

FULL DAY OF EATING FOR GUT HEALTH

breakfast



avocado toast with eggs
& a side of kiwi

snack #1



papaya boat filled with
yogurt (non dairy / dairy),
berries, & your fav crunch
(ex: gluten-free granola)

lunch



bone broth soup with
shredded (roasted)
chicken, steamed carrots,
basmati white rice, & herbs

snack #2



jicama with hummus + a
forkful of sauerkraut

dinner



homemade turkey burger
with avocado, roasted
tomatoes, sweet potato
fries, & garlic roasted
asparagus

snack #3



cherries & dark chocolate
with ginger tea

Quick Gut Health Foods Step Plan For Creators

Ying Liu



Quick Gut Health Foods Step Plan For Creators:

Discover tales of courage and bravery in is empowering ebook, Unleash Courage in **Quick Gut Health Foods Step Plan For Creators** . In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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