



Gut healing Grocery List

@healthytothecorenyc

Carbs

- Oats
- Quinoa
- Sweet potatoes
- Green bananas or plantains
- Brown rice
- Gluten-free sourdough

These provide fiber and resistant starch to feed healthy bacteria.

Proteins

- Wild-caught salmon fillets
- Organic chicken thighs
- Ground turkey
- Pasture-raised eggs
- Collagen powder
- Bone broth
- Lentils
- chickpeas (if tolerated)

Protein repairs the gut lining and supports immune health



Vegetables

- Spinach
- Kale
- Arugula
- Carrots
- Zucchini
- Cucumber
- Broccoli
- Cauliflower
- Fermented vegetables (sauerkraut, kimchi)
- Parsley
- Cilantro
- Peas

Vegetables provide vitamins, minerals, and fiber your microbes thrive on

Fruits

- *Berries (blueberries, raspberries, strawberries)*
- *Kiwi*
- *Green bananas*
- *Pomegranate seeds*
- *Apples*
- *Pears*
- *Papaya or pineapple*
- *Lemons*

Fruits add antioxidants, prebiotic fiber, and natural digestive enzymes



Dairy & Dairy Alternatives

- Unsweetened almond milk
- Coconut milk or coconut yogurt (without gums or carrageenan)
- Cashew or oat milk
- Cocojune plant based yogurt
- Ghee
- Probiotic-rich kefir
- Feta
- Greek Yogurt

Healthy Fats

- Avocado
- Extra virgin olive oil
- Coconut oil
- Ghee
- Walnuts, flax, chia, pumpkin seeds
- Fatty fish (sardines, salmon, mackerel)

Healthy fats reduce inflammation and nourish the gut lining

Pantry Power-Ups

- Collagen powder
- Ground ginger
- Turmeric powder
- Cinnamon
- Manuka honey
- Apple cider vinegar
- Herbal teas (chamomile, peppermint, licorice root)
- Mineral-rich sea salt
- Bone broth concentrate

Small additions that make meals more gut-friendly

Gut-Healing Meals to Make with This List

Breakfasts

- Chia Pudding with Flax & Berries — soak chia seeds overnight in coconut milk, add flax, top with blueberries for prebiotics + antioxidants.
- Green Banana Smoothie — blend green banana, spinach, collagen powder, and almond milk for resistant starch + protein.
- Turmeric Oat Bowl — warm oats cooked with coconut milk, turmeric, cinnamon, and chia seeds.

Lunches

- Salmon & Avocado Salad — wild-caught salmon, avocado, leafy greens, olive oil, lemon, sprinkle of flax seeds.
- Quinoa & Roasted Veggie Bowl — quinoa, roasted zucchini & carrots, sauerkraut on the side for probiotics.
- Bone Broth Veggie Soup — simmer bone broth with chicken, carrots, zucchini, and spinach.

Snacks

- Cucumber + Hummus with Olive Oil Drizzle — fiber + healthy fat combo.
- Hard-Boiled Eggs + Turmeric Salt — portable, protein-rich snack with anti-inflammatory boost.
- Herbal Tea Latte — chamomile tea blended with coconut milk for gut-soothing comfort.

Dinners

- Herb-Roasted Chicken with Root Veggies — chicken, carrots, sweet potatoes, roasted in olive oil and rosemary.
- Gut-Healing Cod with Asparagus — baked cod with lemon, olive oil, and roasted asparagus.
- Turkey & Zucchini Burgers with Side Salad — ground turkey mixed with shredded zucchini + herbs, served with a big leafy green salad.