

7-Day Pre-Wedding Gut Health Plan

Your Complete Checklist for a Happy Tummy on the Big Day

Why This Plan Works

This 7-day checklist focuses on simple, sustainable nutrition tweaks that support gut health without extreme restrictions. Each day builds on the previous one, creating habits that will leave you feeling energized, confident, and comfortable on your wedding day.

Your 7-Day Checklist

Day 1: Start with Fiber

- Breakfast: Oatmeal with fresh berries and 1 tbsp chia seeds
- Lunch: Add one extra serving of vegetables to your usual meal
- Snack: Banana or apple with a handful of almonds
- Dinner: Include lean protein (chicken, fish, or eggs) with veggies
- Hydration: Drink at least 8 glasses of water today

Day 2: Add Probiotics

- Breakfast: Greek yogurt with honey and sliced fruit
- Lunch: Include fermented food (sauerkraut, kimchi, or pickles)
- Snack: Kefir smoothie or probiotic drink
- Dinner: Continue lean protein + colorful vegetables
- Hydration: 8-10 glasses of water, add herbal tea if desired

Day 3: Colorful Plate Challenge

- Breakfast: Oatmeal topped with 3 different colored fruits
- Lunch: Salad or bowl with 5+ different colored vegetables
- Snack: Mixed berries or carrot sticks with hummus
- Dinner: Fish or chicken with roasted rainbow vegetables
- Hydration: Track your water intake (aim for 2-3 liters)

Day 4: Protein at Every Meal

- Breakfast: Scrambled eggs with spinach and whole-grain toast
- Lunch: Grilled chicken or salmon with quinoa and veggies
- Snack: Hard-boiled egg or Greek yogurt

- Dinner: Lean meat or legumes (lentils, chickpeas) with vegetables
- Hydration: Continue 2-3 liters of water throughout the day

Day 5: Reduce Bloat Triggers

- Avoid: Processed snacks, fried foods, and excess salt
- Replace: Sugary drinks with water, herbal tea, or infused water
- Breakfast: Oats with banana and flax seeds
- Lunch: Light, easily digestible meal (soup or salad with protein)
- Dinner: Steamed fish or chicken with brown rice and vegetables
- Hydration: Sip water consistently, don't wait until thirsty

Day 6: Gut Health Boost

- Breakfast: Probiotic yogurt with oats, berries, and chia seeds
- Lunch: Legume-based meal (dahl, lentil soup, or chickpea salad)
- Snack: Fresh fruit with a few nuts or kefir smoothie
- Dinner: Lean protein with fermented vegetables on the side
- Hydration: Add lemon or cucumber to water for extra refreshment
- Movement: Light walk or gentle yoga for 20-30 minutes

Day 7: Maintain & Celebrate Progress

- Breakfast: Your favorite gut-friendly breakfast from this week
- Lunch: Balanced plate: 1/2 vegetables, 1/4 protein, 1/4 complex carbs
- Snack: Fruit or yogurt - listen to your body's cravings
- Dinner: Light, satisfying meal you enjoy (no restrictions!)
- Hydration: Maintain 2-3 liters of water daily habit
- Reflection: Note how you feel - more energy? Better digestion?

Quick Tips for Success

per day makes a difference

t-minute unhealthy choices

and accessible

consistency beats perfection

rtions based on hunger

mal digestion and recovery

Foods to Focus On

■ Fiber-Rich	Oats, chia seeds, flax seeds, whole grains, legumes
■ Colorful Produce	Berries, bananas, spinach, carrots, broccoli, sweet potato
■ Lean Protein	Eggs, chicken, turkey, salmon, fish, Greek yogurt
■ Probiotics	Kefir, yogurt, sauerkraut, kimchi, fermented pickles
■ Hydration	Water, herbal teas, infused water, coconut water

Foods to Limit

■ Processed snacks	Chips, cookies, packaged foods with artificial ingredients
■ Fried foods	French fries, fried chicken, deep-fried items
■ Excess salt	Salty snacks, processed meats, canned soups
■ Sugary drinks	Soda, sweetened juices, energy drinks
■ Carbonated beverages	Sparkling water with added sugar, soda

You've Got This!

Remember, this isn't about perfection - it's about making small, sustainable changes that add up. By Day 7, you'll have built habits that support a happy tummy, glowing skin, and steady energy. Trust the process, listen to your body, and walk down that aisle feeling confident and comfortable!