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The Better Belly RESET

7 DAYS
TO DE-BLOAT AND
RESTART YOUR DIGESTION

Better Belly Co



WELCOME

Hello.

If you downloaded this guide, I already know something about you.

- You are tired of the bloating.
- You are tired of watching what you eat and still feeling uncomfortable.
- You are tired of wondering why your body suddenly stopped cooperating.

I know because I am right there with you.

My name is Jacqueline, and I am the founder of Better Belly Co.

I am a 50+ year old menopausal woman living with IBS and lactose intolerance. Gut health is not a trend for me. It is my daily reality.



For a long time, I pushed through it. I figured the bloating was something I had to live with. I told myself it was normal. But it kept getting worse. My digestion became unpredictable. Certain foods I used to eat would leave me feeling heavy, swollen, and frustrated. I reached a point where I had to watch everything I put in my body, and even then, my gut did not always cooperate.

That was the moment I stopped ignoring it and started learning.

I started researching. I started paying attention to which foods helped and which made things worse. I learned that menopause changes your gut in ways nobody warns you about. Declining estrogen affects your gut motility, your gut bacteria, and even the lining of your intestines. The bloating and constipation are not in your head. There are real, biological reasons your digestion shifted.

This plan is everything I wish someone had handed me when I first started taking my gut health seriously. It is not a medical protocol. It is not a crash diet. It is 7 days of simple, whole-food meals designed to calm bloating, support your digestion, and give your gut a chance to reset.

Every recipe in this guide is something I eat myself. I made sure the ingredients are affordable, the meals are easy to prepare, and the portions are realistic for one or two people. Where I use a specific product I trust, I have included a recommendation. These are things I have personally tried and found helpful for my own gut.

You do not need to follow this plan perfectly. If you swap a meal, skip a day, or adjust a recipe, that is fine. The goal is not perfection. The goal is to start paying attention to how food makes you feel and to give your body the support it needs during this stage of life.

You deserve to eat without worrying about what is going to happen after.
I am glad you are here.

-Jacqueline

Founder, Better Belly Co.



TRIAL AND ERROR
IS OKAY.

GIVING UP IS
NOT.

Disclaimer: I am not a doctor. I'm a woman sharing what has worked for my gut during menopause. Please consult with your healthcare provider before starting new supplements.



How To Use This Guide

This is a 7-day meal plan with 3 meals per day. Each day has a specific gut health focus: reducing inflammation, introducing fermented foods, repairing your gut lining, and supporting digestion naturally. The days build on each other, so following them in order gives you the best results.

That said, this is your guide. Use it in the way that works for your life.

A few things to know before you start:

You do not need to be perfect. If you skip a meal, swap a recipe, or repeat a day you liked, that is fine. Progress matters more than perfection. The goal is to feed your gut better for 7 days, not to follow a rigid program.

Start with the shopping list. Before Day 1, review the master shopping list at the back of this guide and do one grocery run. Having everything on hand makes the week easier and removes the temptation to grab something quick that does not support your gut.

Cook what you can in advance. The flaxseed muffins on Day 5 freeze well and work as a grab-and-go breakfast any day. The lentil soup on Day 4 and the stew on Day 6 both make great leftovers. Batch cooking saves time and keeps you on track.



How To Use This Guide

Pay attention to how you feel. This matters more than anything else. Notice your bloating, your energy, your digestion after each meal. By Day 7, you will have a much clearer picture of which foods help you and which ones do not.

Dairy-free options are included. Every recipe that contains dairy has a dairy-free swap noted directly below the instructions. If you are lactose intolerant or avoiding dairy, you will not need to guess.

Eat the fermented foods cold or at room temperature. Kimchi, sauerkraut, and miso lose their beneficial bacteria when heated. The recipes will remind you, but this is the most important rule for getting the probiotic benefits.

Talk to your doctor.

This guide is not a substitute for medical advice. If you have a diagnosed digestive condition, are on medication, or have concerns about changing your diet, please check with your healthcare provider before starting.

You are ready. Day 1 starts on the next page.

Day 1:

The Reset Begins

Day 1 is intentionally gentle. Every meal is cooked, warm, and easy to digest. The goal is to calm inflammation and get your digestive system moving again without overwhelming it.





prep time:
3 minutes



cook time:
None



serving:
1



Morning Ritual: Warm Lemon Ginger Water

WHAT YOU'LL NEED:

- 1 cup warm water (not boiling)
- Juice of half a fresh lemon
- 1/2 inch fresh ginger, thinly sliced or grated
- Optional: 1 teaspoon raw honey

LET'S GET COOKING:

- 1 Heat water until warm but comfortable to drink.
- 2 Add lemon juice and ginger slices.
- 3 Let steep for 2 to 3 minutes.
- 4 Drink slowly on an empty stomach, 20 to 30 minutes before breakfast.

GUT HEALTH NOTE:

Warm lemon water stimulates bile production, which helps your body break down food more efficiently.

Ginger activates gastric motility, the muscle contractions that move food through your digestive tract.

Starting the day this way primes your system before food arrives.



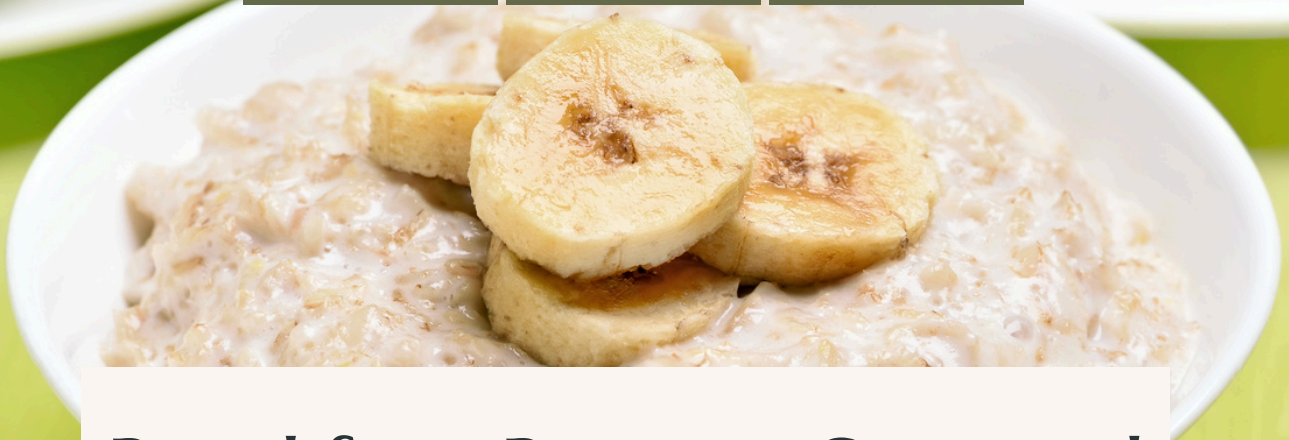
prep time:
5 minutes



cook time:
10 minutes



serving:
1



Breakfast: Banana Oatmeal with Ground Flaxseed

WHAT YOU'LL NEED:

- 1/2 cup rolled oats
- 1 cup water or unsweetened almond milk (dairy-free)
- 1 ripe banana, sliced
- 1 tablespoon ground flaxseed
- 1/4 teaspoon cinnamon
- Pinch of sea salt
- Optional: 1 teaspoon raw honey

LET'S GET COOKING:

- 1 Bring water or almond milk to a simmer in a small pot
- 2 Add oats and a pinch of salt. Stir.
- 3 Cook on medium-low for 5 to 7 minutes, stirring occasionally, until oats are soft and creamy.
- 4 Remove from heat. Top with sliced banana, ground flaxseed, and cinnamon.
- 5 Drizzle with honey, if desired.

DAIRY-FREE NOTE:

- Use almond milk, oat milk, or coconut milk in place of water for a creamier texture.

GUT HEALTH NOTE:

Cooked oats are much easier to digest than overnight (raw-soaked) oats.

Cooking breaks down the starches, reducing the gas and bloating that raw oats cause in sensitive stomachs.

Flaxseed adds soluble fiber that feeds beneficial gut bacteria and promotes regular bowel movements.



prep time:
10 minutes



cook time:
15 minutes



servings:
2

Lunch: Ginger Miso Soup with Soft Tofu and Zucchini

WHAT YOU'LL NEED:

- 4 cups low-sodium vegetable broth
- 2 tablespoons white miso paste
- 1 inch fresh ginger, grated
- 1/2 block soft tofu, cubed
- 1 medium zucchini, diced
- 2 scallions, thinly sliced
- 1 teaspoon sesame oil
- Optional: 1 teaspoon rice vinegar

LET'S GET COOKING:

- 1 Bring vegetable broth to a gentle simmer in a medium pot.
- 2 Add grated ginger and diced zucchini. Cook for 5 minutes until zucchini is tender.
- 3 Reduce heat to low. Scoop miso paste into a small bowl, add a few tablespoons of warm broth, and whisk until smooth. Pour back into the pot. Do not boil after adding miso (boiling kills the live cultures).
- 4 Add cubed tofu and cook 2 more minutes to warm through.
- 5 Drizzle with sesame oil and top with sliced scallions. Add rice vinegar if desired.

GUT HEALTH NOTE:

Miso is a fermented food packed with probiotics, but only if you keep it below boiling temperature.

The live cultures in miso support gut flora diversity.

Ginger in this soup doubles down on the morning digestive support, keeping gastric motility active through midday.



prep time:
10 minutes



cook time:
35 minutes



servings:
2

Dinner: One-Pan Lemon Herb Chicken Thighs with Roasted Sweet Potato and Steamed Broccoli

WHAT YOU'LL NEED:

- 4 bone-in, skin-on chicken thighs
- 1 large sweet potato, cubed
- 2 cups broccoli florets
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- Optional: 1 teaspoon rice vinegar
- 1 teaspoon dried rosemary
- Salt and pepper to taste

LET'S GET COOKING:

- 1 Preheat oven to 400 degrees F.
- 2 Toss cubed sweet potato with 1 tablespoon olive oil, salt, and pepper. Spread on one side of a sheet pan.
- 3 Pat chicken thighs dry. Season with salt, pepper, thyme, rosemary, and minced garlic. Place on the other side of the sheet pan.
- 4 Drizzle chicken with remaining olive oil and half the lemon juice.
- 5 Roast for 30 to 35 minutes until chicken reaches 165 degrees F and sweet potato is fork tender.
- 6 While chicken rests, steam broccoli for 4 to 5 minutes until bright green and just tender.
- 7 Squeeze remaining lemon juice over everything before serving.

GUT HEALTH NOTE:

Sweet potato provides prebiotic fiber that feeds good gut bacteria.

Steamed broccoli is easier to digest than raw and retains its sulforaphane, a compound that supports the gut lining.

Lemon juice aids mineral absorption.



Day 2: Reduce Water Retention

Day 2 focuses on flushing excess sodium and water.

Potassium-rich foods, natural diuretics, and digestive enzymes from whole foods do the heavy lifting.



prep time:
5 minutes



cook time:
None



serving:
1

Breakfast: Anti-Bloat Smoothie

WHAT YOU'LL NEED:

- 1/2 cup fresh or frozen pineapple chunks
- 1/2 cucumber, peeled and chopped
- 1/2 inch fresh ginger, peeled
- 1 handful fresh spinach
- 1 cup coconut water
- 1 scoop [collagen powder](#)
- 1/2 banana (optional, for sweetness)
- 3 to 4 ice cubes

LET'S GET COOKING:

- 1 Add coconut water to the blender first.
- 2 Add pineapple, cucumber, ginger, spinach, and banana.
- 3 Add collagen powder and ice cubes.
- 4 Blend on high for 45 to 60 seconds until completely smooth.
- 5 Pour and drink immediately for maximum enzyme activity.

COLLAGEN NOTE:

- I recommend [Dr Foster Collagen Powder](#) because it dissolves quickly in both cold and hot beverages. It adds 9 grams of protein to any drink and does not change the flavor of it.

GUT HEALTH NOTE:

Pineapple contains bromelain, a natural enzyme that breaks down protein and reduces digestive bloating.

Cucumber is 96% water and acts as a gentle diuretic.

Coconut water replenishes electrolytes without the sodium that causes water retention.

Drink this fresh because bromelain loses potency after sitting.



prep time:

10 minutes
w/ Pre-Made Broth



cook time:

15 minutes



serving:

1

Lunch: Bone Broth Bowl with Shredded Chicken and Steamed Bok Choy

WHAT YOU'LL NEED:

- 2 cups homemade or store-bought bone broth
- 1/2 inch fresh ginger, sliced
- 1 cup shredded cooked chicken (rotisserie chicken works)
- 1 clove garlic, minced
- 2 heads baby bok choy, halved
- 1 teaspoon low-sodium soy sauce
- 1/2 cup cooked brown rice
- Squeeze of fresh lime

LET'S GET COOKING:

- 1 Heat bone broth in a medium pot with ginger slices and minced garlic. Bring to a gentle simmer for 5 minutes.
- 2 Add bok choy halves and cook 3 to 4 minutes until tender.
- 3 Place cooked brown rice in a bowl. Layer shredded chicken and bok choy on top.
- 4 Ladle hot broth over everything.
- 5 Add soy sauce and a squeeze of lime.

BONE BROTH NOTE:

- Use [my Bone Broth Recipe](#) to make this meal. If you don't have the time or equipment, I recommend using [Bare Bones Instant Bone Broth](#). It comes in individual servings for convenience.

GUT HEALTH NOTE:

Bone broth is rich in glutamine, an amino acid that repairs and maintains the intestinal lining.

If your gut lining is compromised (common during menopause due to hormonal shifts), glutamine helps seal the tight junctions between intestinal cells.

This reduces the inflammation that causes bloating.



prep time:
10 minutes



cook time:
20 minutes



servings:
2

Dinner: Baked Salmon with Roasted Asparagus and Lemon Dill Drizzle

WHAT YOU'LL NEED:

- 2 salmon fillets (about 6 oz each)
- 1 bunch asparagus, tough ends trimmed
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 tablespoons fresh dill, chopped (or 1 teaspoon dried dill)
- 2 cloves garlic, minced
- Salt and pepper to taste

LET'S GET COOKING:

- 1 Preheat oven to 400 degrees F.
- 2 Arrange asparagus on a sheet pan. Drizzle with 1 tablespoon olive oil, salt, and pepper.
- 3 Place salmon fillets on the same pan. Season with salt, pepper, and minced garlic. Drizzle with remaining olive oil.
- 4 Bake for 15 to 18 minutes until salmon flakes easily with a fork and asparagus is tender.
- 5 Mix lemon juice and dill together. Drizzle over salmon and asparagus before serving.

GUT HEALTH NOTE:

Asparagus contains inulin, a prebiotic fiber that feeds bifidobacteria in the gut.

It also acts as a natural diuretic, helping your body release excess water.

Salmon provides omega-3 fatty acids that reduce gut inflammation.

The combination targets both bloating causes: inflammation and water retention.

Day 3: Fermented Foods Introduction

Day 3 brings in probiotic-rich fermented foods.
Start with small portions.
If your gut is not used to fermented foods, large
amounts can temporarily increase gas.
Build up gradually over the week.





prep time:
5 minutes



cook time:
10 minutes



serving:
1



Breakfast: Scrambled Eggs with Sauteed Spinach and Kimchi

WHAT YOU'LL NEED:

- 2 large eggs
- 2 cups fresh spinach
- 2 to 3 tablespoons kimchi
- 1 tablespoon olive oil
- Pinch of sea salt and black pepper
- Optional: 1 slice whole grain toast

LET'S GET COOKING:

- 1 Heat olive oil in a nonstick skillet over medium heat.
- 2 Add spinach and cook 1 to 2 minutes until wilted. Push to one side of the pan.
- 3 Crack eggs into a bowl, whisk with a pinch of salt and pepper.
- 4 Pour eggs into the empty side of the skillet. Gently stir with a spatula, forming soft curds. Cook 2 to 3 minutes until eggs are set but still creamy.
- 5 Plate eggs and spinach. Add kimchi on the side (not cooked, to preserve live cultures).

DAIRY-FREE NOTE:

- Cook eggs in olive oil instead of butter. Skip cheese if you would normally add it.

GUT HEALTH NOTE:

Kimchi is one of the most potent probiotic foods available.

Serve it at room temperature or cold, never heated, to keep the beneficial bacteria alive.

Start with 2 to 3 tablespoons if you are new to fermented foods.

Spinach delivers magnesium, which helps relax intestinal muscles and relieve constipation.



prep time:
10 minutes



cook time:
None



servings:
2
(About 4 wraps)

Lunch: Turkey and Sauerkraut Lettuce Wraps with Ginger Dressing

WHAT YOU'LL NEED:

FOR THE WRAPS:

- 8 oz sliced deli turkey (no added nitrates)
- 4 large butter lettuce or romaine leaves
- 1/4 cup sauerkraut, drained
- 1 medium carrot, grated
- 1/4 avocado, sliced

FOR THE GINGER DRESSING:

- 1 tablespoon olive oil
- 1 teaspoon rice vinegar
- 1/2 teaspoon fresh ginger, grated
- 1/2 teaspoon low-sodium soy sauce
- Squeeze of lime juice

LET'S GET COOKING:

- 1 Whisk together all dressing ingredients in a small bowl.
- 2 Lay out lettuce leaves. Divide turkey among them.
- 3 Top each wrap with grated carrot, a tablespoon of sauerkraut, and avocado slices.
- 4 Drizzle with ginger dressing. Roll or fold and eat.

GUT HEALTH NOTE:

Sauerkraut is fermented cabbage rich in lactobacillus bacteria.

Look for sauerkraut in the refrigerated section that lists only cabbage and salt as ingredients.

Shelf-stable sauerkraut has been pasteurized, which kills the probiotics.

Lettuce wraps keep this meal light and easy to digest at midday.



prep time:
10 minutes



cook time:
35 minutes



servings:
2

Dinner: One-Pan Lemon Herb Chicken Thighs with Steamed Broccoli and Quinoa

WHAT YOU'LL NEED:

- 4 bone-in chicken thighs
- 1 cup quinoa, rinsed
- 2 cups broccoli florets
- 2 tablespoons olive oil
- Juice of 1 lemon
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- Salt and pepper to taste

LET'S GET COOKING:

- 1 Preheat oven to 400 degrees F.
- 2 Cook quinoa according to package directions. Set aside.
- 3 Season chicken thighs with olive oil, garlic, oregano, paprika, lemon juice, salt, and pepper. Place on a sheet pan.
- 4 Roast for 30 to 35 minutes until internal temperature reaches 165 degrees F.
- 5 Steam broccoli for 4 to 5 minutes during the last few minutes of cooking.
- 6 Serve chicken over quinoa with steamed broccoli on the side. Squeeze additional lemon over the plate.

GUT HEALTH NOTE:

Quinoa is a complete protein and one of the easiest grains to digest.

It is also naturally gluten-free, which matters if gluten sensitivity is contributing to your bloating.

Broccoli provides fiber and sulforaphane for gut lining support.

A photograph of a bowl of lentil soup. The soup is a vibrant orange color, likely from tomato, and contains yellow lentils and small pieces of red tomato. It is garnished with fresh green herbs, possibly parsley. The bowl is white with a speckled rim. In the foreground, a metal spoon is partially visible. In the background, more fresh herbs are in a small white container.

Day 4: Fiber Without the Bloat

Many women avoid fiber because it makes them feel more bloated. The issue is usually the type of fiber or how it is prepared.

Day 4 focuses on cooked, soluble fiber sources that add bulk without gas.



prep time:
5 minutes



cook time:
15 minutes



serving:
1

Breakfast: Warm Chia Seed Pudding with Stewed Cinnamon Apples

WHAT YOU'LL NEED:

- 3 tablespoons chia seeds
- 1 cup unsweetened coconut milk (dairy-free)
- 1 medium apple, peeled and diced
- 1 teaspoon cinnamon
- 1 teaspoon raw honey
- 1 tablespoon water
- Pinch of nutmeg

LET'S GET COOKING:

- 1 The night before: mix chia seeds with coconut milk in a jar or bowl. Stir well and refrigerate overnight.
- 2 In the morning, place diced apple, cinnamon, nutmeg, and 1 tablespoon water in a small saucepan.
- 3 Cook on medium-low for 8 to 10 minutes, stirring occasionally, until apples are soft and syrupy.
- 4 Warm the chia pudding briefly in the microwave (30 to 45 seconds) or on the stovetop. Serving it warm makes it easier to digest.
- 5 Top warm chia pudding with stewed apples. Drizzle with honey.

DAIRY-FREE NOTE:

- Coconut milk is the default here. Almond milk or oat milk also work.

GUT HEALTH NOTE:

Chia seeds form a gel when soaked, which creates soluble fiber.

Soluble fiber absorbs water and moves through the intestines smoothly, unlike insoluble fiber which can irritate a sensitive gut.

Warming the pudding breaks down the gel further for easier digestion.

Cooked apples provide pectin, a prebiotic that feeds beneficial bacteria.



prep time:
10 minutes



cook time:
30 minutes



servings:
4
(Great for
leftovers)

Lunch: Cooked Lentil Soup with Carrots, Celery, and Cumin

WHAT YOU'LL NEED:

- 1 cup red or yellow lentils, rinsed
- 4 cups low-sodium vegetable broth
- 2 medium carrots, diced
- 2 stalks celery, diced
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- 1 tablespoon olive oil
- Juice of 1 lemon
- Salt and pepper to taste
- Optional: pinch of cayenne for heat

LET'S GET COOKING:

- 1 Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery. Cook 5 minutes until softened.
- 2 Add garlic, cumin, and turmeric. Stir for 30 seconds until fragrant.
- 3 Add rinsed lentils and vegetable broth. Bring to a boil.
- 4 Reduce heat to low, cover, and simmer for 20 to 25 minutes until lentils are completely soft and starting to break apart.
- 5 Squeeze lemon juice into the soup. Season with salt, pepper, and cayenne if using.
- 6 For a smoother texture, blend half the soup with an immersion blender and stir back in.

GUT HEALTH NOTE:

Red and yellow lentils break down when cooked, making them the most digestible legume. Choose red for a slightly sweeter taste & more potassium or yellow for an earthier taste & more iron.

Cumin is the key here. It contains compounds that stimulate digestive enzyme production and significantly reduce the gas that legumes typically cause.

This is why cumin appears in traditional lentil dishes across every culture.



prep time:
10 minutes



cook time:
15 minutes



servings:
2



Dinner: Ground Turkey Stir-Fry with Cabbage, Ginger, and Bell Pepper

WHAT YOU'LL NEED:

- 1 lb ground turkey
- 3 cups green cabbage, shredded
- 1 red bell pepper, sliced
- 1 inch fresh ginger, grated
- 3 cloves garlic, minced
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- 1 cup cooked brown rice
- Optional: sliced scallions and sesame seeds for topping

LET'S GET COOKING:

- 1 Heat sesame oil in a large skillet or wok over medium-high heat.
- 2 Add ground turkey, breaking it into small pieces. Cook 5 to 6 minutes until browned.
- 3 Add garlic and ginger. Stir for 30 seconds.
- 4 Add shredded cabbage and bell pepper. Cook 4 to 5 minutes until cabbage is tender but still has some crunch.
- 5 Drizzle with soy sauce and rice vinegar. Toss everything together.
- 6 Serve over brown rice. Top with scallions and sesame seeds if desired.

SOY SAUCE ALTERNATIVE:

- Coconut aminos are a lower-sodium, gut-friendly alternative to soy sauce. [This is the brand I use & love.](#)

GUT HEALTH NOTE:

Cabbage contains L-glutamine, the same amino acid found in bone broth that repairs the gut lining.

Lightly cooking cabbage makes it easier to digest while preserving its nutrients.

Ginger keeps digestion moving, and the combination of cabbage plus ginger is one of the most effective pairings for reducing bloating.



Day 5:

Gut Lining Repair

Day 5 focuses on foods that actively repair the intestinal lining.

If you have been experiencing chronic bloating, there is a good chance your gut lining has been compromised by stress, hormonal changes, or inflammation.

Today targets that directly.





prep time:
10 minutes



cook time:
20 minutes



servings:
12
(Freezer-Friendly)

Breakfast: Banana Almond Butter Flaxseed Muffins

WHAT YOU'LL NEED:

- 3 ripe bananas, mashed
- 1/3 cup almond butter
- 2 eggs
- 1/4 cup ground flaxseed
- 1 1/2 cups oat flour (blend rolled oats in a blender to make your own)
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon sea salt
- 1 teaspoon vanilla extract
- Optional: 1/4 cup dark chocolate chips

LET'S GET COOKING:

- 1 Preheat oven to 350 degrees F. Line a muffin tin with paper liners or grease with coconut oil.
- 2 Mash bananas in a large bowl. Add almond butter, eggs, and vanilla. Mix until smooth.
- 3 Add oat flour, ground flaxseed, baking soda, cinnamon, and salt. Stir until combined. Do not overmix.
- 4 Fold in chocolate chips if using.
- 5 Divide batter among 12 muffin cups, filling each about 3/4 full.
- 6 Bake for 18 to 22 minutes until a toothpick comes out clean.
- 7 Cool for 5 minutes in the pan, then transfer to a wire rack.
- 8 Store extras in an airtight container in the freezer for up to 3 months. Reheat in the microwave for 30 seconds.

GUT HEALTH NOTE:

These muffins are naturally gluten-free (oat flour) and provide soluble fiber from both flaxseed and banana.

Batch-cooking is a key part of sustainable gut health eating.

Having these in the freezer means you always have a gut-friendly breakfast ready, even on busy mornings.

No excuses to reach for processed options.



prep time:
10 minutes



cook time:
20 minutes



servings:
2



Lunch: Chicken and Vegetable Bone Broth Soup with Zucchini Noodles

WHAT YOU'LL NEED:

- 4 cups homemade or store-bought bone broth
- 1 cup cooked shredded chicken
- 2 medium zucchini, spiralized or cut into thin strips
- 1 medium carrot, diced
- 2 stalks celery, diced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Squeeze of fresh lemon

LET'S GET COOKING:

- 1 Heat olive oil in a large pot over medium heat. Add carrots and celery. Cook 4 to 5 minutes until slightly softened.
- 2 Add garlic and thyme. Stir for 30 seconds.
- 3 Pour in bone broth. Bring to a gentle simmer.
- 4 Add shredded chicken. Cook 5 minutes.
- 5 Add zucchini noodles in the last 2 minutes (they cook fast and turn mushy if overdone).
- 6 Season with salt, pepper, and a squeeze of lemon. Serve hot.

BONE BROTH NOTE:

- Use [my Bone Broth Recipe](#) to make this meal. If you don't have the time or equipment, I recommend using [Bare Bones Instant Bone Broth](#). It comes in individual servings for convenience.

GUT HEALTH NOTE:

This is your second bone broth meal of the week, intentionally.

Consistent glutamine intake is what repairs the gut lining, not a one-time serving.

Zucchini noodles replace traditional pasta, eliminating gluten and reducing the heavy, bloated feeling that wheat-based noodles cause.

PLEASE NOTE:

- Zucchini noodles can be easily made with a Julienne Prep Peeler. [This is my go-to peeler when making this meal.](#)



prep time:
10 minutes



cook time:
25 minutes



servings:
2



Dinner: Baked Cod with Roasted Root Vegetables and Fresh Parsley

WHAT YOU'LL NEED:

- 2 cod fillets (about 6 oz each)
- 2 medium carrots, cut into 1-inch pieces
- 2 medium parsnips, cut into 1-inch pieces
- 2 tablespoons olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1 teaspoon paprika
- Salt and pepper to taste

LET'S GET COOKING:

- 1 Preheat oven to 400 degrees F.
- 2 Toss carrots and parsnips with 1 tablespoon olive oil, salt, and pepper. Spread on a sheet pan.
- 3 Roast vegetables for 15 minutes.
- 4 Push vegetables to the edges. Place cod fillets in the center. Season with paprika, garlic, salt, pepper, and remaining olive oil.
- 5 Return to oven for 12 to 15 minutes until cod flakes easily.
- 6 Squeeze lemon juice over everything. Top with fresh parsley.

GUT HEALTH NOTE:

Cod is one of the lightest, most easily digestible proteins.

It delivers omega-3 fatty acids that reduce inflammation in the gut lining.

Parsnips are an underrated prebiotic, feeding the same beneficial bacteria as asparagus and onions but with a milder, sweeter flavor that most people enjoy.



Day 6:

Digestive Enzyme Boost

Day 6 focuses on foods that contain their own digestive enzymes.

As estrogen drops during menopause, your body produces fewer digestive enzymes naturally. These meals help compensate with food-based enzymes.





prep time:
5 minutes



cook time:
None



serving:
1

Breakfast: Papaya Boat with Coconut Yogurt and Ground Flaxseed

WHAT YOU'LL NEED:

- 1/2 ripe papaya, seeds removed
- 1/3 cup coconut yogurt (dairy-free) or plain regular yogurt
- 1 tablespoon ground flaxseed
- Squeeze of fresh lime
- Optional: 1 teaspoon raw honey

LET'S GET COOKING:

- 1 Cut papaya in half and scoop out the seeds.
- 2 Fill the center with yogurt.
- 3 Sprinkle ground flaxseed on top.
- 4 Squeeze fresh lime over everything. Drizzle honey if desired.

DAIRY-FREE NOTE:

- On days when I do not have papaya, I take [Source Naturals Essential Enzymes](#) with my first meal. It helps my digestion and I often feel better within 30 minutes.

GUT HEALTH NOTE:

Papaya contains papain, one of the most powerful plant-based digestive enzymes.

Papain breaks down proteins that would otherwise sit in your gut and ferment, causing gas and bloating.

Eating papaya fresh and uncooked preserves the enzyme.

The coconut yogurt adds probiotics, and flaxseed provides soluble fiber.



prep time:
10 minutes



cook time:
5 minutes



serving:
1

Lunch: Tuna Salad over Steamed Greens with Avocado and Lemon Dressing

WHAT YOU'LL NEED:

- 1 can (5 oz) wild-caught tuna, drained
- 1/2 avocado, diced
- 2 cups mixed greens (spinach, kale, or chard), lightly steamed
- 1/4 cup diced cucumber
- 2 tablespoons diced red onion

FOR THE LEMON DRESSING:

- 2 tablespoons olive oil
- Juice of 1 lemon
- 1 teaspoon Dijon mustard
- Pinch of sea salt and pepper

LET'S GET COOKING:

- 1 Lightly steam the greens for 2 to 3 minutes. They should be wilted but still vibrant. Set aside to cool slightly.
- 2 Whisk together olive oil, lemon juice, mustard, salt, and pepper.
- 3 Mix tuna with cucumber, red onion, and half the dressing.
- 4 Arrange steamed greens on a plate. Top with tuna mixture and diced avocado.
- 5 Drizzle remaining dressing over the top.

GUT HEALTH NOTE:

Steamed greens are significantly easier to digest than raw salads.

When your digestive system is sluggish, raw greens require more enzyme activity to break down.

Lightly steaming them does part of the work for you.

Avocado provides potassium to reduce water retention and healthy fats that help absorb fat-soluble vitamins from the greens.



prep time:
15 minutes



cook time:
30 minutes



servings:
4
(Leftovers for
Day 7)

Dinner: One-Pot Chicken, Sweet Potato, and Kale Stew with Turmeric

WHAT YOU'LL NEED:

- 1 lb boneless skinless chicken thighs, cubed
- 1 large sweet potato, cubed
- 3 cups chopped kale, stems removed
- 1 can (14 oz) diced tomatoes
- 2 cups low-sodium chicken bone broth
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 teaspoon turmeric
- 1/2 teaspoon black pepper (important for turmeric absorption)
- 1 teaspoon cumin
- 1 tablespoon olive oil
- Salt to taste & Squeeze of Lemon

LET'S GET COOKING:

- 1 Heat olive oil in a large pot or Dutch oven over medium heat.
- 2 Add diced onion. Cook 3 to 4 minutes until softened.
- 3 Add cubed chicken. Brown on all sides, about 5 minutes.
- 4 Add garlic, turmeric, black pepper, and cumin. Stir for 30 seconds.
- 5 Add sweet potato, diced tomatoes, and chicken bone broth. Stir to combine.
- 6 Bring to a boil, then reduce heat to low. Cover and simmer for 20 minutes until sweet potato is tender and chicken is cooked through.
- 7 Stir in chopped kale during the last 5 minutes of cooking. It will wilt into the stew.
- 8 Season with salt and a squeeze of lemon before serving.

GUT HEALTH NOTE:

Turmeric paired with black pepper is one of the most studied anti-inflammatory combinations.

Black pepper increases turmeric absorption by up to 2000%.

This stew delivers anti-inflammatory power from turmeric, prebiotic fiber from sweet potato, and gut-lining support from the broth base.

Make extra because Day 7 uses the leftovers.

Day 7:

Sustain the Reset

Day 7 models what ongoing gut-healthy eating looks like.

It combines everything from the week: fermented foods, cooked vegetables, lean protein, anti-inflammatory ingredients, and smart use of leftovers.

This is the template for life after the reset.





prep time:
10 minutes



cook time:
20 minutes



servings:
2

Breakfast: Sweet Potato Breakfast Hash with Eggs and Fresh Herbs

WHAT YOU'LL NEED:

- 1 large sweet potato, diced into small cubes
- 2 eggs
- 1/2 red bell pepper, diced
- 1/4 red onion, diced
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 2 tablespoons fresh herbs (parsley, cilantro, or chives)
- Salt and pepper to taste
- Optional: a forkful of sauerkraut on the side

LET'S GET COOKING:

- 1 Heat olive oil in a large skillet over medium heat.
- 2 Add diced sweet potato. Cook for 12 to 15 minutes, stirring occasionally, until golden and fork-tender.
- 3 Add bell pepper, red onion, paprika, and garlic powder. Cook 3 to 4 more minutes.
- 4 Make two small wells in the hash. Crack an egg into each well.
- 5 Cover the skillet and cook 3 to 4 minutes until eggs are set to your liking.
- 6 Top with fresh herbs, salt, and pepper. Serve with sauerkraut on the side if desired.

GUT HEALTH NOTE:

Sweet potato provides prebiotic fiber and beta-carotene, which supports the mucous membranes of the gut lining.

The optional sauerkraut keeps the probiotic habit going.

By Day 7, your gut has had consistent exposure to fermented foods, and the beneficial bacteria are starting to establish.



prep time:

5 minutes
(reheat)



cook time:

5 minutes



servings:

1-2



Lunch: Leftover Chicken, Sweet Potato, and Kale Stew with Whole Grain Bread

WHAT YOU'LL NEED:

- Leftover stew from Day 6 dinner
- 1 to 2 slices whole grain bread (or gluten-free bread)
- 2 to 3 tablespoons sauerkraut on the side

LET'S GET COOKING:

- 1 Reheat stew on the stovetop over medium-low heat until warmed through, about 5 minutes.
- 2 Toast bread if desired.
- 3 Serve stew in a bowl with bread on the side and a small portion of sauerkraut.

GUT HEALTH NOTE:

Leftover soups and stews are often more flavorful and easier to digest the next day.

The flavors meld overnight and the starches continue to break down.

Planning leftovers into your meal plan is practical and reduces food waste.

This is real life gut-healthy eating.



prep time:
10 minutes



cook time:
30 minutes



servings:
2

Dinner: Herb-Crusted Chicken Breast with Roasted Cauliflower and Tahini Drizzle, Side of Steamed Fennel

WHAT YOU'LL NEED:

- 2 boneless skinless chicken breasts
- 1 head cauliflower, cut into florets
- 1 large fennel bulb, sliced
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

FOR THE TAHINI DRIZZLE:

- 2 tablespoons tahini
- Juice of 1 lemon
- 1 tablespoon warm water
- Pinch of sea salt

LET'S GET COOKING:

- 1 Preheat oven to 400 degrees F
- 2 Toss cauliflower florets with 1 tablespoon olive oil, salt, and pepper. Spread on a sheet pan.
- 3 Season chicken breasts with thyme, rosemary, garlic powder, salt, and pepper. Drizzle with remaining olive oil. Place on the sheet pan with cauliflower.
- 4 Roast for 25 to 30 minutes until chicken reaches 165 degrees F and cauliflower is golden.
- 5 While roasting, steam sliced fennel for 6 to 8 minutes until tender
- 6 Whisk together tahini, lemon juice, warm water, and salt until smooth.
- 7 Plate chicken and cauliflower. Add steamed fennel on the side. Drizzle tahini over everything.

GUT HEALTH NOTE:

Fennel is the debloating ingredient of this meal plan.

It contains anethole, a compound that relaxes the smooth muscles of the intestines, releasing trapped gas.

Ending the week with fennel brings the plan full circle.

Cauliflower provides fiber and is gentler on the stomach when roasted versus raw.

Tahini adds healthy fats and calcium, important for bone health during menopause.

Shopping List

For your convenience, linked products may be purchased online through Amazon.

As an Amazon Associate, I earn from qualifying purchases. If you purchase through these links, I earn a small commission at no extra cost to you.

PRODUCE


- Bananas (5 to 6)
- Lemons (6 to 7)
- Limes (2)
- Apples (3 medium)
- Pineapple (1 whole or pre-cut container)
- Papaya (1)
- Avocados (2)
- Sweet potatoes (4 large)
- Zucchini (4 medium)
- Broccoli (2 heads)
- Asparagus (1 bunch)
- Cauliflower (1 head)
- Fennel (1 large bulb)
- Green cabbage (1 small head)
- Baby bok choy (2 heads)
- Kale (1 bunch)
- Fresh spinach (2 large bags)
- Mixed greens (1 bag)
- Carrots (8 to 10 medium)
- Parsnips (2 medium)
- Celery (1 bunch)
- Red bell peppers (2)
- Cucumber (2)
- Red onion (2)
- Yellow onion (2)
- Fresh ginger root (1 large piece)
- Garlic (2 heads)
- Scallions (1 bunch)
- Fresh herbs: parsley, dill, cilantro or chives
- Butter lettuce or romaine (1 head)

PROTEINS

- Bone-in chicken thighs (4 pieces for Day 1, 4 for Day 3)
- 1 lb boneless skinless chicken thighs (Day 6 stew)
- 2 boneless skinless chicken breasts (Day 7)
- 2 salmon fillets, about 6 oz each (Day 2)
- 2 cod fillets, about 6 oz each (Day 5)
- 1 lb ground turkey (Day 4)
- 8 oz sliced deli turkey, no nitrates (Day 3)
- 1 can wild-caught tuna (Day 6)
- 1 block soft tofu (Day 1)
- 1 dozen eggs

PANTRY STAPLES

- [Rolled oats \(1 canister\)](#).
- [Oat flour \(or blend rolled oats\)](#).
- [Brown rice \(1 bag\)](#).
- [Quinoa \(1 bag\)](#).
- [Red or yellow lentils \(1 bag\)](#).
- [Chia seeds \(1 bag\)](#).
- [Ground flaxseed \(1 bag/container\)](#).
- [Almond butter \(1 jar\)](#).
- [Tahini \(1 jar\)](#).
- [Olive oil](#)
- [Sesame oil](#)
- [Coconut oil](#)
- [Low sodium soy sauce OR coconut aminos](#)
- [Rice Vinegar](#)
- [Dijon Mustard](#)
- [Low sodium vegetable broth \(2 cartons\)](#).
- [Chicken bone broth \(1 carton\)](#).
- [Canned diced tomatoes \(1 can\)](#).
- [White miso paste \(1 small tub, refrigerated section\)](#).
- [Raw honey](#)
- [Vanilla Extract](#)
- [Baking soda](#)
- Whole grain bread (1 loaf)



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SPICES & SEASONINGS

- [Sea Salt](#)
- [Black Pepper](#)
- [Cinnamon](#)
- [Nutmeg](#)
- [Cumin](#)
- [Turmeric](#)
- [Paprika](#)
- [Garlic powder](#)
- [Dried thyme](#)
- [Dried rosemary](#)
- [Dried oregano](#)
- [Dried dill](#)
- [Fennel seeds](#)
- Optional: [Cayenne Pepper, Red Pepper Flakes](#)



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FERMENTED FOODS


- Kimchi (1 small jar, refrigerated)
- Sauerkraut (1 jar, ingredients: cabbage and salt only)

DAIRY-FREE ALTERNATIVES

- [Unsweetened almond milk or oat milk \(1 carton\)](#)
- [Unsweetened coconut milk \(1 can or carton\)](#)
- Coconut yogurt (1 small container)
- [Coconut water \(2 to 3 individual containers\)](#)

OPTIONAL: SUPPLEMENTS

- [Collagen Powder](#)
- [Probiotic capsules](#)
- [Digestive enzyme supplement](#)
- [Magnesium supplement](#)



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NOTES

Meal Plan

BREAKFAST



Banana Oatmeal with Ground Flaxseed



Anti-Bloat Smoothie



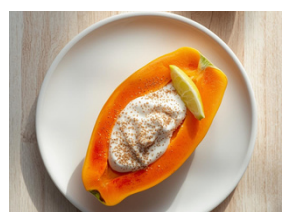
Scrambled Eggs with Sautéed Spinach and Kimchi



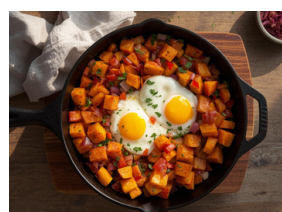
Warm Chia Seed Pudding with Stewed Cinnamon Apples



Banana Almond Butter Flaxseed Muffins



Papaya Boat with Coconut Yogurt and Ground Flaxseed



Sweet Potato Breakfast Hash with Eggs and Fresh Herbs

MON

TUE

WED

THU

FRI

SAT

SUN

LUNCH



Ginger Miso Soup with Soft Tofu and Zucchini



Bone Broth Bowl with Shredded Chicken and Steamed Bok Choy



Turkey and Sauerkraut Lettuce Wraps with Ginger Dressing



Cooked Lentil Soup with Carrots, Celery, and Cumin



Chicken and Vegetable Bone Broth Soup with Zucchini Noodles



Tuna Salad over Steamed Greens with Avocado and Lemon Dressing



One-Pot Chicken, Sweet Potato, and Kale Stew with Turmeric

DINNER



One-Pan Lemon Herb Chicken Thighs with Roasted Sweet Potato and Steamed Broccoli



Baked Salmon with Roasted Asparagus and Lemon Dill Drizzle



One-Pan Lemon Herb Chicken Thighs with Steamed Broccoli and Quinoa



Ground Turkey Stir-Fry with Cabbage, Ginger, and Bell Pepper



Baked Cod with Roasted Root Vegetables and Fresh Parsley



One-Pot Chicken, Sweet Potato, and Kale Stew with Turmeric



Herb-Crusted Chicken Breast with Roasted Cauliflower and Tahini Drizzle, Side of Steamed Fennel

ABOUT ME

I am a born-and-raised New Yorker in my 50s, living with IBS-C and lactose intolerance.

For years I pushed through the bloating and figured it was something I had to accept.

When menopause arrived, everything got worse. My digestion slowed down. Foods I had eaten my entire life suddenly turned on me. I reached a point where I could not keep ignoring it.

So I started learning. I spent months researching the connection between menopause and gut health. The more I learned, the more I realized how many women were going through the same thing with no real guidance.

The gut health space is full of extremes: restrictive diets, expensive supplements, and promises of flat stomachs. None of that felt right to me.

That is why I created Better Belly Co. This brand exists for women like us. Women who want to understand what is actually happening in their bodies and make informed choices about how to support their digestion. No panic. No quick fixes. No supplement overload.

I am not a doctor or nutritionist. I am a woman who deals with this every day and has done the work to figure out what helps.

I created this guide because it is exactly what I needed when I started this journey. I hope it does the same for you.

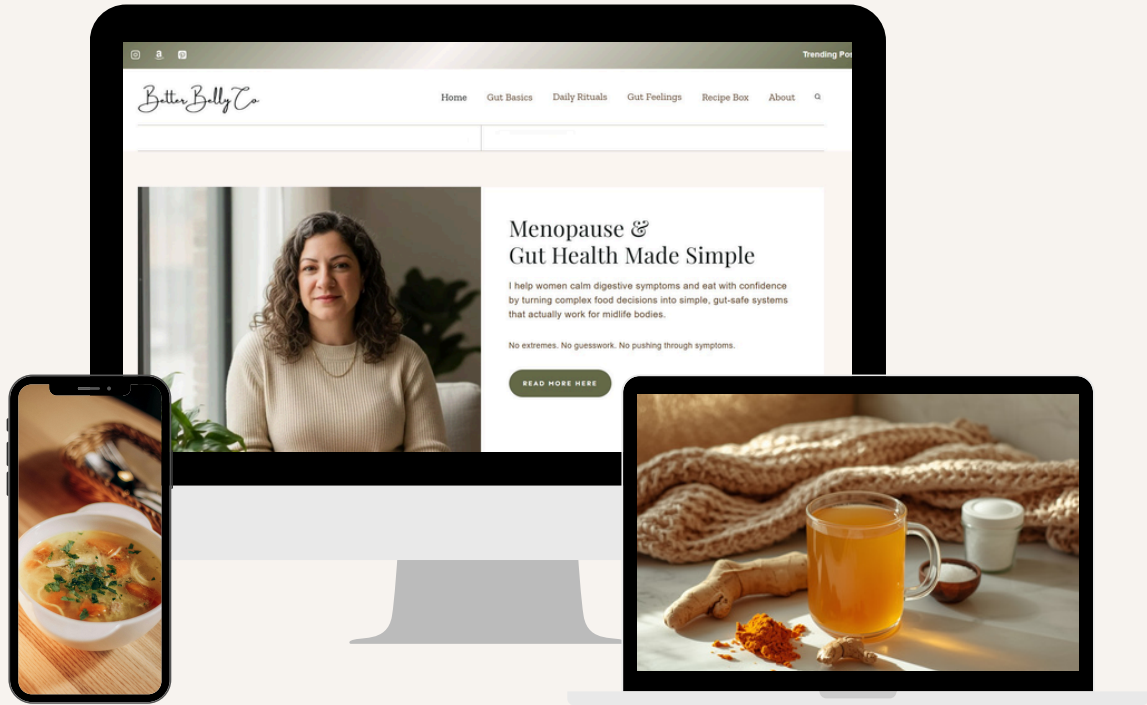


-Jacqueline

WHAT'S NEXT?

YOU JUST FINISHED 7 DAYS OF FEEDING YOUR GUT
WITH INTENTION.

THAT IS SOMETHING TO FEEL GOOD ABOUT.
BUT THIS IS THE BEGINNING, NOT THE FINISH LINE.



Read More on my website, "The Better Belly Co". It goes deeper into the topics this guide introduced.

Full product reviews, ingredient breakdowns, and recipes that did not fit into 7 days.

If you want to keep learning about what foods support your gut during menopause, start here.

[BETTERBELLYCO.COM](https://www.betterbellyco.com)

FOLLOW ME

I share daily gut health tips, recipes, and honest product reviews across my social channels. If something in this guide helped you, there is a lot more where it came from.



DISCLAIMER

This guide is for informational and educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease or medical condition.

I am not a licensed physician, dietitian, or registered nutritionist. The information shared in this guide is based on my personal experience and independent research. It should not replace the advice of your doctor or qualified healthcare provider.

If you have a diagnosed medical condition, are taking prescription medication, are pregnant or nursing, or have concerns about changing your diet, please consult your healthcare provider before starting this or any meal plan.

Individual results vary. What works for one person may not work for another. Listen to your body and make adjustments based on how you feel.

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