

Gut-Friendly Fall Meal Plan

Day 1

- **Breakfast:** Warm oatmeal with chopped apples, cinnamon, walnuts, and a drizzle of maple syrup
- **Lunch:** Roasted butternut squash and lentil salad with kale, pumpkin seeds, and a lemon-tahini dressing
- **Snack:** Sauerkraut on whole-grain crackers or a small serving of kimchi
- **Dinner:** Baked salmon with roasted carrots and Brussels sprouts, side of quinoa

Day 2

- **Breakfast:** Greek yogurt parfait with pumpkin puree, flaxseeds, and blueberries
- **Lunch:** Sweet potato and black bean chili with sautéed onions, garlic, and turmeric
- **Snack:** Apple slices with almond butter
- **Dinner:** Stir-fried shiitake mushrooms, cabbage, and tofu over farro

Day 3

- **Breakfast:** Warm chia pudding with pear, cinnamon, and crushed pecans
- **Lunch:** Roasted beet and arugula salad with walnuts, goat cheese, and apple cider vinaigrette
- **Snack:** Kombucha or fermented pickles
- **Dinner:** Oven-roasted chicken thighs with roasted parsnips, carrots, and a side of steamed broccoli

Day 4

- **Breakfast:** Scrambled eggs with sautéed kale and mushrooms, served with whole-grain toast
- **Lunch:** Pumpkin soup with ginger and coconut milk, served with a side of sauerkraut
- **Snack:** A handful of roasted pumpkin seeds
- **Dinner:** Baked cod with roasted cauliflower and sweet potato wedges

Day 5

- **Breakfast:** Warm quinoa porridge with apples, cinnamon, and slivered almonds
- **Lunch:** Lentil and roasted vegetable bowl (carrots, Brussels sprouts, parsnips) with tahini drizzle
- **Snack:** Small serving of kimchi or pickled vegetables
- **Dinner:** Turkey meatballs with spaghetti squash and tomato-ginger sauce

Day 6

- **Breakfast:** Smoothie with pumpkin puree, spinach, flaxseeds, and a small banana
- **Lunch:** Roasted beet and carrot salad with farro, cranberries, and walnuts
- **Snack:** Roasted chickpeas with smoked paprika
- **Dinner:** Roasted chicken with roasted acorn squash, kale sautéed with garlic

Day 7

- **Breakfast:** Baked oatmeal with pear, walnuts, and a sprinkle of cinnamon
- **Lunch:** Warm mushroom and barley soup with cabbage and carrots
- **Snack:** Yogurt with chia seeds and a drizzle of honey
- **Dinner:** Salmon baked with turmeric and ginger, roasted sweet potatoes, and steamed broccoli

Extra Tips for Gut Health This Fall:

- Include **one fermented food** daily (sauerkraut, kimchi, kombucha, yogurt).
- Use **warming spices** like ginger, turmeric, cinnamon, or cardamom.
- Include **prebiotic-rich foods** like apples, pears, pumpkin, carrots, sweet potatoes, and onions.
- Stay **hydrated with warm water, herbal teas, or broths** to aid digestion.

