minutes per side.
2. Add zucchini noodles and lemon juice, toss lightly for 2 minutes.

Macros: 250 kcal | Protein: 22g | Carbs: 8g | Fat: 14g

Why it helps: Light, balanced, and easy to digest, ideal for evening routines.

Snack: Cucumber Slices with Hummus

- Slice 1 cucumber and spread 1 tbsp Hummus on top.
- Optional sprinkle of dill or lemon squeeze

Macros: 120 kcal | Protein: 4g | Carbs: 10g | Fat: 7g

Why it helps: Natural crisp plus healthy fat keeps your energy even and your mind calm.



Day 4: Ground & Restore

Calm Start:

Breakfast: Avocado Toast with Turmeric

→ Turmeric and black pepper calm inflammation naturally.

Lunch: Quinoa Salad with Veggies & Olive Oil

→ Balanced macros and polyphenols for brain calm..

Dinner: Baked Chicken with Spinach & Garlic

→ Warm greens support vagal tone and digestion

Snack: Orange slices or herbal tea



RECIPES for Day four:

Breakfast: Avocado Toast with Turmeric

Ingredients:

- 1 slice whole-grain bread
- ½ avocado
- Dash turmeric + black pepper

Instructions:

1. Toast bread, mash avocado, mix in turmeric and pepper.
2. Spread on toast and serve warm.

Macros: 280 kcal | Protein: 6g | Carbs: 28g | Fat: 18g

Why it helps: Healthy fats and whole grain wake up digestion and calm the gut brain axis.

Lunch: Quinoa Veggie Salad

Ingredients:

- ½ cup cooked quinoa
- ½ cup chopped veggies (bell pepper, cucumber, spinach)
- 1 tbsp olive oil

- Juice of ½ lemon
- Pinch oregano

Instructions:

1. Mix all ingredients in a bowl.
2. Chill for 10 minutes before serving.

Macros: 350 kcal | Protein: 9g | Carbs: 40g | Fat: 15g

Why it helps: Protein and mineral rich, supports the parasympathetic (rest and digest) state.

Dinner: Baked Chicken with Spinach & Garlic**Ingredients:**

- 1 chicken breast
- 1 tsp olive oil
- 1 cup spinach
- 1 garlic clove, minced

Instructions:

1. Bake chicken at 375°F for 20 minutes.
2. In a skillet, sauté garlic in olive oil and wilt spinach.
3. Serve together with a squeeze of lemon.

Macros: 310 kcal | Protein: 32g | Carbs: 4g | Fat: 18g

Why it helps: Light, balanced, and easy to digest, deal for evening routines.

Snack: Orange Slices + Herbal Tea

- Slice 1 orange and enjoy
- Cup of Hot Herbal tea

Macros: 80 kcal | Protein: 1g | Carbs: 20g | Fat: 0g

Why it helps: Natural crisp plus caffeine free tea keeps your energy even and your mind calm.



Day 5: Gentle Energy

Calm Start:

Breakfast: Warm Apple Cinnamon Oats

→ Feels like a hug in a bowl, steady blood sugar = calm mind.

Lunch: Tuna Salad Wrap with Olive Oil & Celery

→ Crunchy, hydrating, and rich in omega-3s.

Dinner: Veggie Rice Bowl with Roasted Veggies

→ Full of fiber for digestive rhythm.

Snack: Carrot sticks with hummus



RECIPES for Day five:

Breakfast: Warm Apple Cinnamon Oats

Ingredients:

- ½ cup rolled oats
- 1 cup almond milk
- 1 small apple, chopped
- 1 tsp cinnamon

Instructions:

1. Simmer oats and apples in almond milk for 5 minutes.
2. Add cinnamon and stir until creamy.

Macros: 260 kcal | Protein: 6g | Carbs: 40g | Fat: 8g

Why it helps: Whole grain wake up digestion and calm the gut-brain axis.

Lunch: Tuna Salad Wrap

Ingredients:

- 1 can tuna in water
- 1 tbsp olive oil
- ¼ cup diced celery, pinch of salt

- 1 whole-grain tortilla

Instructions:

1. Mix tuna, olive oil, salt and celery.
2. Spoon into tortilla, roll, and enjoy.

Macros: 320 kcal | Protein: 28g | Carbs: 25g | Fat: 12g

Why it helps: Protein and mineral rich, supports the parasympathetic (rest and digest) state.

Dinner: Roasted Veggie Rice Bowl

Ingredients:

- ½ cup cooked brown rice
- 1 cup roasted veggies (carrots, peppers, zucchini)
- 1 tbsp olive oil
- 1 tsp balsamic vinegar

Instructions:

1. Roast veggies at 400°F for 20 minutes.
2. Combine rice, veggies, and dressing in a bowl.

Macros: 360 kcal | Protein: 8g | Carbs: 45g | Fat: 14g

Why it helps: Light, balanced, and easy to digest, ideal for evening routines.

Snack: Carrot Sticks + Hummus

- Slice carrots into sticks and dip into hummus.

Macros: 120 kcal | Protein: 4g | Carbs: 12g | Fat: 7g

Why it helps: Natural crisp plus healthy fat keeps your energy even and your mind calm.



Day 6: Hydration & Calm

Breakfast: Smoothie Bowl

- Banana, blueberries, almond milk, chia seeds
→ Cooling and hydrating.

Lunch: Grilled Veggie Sandwich with Pesto

→ Mediterranean style, promotes relaxation.

Dinner: Cod with Roasted Carrots & Lemon

→ Light and calming before rest.

Snack: Green tea + almonds



RECIPES for Day six:

Breakfast: Smoothie Bowl

Ingredients:

- 1 banana
- ½ cup frozen blueberries
- ½ cup almond milk
- 1 tbsp chia seeds

Instructions:

1. Blend banana, blueberries, and almond milk until smooth.
2. Pour into a bowl and top with chia seeds.

Macros: 250 kcal | Protein: 5g | Carbs: 40g | Fat: 7g

Why it helps: Healthy carbs and fats wake up digestion and calm the gut brain axis.

Lunch: Grilled Veggie Sandwich

Ingredients:

- 2 slices whole-grain bread
- ¼ zucchini, ¼ red pepper, 1 tomato
- 1 tbsp pesto

Instructions:

1. Grill or sauté veggies until soft.
2. Assemble sandwich with pesto and veggies.

Macros: 340 kcal | Protein: 9g | Carbs: 35g | Fat: 16g

Why it helps: Protein and mineral rich, supports the parasympathetic (rest and digest) state.

Dinner: Baked Cod with Roasted Carrots**Ingredients:**

- 1 cod fillet
- 1 tsp olive oil
- 1 cup carrots
- Lemon slice

Instructions:

1. Bake cod at 400°F for 12–15 minutes.
2. Roast carrots 20 minutes until tender.
3. Serve with lemon.

Macros: 280 kcal | Protein: 32g | Carbs: 10g | Fat: 11g

Why it helps: Light, balanced, and easy to digest, ideal for evening routines.

Snack: Green Tea + Almonds

- Handful of Almonds
- Cup of Hot Herbal tea

Macros: 160 kcal | Protein: 6g | Carbs: 5g | Fat: 14g

Why it helps: Natural crunch plus caffeine free tea keeps your energy even and your mind calm.



Day 7: Full Reset

Calm Start:

Breakfast: Chia Seed Bowl with Coconut Milk & Honey
→ Restores electrolytes and supports gut bacteria.

Lunch: Lentil Soup or Quinoa Bowl
→ Gentle on digestion, nourishing and warm.

Dinner: Turkey Meatballs with Veggie Noodles & Tomato Sauce
→ Balanced protein, light and soothing before winding down.

Snack: Herbal tea with a few walnuts



RECIPES for Day seven:

Breakfast: Chia Bowl with Coconut Milk & Honey

Ingredients:

- 2 tbsp chia seeds
- 1 cup coconut milk
- ½ tsp vanilla
- ½ tsp honey
- ½ cup blueberries

Instructions:

1. Mix all ingredients in a jar.
2. Chill overnight and stir before serving.

Macros: 270 kcal | Protein: 6g | Carbs: 27g | Fat: 15g

Why it helps: Healthy fats and whole grain wake up digestion and calm the gut brain axis.

Lunch: Warm Quinoa Lentil Bowl

Ingredients:

- ½ cup quinoa

- ½ cup cooked lentils
- ½ cup chopped spinach
- 1 tsp olive oil
- Lemon juice

Instructions:

1. Warm lentils and quinoa in a pan with olive oil.
2. Add spinach and lemon juice.
3. Serve warm.

Macros: 380 kcal | Protein: 16g | Carbs: 50g | Fat: 10g

Why it helps: Protein and mineral rich, supports the parasympathetic (rest and digest) state.

Dinner: Turkey Meatballs with Veggie Noodles

Ingredients:

- 3 turkey meatballs
- 1 cup zucchini noodles
- ½ cup tomato sauce

Instructions:

1. Bake meatballs 15 minutes at 375°F.
2. Heat tomato sauce and toss with zucchini noodles.
3. Combine and serve.

Macros: 300 kcal | Protein: 26g | Carbs: 12g | Fat: 16g

Why it helps: Light, balanced, and easy to digest, ideal for evening routines.

Snack: Herbal Tea + Walnuts

- Handful of Walnuts
- Cup of Hot Herbal tea

Macros: 80 kcal | Protein: 1g | Carbs: 20g | Fat: 0g

Why it helps: Natural crispy walnuts plus caffeine free tea keeps your energy even and your mind calm.



Grocery list:

Grains & Seeds

- Rolled oats – 1½ cups (for oats and apple cinnamon bowls)
- Quinoa – 1½ cups dry (used in quinoa bowls and salads)
- Brown rice – 1 cup dry (for chickpea and veggie bowls)
- Chia seeds – ½ cup (for chia puddings and smoothie bowls)
- Ground flaxseed – ¼ cup (for smoothies, digestion support)
- Whole grain or sprouted bread: 4–6 slices (for avocado toast)
- Wraps or whole grain tortillas: 2 (for tuna wraps)

Fresh Produce

Fruits

- Bananas – 4–5 (smoothies + snacks)
- Blueberries – 1½ cups fresh or frozen
- Mango (frozen or fresh) – 1 cup
- Apples – 3 (snacks + warm oats)
- Raspberries – 1 cup (chia pudding)
- Lemon – 4 (for sauces and flavor)
- Oranges – 2 (for snacks)
- Cucumber – 2 (snacks with hummus)
- Carrots – 6–8 (soups, snacks, and roasting)
- Avocados – 3 (bowls, toast, wraps)

Vegetables

- Sweet potatoes – 2 medium (roasted bowls)
- Spinach – 2–3 large handfuls or 1 bag (smoothies, dinners)
- Broccoli – 2 heads (steamed, stir-fry)
- Bell peppers – 2 (stir-fry, sandwiches)
- Zucchini – 2 (noodles and stir-fry)
- Celery – 3 stalks (soups, wraps)
- Onions – 2 medium (soups, sauces)

- Garlic – 2 bulbs (stir-fry, sauces, baked chicken)
- Mixed salad greens – 1 large box or bag (for lunches)
- Tomatoes (fresh or canned diced) – 2 cups or 1 can (sauce for meatballs)
- Carrots (for roasting) – 3 medium
- Herbs: fresh parsley, dill, basil – small bunch each
- Turmeric (fresh root or powder) – small jar or piece
- Black pepper – for turmeric activation

Pantry & Dry Goods

- Lentils (green or brown) – 1½ cups dry
- Chickpeas (canned or dry) – 1 can or 1 cup cooked
- Vegetable broth – 4 cups
- Olive oil (extra virgin) – 1 bottle (for cooking + dressings)
- Coconut aminos or low-sodium soy sauce – small bottle
- Tahini – small jar (for lemon dressing)
- Honey or maple syrup – 1 small jar
- Herbal teas – chamomile, lemon balm, mint, or green tea
- Sea salt & pepper – to taste
- Cinnamon – 1 jar
- Thyme, oregano, or Italian seasoning – 1 small jar

Protein

- Salmon fillets – 2 (for lemon salmon dinner)
- Chicken breasts – 2–3 small (for stir-fry, baked chicken)
- Tuna (canned in water) – 1 can (for wraps)
- Cod fillet or white fish – 1 (for roasted dinner)
- Turkey (ground) – ½ lb (for meatballs)
- Shrimp – 1 small bag (for zucchini noodles dinner)
- Walnuts – 1 cup raw
- Almonds – ½ cup raw

- Almond butter – 1 small jar

Dairy Alternatives & Liquids

- Unsweetened almond milk – ½ gallon (for oats + smoothies)
- Coconut milk (can or carton) – 2 cups (chia pudding + smoothie bowls)
- Coconut water – 2 cups (smoothies)

Condiments & Extras

- Lemon juice – fresh or bottled (optional extra)
- Pesto – small jar (for grilled sandwich)
- Tomato sauce (no added sugar) – 1 cup (for turkey meatballs)
- Hummus – small container (for snacks)

Optional Additions for Calm + Flavor

- Chamomile, lemon balm, or mint tea (for evening calm)
- Seaweed snacks or miso (for gut health variety)
- Fresh ginger (for teas or soups)
- Dark chocolate (70%+, for magnesium support – in moderation)

NEXT STEPS:

Join the next roundtable discussion.

We discuss all the “buzz words:” Parasympathetic, vagus, what this means

If you need help

send me an Email:

Contact@helpinghospital.com



HELPING
HOSPITAL, LLC.

© [2025] Helping Hospital, LLC. For personal educational use only. Not medical advice. Do not copy, share, or reproduce without written permission. All rights reserved.