



14-Day Gut Health Challenge

NutritionCookery.com

Week One: 14-Day Gut Health Challenge

Day 1: Intro to Gut Health Lesson: Recognizing signs of an unhealthy gut. NutritionCookery: Frequent bloating can indicate imbalanced gut flora. Action Steps: Take the gut health quiz. Track symptoms such as bloating and energy levels. Note any recurrent symptoms over the next two weeks.	Day 2: Circadian Rhythm Lesson: Your internal body clock affects digestion. NutritionCookery: Eating late at night can disrupt digestion due to misalignment with your body's natural rhythm. Action Steps: Set consistent meal and sleep times. Reflect on your digestion at day-end. Avoid late-night snacking tonight.	Day 3: Hydration Lesson: Water is essential for digestion and nutrient absorption. NutritionCookery: Insufficient water can lead to constipation. Action Steps: Drink at least 8 glasses of water. Observe changes in bowel movements. Refill your water bottle right now.	Day 4: Plant Power Lesson: A variety of plants supply the diverse fibers our gut needs. NutritionCookery: Consuming different colored vegetables ensures a spectrum of nutrients. Action Steps: Introduce three new plant-based foods like beetroot, Brussels sprouts, and rainbow chard. Make a colorful salad for dinner.
Day 5: Food Intolerance Lesson: Not every "healthy" food is suitable for everyone. NutritionCookery: Some individuals might find broccoli causes bloating. Action Steps: Reflect on foods that lead to discomfort. Learn about elimination diets. Remove one suspected food from your diet for a week.	Day 6: Mindful Movement Lesson: Stress can negatively impact gut health. NutritionCookery: Chronic stress might lead to conditions like IBS. Action Steps: Engage in 15 minutes of gentle yoga. Note any changes in stress or digestion. Dedicate 10 minutes to meditation tonight.	Day 7: Plan for Success Lesson: Preparedness reduces reliance on processed, gut-harming foods. NutritionCookery: Having a prepared salad prevents opting for a fast-food burger. Action Steps: Draft a week-long meal plan. Prep some meals in advance. Make a shopping list of gut-friendly foods.	Notes



Week Two: 14-Day Gut Health Challenge

Day 8: Rock Your Fiber Intake Lesson: Fiber is the primary food for our gut bacteria. NutritionCookery: Oats are an excellent source of beta-glucans, a type of fiber beneficial to our gut. Action Steps: Incorporate a high-fiber oat recipe. Start your day with a fiber-rich breakfast. (see notes for recipe)	Day 9: Fermentation Fun Lesson: Fermented foods introduce beneficial bacteria to our gut. NutritionCookery: Kimchi can provide both probiotics and fiber. Action Steps: Explore its benefits with our quick-start guide. Add a fermented side to your next meal.	Day 10: Legume Love Lesson: Legumes are fiber powerhouses. NutritionCookery: Chickpeas can be turned into delicious hummus, providing both protein and fiber. Action Steps: Create a legume-centric dish tonight and snack on a legume-based dish tomorrow.	Day 11: Sprout Revolution Lesson: The sprouting process increases nutrient absorption. NutritionCookery: When seeds go through the sprouting process, their nutrient content becomes more accessible and bioavailable. Action Steps: Experiment with sprouted quinoa or almonds in a salad. Try a sprout-enhanced salad for lunch.
Day 12: Leafy Green Day Lesson: Greens are packed with essential micronutrients. NutritionCookery: Spinach is high in magnesium, essential for muscle function. Action Steps: Whip up a green smoothie. Reflect on energy and digestion. Add a handful of kale to your dinner.	Day 13: Taking Action Lesson: A balanced diet promotes better digestion. NutritionCookery: A meal balanced in protein, healthy fats, and fiber ensures steady digestion. Action Steps: Cook a new, fiber-abundant recipe. Reflect post-meal. Share your dish's photo on social media with #GutHealthChallenge.	Day 14: Congratulations! Lesson: Supplements can fill gaps but shouldn't replace real food. NutritionCookery: Probiotic supplements can help, but yogurt also offers live cultures plus other nutrients. Action Steps: Remember, it's not just about these two weeks; it's about building sustainable habits for life. Stay proactive and stay healthy!	Notes Brekky Overnight Oats 1/2 cup old-fashioned rolled oats 1 tablespoon chia seeds 1/2 cup any milk Instructions: Combine oats and chia seeds in a jar. Pour in milk. Stir well, seal, and refrigerate overnight. Stir before eating, add berry toppings if desired.

