



Oxi Flush Challenge Mouth-watering 7-Day Gut Revive Meal Plan

Our meal plan is designed to nourish the colon, improve gut health, and support digestive health. Discover delicious recipes with colon-nourishing ingredients and tips to optimize your gut health.

EW by Erran Warden



Introduction To A Brand New Healthier You!

Welcome to the Gut Revive Meal Plan! To jumpstart your journey to a healthier gut, we have put together a comprehensive 7-day meal plan that uses only the most beneficial foods. Say goodbye to unhealthy snacks and mediocre meals, and embrace a healthier you!

Day 1: Breakfast, Lunch, Snack, Dinner



Breakfast

Start your day with an avocado toast topped with veggies. The healthy fats in avocado and high protein content in eggs will keep you full for longer, promoting satiety and gut health.



Lunch

Grilled chicken bowl with veggies and quinoa. The high fiber content in quinoa will enhance your gut health and veggies providing anti-inflammatory properties.



Snack

Cottage cheese with fruits- the perfect combination when you need a quick snack. Cottage cheese has a high probiotic content that improves the gut microbiome and fruits speed up digestive health.



Dinner

Satisfy your taste buds with delicious paleo turkey meatballs. These meatballs are made with turkey meat, veggies, and herbs provide a powerhouse of nutrients and fiber.

Day 2: Breakfast, Lunch, Snack, Dinner

Breakfast: Overnight Oats

Prep breakfast in advance with overnight oats topped with fruits and nuts. The oats and nuts are potent sources of fiber that promote a healthy gut.

Lunch: Tuna Salad

Tuna salad with spinach and tomatoes- a light and energizing lunch packed with fiber and omega-3s that support healthy gut bacteria.

Snack: Yogurt Parfait

Yogurt parfait with granola and fruits- an easy to make and healthy snack packed with fiber and probiotics to help boost digestion.

Dinner: Grilled Salmon

Grilled salmon with asparagus- a robust meal full of omega-3s and antioxidants that promote gut healing. Asparagus is high in prebiotic fiber that helps to increase beneficial gut bacteria.

Day 3: Breakfast, Lunch, Snack, Dinner

1

Breakfast: Chia Seed Pudding

Chia seed pudding with blueberries- a low-carb breakfast that contains fiber, omega-3s, and antioxidants that promote gut health.

2

Lunch: Miso Soup

Miso soup- an easy-to-digest and gut-friendly lunch. Miso is high in probiotics and glutamine, which helps to maintain gut lining.

3

Snack: Roasted Chickpeas

Roasted chickpeas- an easy-to-make snack packed with protein and fiber that keeps you full and promotes gut health.

4

Dinner: Vegan Chili

Vegan chili with quinoa- a gut-healing recipe made with beans, chili, and other veggies that are high in fiber, anti-inflammatory compounds, and antioxidants.

Day 4: Breakfast, Lunch, Snack, Dinner



Breakfast

Green Smoothie Bowl- a low-carb and fiber-packed meal that is gentle on the gut. The bowl is rich in probiotics with Spinach, yogurt, and berries.



Lunch

Beetroot Salad- a detoxifying, antioxidant, and fiber-rich recipe that helps to maintain gut bacteria. Beetroots are a rich source of dietary fiber, antioxidants, and carotenoids.



Snack

Mixed Nuts and Fruits- a great snack that helps to decrease inflammation and improve gut bacteria by adding prebiotics and probiotics into your diet.



Dinner

Quinoa Stuffed Bell Peppers- a flavourful, nutrient-dense, and gut-healing dinner that has a perfect blend of protein, fiber and healthy fats.

Day 5: Breakfast, Lunch, Snack, Dinner

Meal	Ingredients	Benefits
Breakfast	Papaya Smoothie	High nutrient content, digestive enzymes, dietary fiber
Lunch	Tofu Stir Fry	High Protein, Fiber, and Probiotics
Snack	Kale Chips	Anti-inflammatory, High in Fiber
Dinner	Salmon and Brown Rice	Omega-3, Fiber, and Low Fat

Day 6: Breakfast, Lunch, Snack, Dinner

1 Breakfast: Greek Yogurt and fruit salad

Greek yogurt contains healthy probiotics that help to balance gut bacteria and promote good health.

2 Lunch: Chicken and Vegetable soup

Chicken soup not only helps with a sore throat but also has anti-inflammatory properties that help to heal gut inflammation.

3 Snack: Nut butter and apple slices

Apples and nut butter are an excellent source of fiber that promotes gut health by catering to gut bacteria, even as nuts and butter include probiotics that add to improving gut health.

4 Dinner: Stuffed capsicum

Capsicum stuffed with proteins like chickpeas can regulate inflammation in the gut and help ease digestive issues while restoring the balance of gut bacteria. Plus, they're delicious!

Day 7: Breakfast, Lunch, Snack, Dinner

Breakfast

Oat Bran Porridge

Lunch

Pesto Pasta Salad

Snack

Chia Seed Pudding
with Fruit

Dinner

Grilled Chicken with
Roasted Veggies

Tips for optimizing gut health

Consume Fermented Foods

Fermented foods like kimchi, kefir, and kombucha can help to maintain a healthy balance of gut bacteria.

Stay Hydrated

Drink enough water every day to aid in digestion, improve stool consistency, and eliminate waste from the body.

Reduce Stress

Reduce stress and anxiety through deep breathing techniques and mindfulness practices to enhance gut health.

Focus on Whole Foods

Focus on consuming whole foods that are high in fiber, antioxidants, and nutrients, improving gut bacteria, and promoting overall gut health.

Conclusion

The importance of a healthy gut cannot be overstated! We hope that this meal plan helps you to optimize your gut health and supports improved digestion, healthier bowel movements, and a healthier, happier you.