



five
keys

PREBIOTICS
AND 7-DAY
GUT HEALTH
MEAL PLAN

WHAT ARE PREBIOTICS?

Prebiotics

Prebiotics are non-digestible fibers and compounds found in certain foods that feed and promote the growth of beneficial bacteria in the gut. They are essentially food for probiotics (the beneficial bacteria) that reside in your digestive system. Unlike probiotics, which are live bacteria, prebiotics are the fuel that allows these bacteria to thrive, maintaining a healthy balance in the gut microbiome.



A well-nourished gut microbiome is essential for:

- Digestive health (supporting regular bowel movements, reducing bloating)
- Immune system function (a large portion of your immune cells are in your gut)
- Mental health (due to the gut-brain axis, a healthy gut can reduce anxiety and depression)
- Metabolic health (better digestion, weight management, and nutrient absorption)



How Prebiotics work

1. **Travel to the Colon:** Prebiotics are resistant to digestion in the stomach and small intestine. They reach the colon undigested, where they become food for the gut bacteria.
2. **Fermentation by Gut Bacteria:** In the colon, prebiotics are fermented by the beneficial bacteria, promoting their growth and activity. This helps increase the population of probiotics, which support gut health.
3. **Production of Short-Chain Fatty Acids:** During fermentation, prebiotics help produce short-chain fatty acids (SCFAs) like butyrate, acetate, and propionate, which are crucial for colon health, reducing inflammation, and providing energy for cells in the gut lining.

FOODS RICH IN PREBIOTICS



Garlic

Contains inulin, a fiber that promotes the growth of beneficial gut bacteria.

Onions & leeks

High in inulin and fructooligosaccharides (FOS), which stimulate beneficial bacteria.

Asparagus

A great source of inulin, asparagus promotes digestive health and supports the growth of gut bacteria.



Bananas

Rich in resistant starch, bananas help to increase healthy gut bacteria and improve digestion.

chicory root

One of the richest sources of inulin, chicory root is often used as a natural prebiotic supplement.



Jerusalem Artichokes

Sometimes called "sunchokes," they are an excellent source of inulin.

Oats

Contain beta-glucan and resistant starch, both of which feed healthy gut bacteria and help produce beneficial short-chain fatty acids.



Apples

Rich in pectin, a type of fiber that serves as a prebiotic and promotes the production of short-chain fatty acids.

HEALTH BENEFITS OF PREBIOTICS

Improved Digestion

Prebiotics help maintain a healthy digestive system by feeding the beneficial bacteria that support regular bowel movements and prevent conditions like constipation or diarrhea.

Enhanced Immune Function

A well-balanced gut microbiome supports the immune system by protecting against harmful pathogens. Prebiotics strengthen the barrier of the gut lining, preventing infections and inflammation.

Mental Health Benefits

Research shows that prebiotics, by improving gut health, can influence the production of neurotransmitters like serotonin. This helps reduce stress, anxiety, and depression, linking gut health to mental well-being through the gut-brain axis.

Better Absorption of Nutrients

Prebiotics improve the gut's ability to absorb nutrients like calcium, magnesium, and iron, which are essential for bone health and overall energy levels.

Reduced Inflammation

By encouraging the growth of beneficial bacteria, prebiotics help lower inflammation in the gut. This can reduce the risk of gut-related issues like irritable bowel syndrome (IBS), colitis, and even conditions like obesity and type 2 diabetes.



SAMPLE MEAL PLAN

MONDAY: PLANT BASED FOCUS

Breakfast:

Chia seed pudding with almond milk, topped with blueberries, walnuts, and a sprinkle of cinnamon. (High in fiber and omega-3 fatty acids)

Lunch:

Lentil and vegetable soup (carrots, celery, tomatoes, spinach) with a side of whole-grain crackers. (Lentils provide plant-based protein and prebiotics)

Snack:

Apple slices with almond butter. (Apples are high in pectin, a prebiotic fiber)

Dinner:

Quinoa bowl with roasted sweet potatoes, chickpeas, kale, and avocado, drizzled with tahini dressing. (High in fiber and healthy fats)

TUESDAY: PROBIOTIC POWER

Breakfast:

Greek yogurt (unsweetened) topped with flaxseeds and raspberries. (Probiotics + fiber)

Lunch:

Salmon salad with mixed greens, cucumbers, tomatoes, and olive oil dressing. (Salmon is high in omega-3, great for reducing gut inflammation)

Snack:

A small bowl of sauerkraut or kimchi for a probiotic boost.

Dinner:

Stir-fried tofu with bok choy, garlic, and ginger served with brown rice. (Tofu for plant-based protein; garlic is a natural prebiotic)



WEDNESDAY: ANTI-INFLAMMATORY DAY

Breakfast:

Turmeric smoothie made with coconut milk, banana, turmeric, ginger, and a dash of black pepper. (Turmeric is a powerful anti-inflammatory)

Lunch:

Mixed bean salad (kidney beans, black beans, chickpeas) with diced peppers, cucumbers, and olive oil + lemon dressing.

Snack:

Carrot sticks with hummus. (Carrots are rich in prebiotics)

Dinner:

Grilled chicken with steamed broccoli and cauliflower, drizzled with olive oil and lemon juice. (Broccoli and cauliflower are high in fiber and sulforaphane, beneficial for gut health)



THURSDAY: PREBIOTIC BOOST

Breakfast:

Oatmeal with sliced bananas, ground flaxseeds, and a drizzle of honey. (Bananas and oats provide prebiotic fiber)

Lunch:

Whole grain wrap with hummus, spinach, cucumbers, and avocado. (Hummus is a great source of prebiotics from chickpeas)

Snack:

Pear with a handful of almonds. (Pears are rich in prebiotics)

Dinner:

Grilled salmon with roasted asparagus and garlic, and quinoa on the side. (Asparagus and garlic provide prebiotics, salmon offers anti-inflammatory omega-3s)



FRIDAY: PLANT BASED DAY

Breakfast:

Smoothie bowl made with almond milk, frozen berries, spinach, chia seeds, and a scoop of plant-based protein powder.

Lunch:

Black bean and avocado tacos on whole wheat tortillas, with fresh salsa and shredded lettuce. (Black beans are high in fiber and plant-based protein)

Snack:

A handful of mixed nuts and dried fruit.

Dinner:

Sweet potato and chickpea curry served over brown rice. (Chickpeas are high in prebiotics)



SATURDAY: HYDRATION AND LIGHTNESS

Breakfast:

Green smoothie with kale, cucumber, celery, lemon juice, and a piece of ginger. (Light and hydrating with anti-inflammatory properties)

Lunch:

Zucchini noodles with cherry tomatoes, olive oil, garlic, and pine nuts. (Zucchini provides fiber and hydration)

Snack:

Celery sticks with almond butter

Dinner:

Baked cod with a side of sautéed spinach and roasted carrots. (Cod is light and easy on digestion, while spinach provides prebiotics)



SUNDAY: BALANCED GUT DAY

Breakfast:

Scrambled eggs with spinach and avocado, served with whole grain toast. (A balance of protein, healthy fats, and fiber)

Lunch:

Quinoa and chickpea salad with cucumbers, bell peppers, and lemon-tahini dressing. (Quinoa and chickpeas for prebiotic fiber)

Snack:

A small serving of kefir or unsweetened yogurt for probiotics

Dinner:

Grilled chicken with roasted Brussels sprouts and garlic, with a side of wild rice. (Brussels sprouts and garlic provide prebiotic fiber)



PREBIOTICS VS. PROBITOICS



Prebiotics

Non-digestible fibers that feed beneficial bacteria (probiotics). They support the long-term health of the microbiome.

Probiotics

Live beneficial bacteria found in fermented foods or supplements that help repopulate the gut with good bacteria.

The combination of both prebiotics and probiotics is essential for a healthy gut. Think of it like this: prebiotics are the fertilizer, while probiotics are the plants. You need both to grow and maintain a healthy, thriving garden in your gut.

Incorporating prebiotic-rich foods into your diet is a simple and effective way to promote gut health. Along with probiotics, these foods can help balance your gut microbiome, reduce inflammation, and improve digestion, mental health, and immune function. By prioritizing prebiotics, you're not only supporting your gut but also improving your overall well-being.