

FREE GUIDE

28-Day Gut Reset

A new beginning for your gut,
and for your children's.

No weighing. No counting. No banned foods.



by Anna Averka · @anna_avotales

WELCOME

Honestly: your gut problem is not a discipline problem.

Bloating after every meal. The toilet every three days. Cravings at 10 pm. Period pain you have accepted as "normal." Another detox, another elimination diet, another calorie app will not fix that. They all work by **taking food away**.

This plan works the other way round: you **add**. More plants, more colors, more volume. When the good food comes in, the rest starts to move out on its own.

What these 28 days are

Not 28 days to finish. 28 days to **build the ground** for a gut-healthy lifestyle, for you and your children. On day 29 you don't stop. You just keep going, because by then it is simply how you eat.

What a gut-healthy lifestyle can change

- ✓ Your cravings shift: you start wanting real, whole food
- ✓ You stop weighing, counting and stressing about food
- ✓ You go to the toilet quickly and regularly
- ✓ Less bloating and less discomfort after meals
- ✓ Many women notice less period pain
- ✓ A varied, nutrient-dense diet helps prevent deficiencies like low iron

Everyone's body is different. If you have ongoing pain, a diagnosed condition, are pregnant, or suspect a deficiency, talk to your doctor alongside this plan.

ABOUT ME

Hi, I'm Anna Averka

Certified nutritionist and mom of 2. I consult women in English, German, Russian, Lithuanian and Spanish. And whatever country they come from, their problems are usually very similar.

For many years I believed my stomach problems and pain had only two possible causes: my genes ("sorry, you just have a sensitive stomach") or a lack of discipline. It turned out to be neither.

Then I decided to go fully plant-based for ethical reasons. That meant doing something almost no one around me did. And when you live differently, you start questioning every everyday choice, especially when it comes to your child's health. You can no longer rely on "that's how everyone has always done it."

So I did what I knew from my work as a journalist: I researched. I researched myself, my body and my food. And I understood how powerful nutrition really is.

That is when I decided to study nutrition.

Today I help moms and their children find a way of eating that is pain-free, happy and built to last.

This 28-Day Gut Reset is the short version of everything I learned. You don't have to research it all yourself. I already did.

THE RULES

The 12 principles

Read them once. They apply to every single day.

1 **Crave it? Eat it early.**

If you want something sweet or heavy, have it in the first part of the day, not at night.

2 **Sit with the craving.**

Before you reach for it, pause and ask: am I hungry, or tired, bored, stressed? Name the feeling behind it.

3 **Don't ban sweets for kids.**

Give them when your child is calm and happy, never as a way to soothe a feeling. Sweets for joy, not for comfort.

4 **Close the kitchen 2-3 hours before bed.**

One hour is fine too. Still hungry? Eat whole food only: an apple, an orange, half an avocado. The craving goes, and your body gets nutrients.

5 **Same sleep rhythm, every day.**

Go to bed before 11 pm and wake up at the same time every day, weekends too. Your gut has its own clock and loves rhythm.

6 **Introduce new foods step by step.**

Add new legumes and fermented foods one after another, in normal portions, not all at once. Your gut adapts as you go.

7 **Eat the rainbow.**

Open your eyes in the shop. The more colors on your plate, the more different fibers feed your gut.

8 **Eat more, not less.**

Fill up on high-volume, nutrient-dense foods: vegetables, fruit, legumes, whole grains.

9 **Add, don't eliminate.**

Only cut something if it feels easy and manageable. Otherwise, ask: what can I add today?

10 **Use ChatGPT as your recipe partner.**

Ask it for your favorite dishes with more plant options. Same taste, more gut food.

11 **No coffee after 12 noon.**

Coffee in the afternoon disturbs your sleep, and your gut. On some days, swap it for a warm cacao from organic cacao powder.

12 **Two supplements every day: B12 and omega-3.**

A plant-based diet needs vitamin B12, and omega-3 from algae oil (DHA/EPA). Ask your doctor or nutritionist for the right dose.

Every meal is not a test of your discipline.

It is an opportunity to get better.

One more soda or a portion of fries is not "weakness." Find the positives. Celebrate progress instead of blaming yourself.

HOW IT WORKS

4 weeks, 4 steps

Each week builds on the one before. Nothing is taken away, ever. You only add.

1

ADD: Add, don't take away

This week you remove nothing. You only add plants to what you already eat, and you start noticing how your body reacts.

2

VARIETY: Eat the rainbow

This week you go from "more plants" to "more **different** plants." Your new goal: 30 different plants in one week.

3

FEED: Feed your gut and your feelings

Your gut and your brain talk to each other all day. This week fermented foods become a daily habit, and you look at what's behind your cravings: stress, sleep and emotions.

4

KEEP: Make it yours

This last week is not about finishing. It's about building the version of this plan you will live with on Day 29, Day 100 and Day 365.

What you get

- ✓ **Every week:** a shopping list, a 1-hour prep plan and a plant tracker
- ✓ **Every day:** 4–5 small steps to tick off, a tip for your kids and a 1-minute check-in
- ✓ **Every 7 days:** a review, so you can see your progress in black and white

Print it, or fill it in on your tablet. Missed a day? Don't restart. Just continue with the next one.

EVENING SNACKS

Still hungry in the evening?

Close the kitchen 2–3 hours before bed when you can. When you can't, choose a whole-food snack. It fills you up, ends the craving and gives your body nutrients. Change it every evening.

☐ 2 kiwis Fibre for an easy morning toilet.	☐ A banana with a few walnuts Filling and calming.
☐ A pear or an apple Simple, sweet, full of fibre.	☐ Apple slices with almond butter Sweet craving? This one.
☐ 2 mandarins or an orange Juicy and light.	☐ A handful of almonds or pistachios Unsalted, a small handful.
☐ 2 dates stuffed with walnuts Your whole-food "chocolate bar."	☐ A baked apple with cinnamon Warm and cosy on cold evenings.
☐ A bowl of berries or thawed frozen cherries Colour before bed.	☐ Half an avocado with lemon and salt Savoury craving? This one.
☐ Plant yogurt with blueberries Soy or coconut, with live cultures.	☐ Warm golden milk almond or soy milk with turmeric and cinnamon.
☐ A small bowl of warm oat porridge Almond or soy milk and cinnamon.	☐ Grapes with a few almonds Sweet and crunchy.
☐ An orange and pumpkin seeds Vitamin C plus iron.	☐ Fennel-ginger tea with 2 dates Fresh grated ginger helps digestion.

The rule: whole food, not too big, and at least 1 hour before sleep. Heavy, fatty or sugary food late at night disturbs sleep and digestion. Tick the ones you have tried.

IDEAS, NOT RECIPES

What can I cook with this?

Beans, tofu and fermented foods are new for many families. Here is what you can make with them. Pick a dish and ask ChatGPT for a quick family recipe.

Instead of cheese	Nutritional yeast flakes on pasta, soup, popcorn or salad · "cheese" sauce from nutritional yeast and cashews
Tahini sauces	Tahini + lemon + garlic · tahini + soy sauce + maple · tahini + miso. Iron-rich, for bowls, salads and roasted veg
Whole-food desserts	Avocado-cacao mousse · silken tofu chocolate mousse · date and oat balls · baked apple · frozen banana "ice cream"
Red lentils	Dal with rice · red lentil soup · lentil Bolognese · sweet potato and lentil curry · lentil patties
Chickpeas	Hummus · crunchy roasted chickpeas · chickpea and spinach curry · chickpea-avocado mash · falafel
Beans	Three-bean chili · white bean and tomato soup · bean burgers · lobio with walnuts and coriander · black bean brownies
Firm tofu	Tofu scramble · crispy baked tofu cubes · tofu stir-fry · tofu syrniki (little pan-fried pancakes) · marinated tofu skewers
Silken tofu	Chocolate mousse · berry "cheesecake" cream · creamy pasta sauce · protein smoothie · creamy dressing
Tempeh & edamame	Tempeh tacos · crispy tempeh strips · tempeh in Bolognese · steamed edamame · edamame in bowls
Fermented	Sauerkraut salad with apple and carrot · kimchi fried rice · miso soup · miso dressing · soy yogurt bowls · real pickles
Cold soups & beet dishes	Gazpacho · red beet gazpacho · cold beet soup with soy yogurt and dill · beet salad with walnuts and prunes · vinegret

The order in this plan: red lentils and sauerkraut in Week 1 → chickpeas, beans, firm tofu, silken tofu, tempeh, plant yogurt and kimchi in Week 2 → miso, water kefir and edamame in Week 3. One new food after another, in normal portions.

Week 1: Add, don't take away

This week you remove nothing. You only add plants to what you already eat, and you start noticing how your body reacts.

Why it works

Your gut bacteria live on fibre, and fibre comes only from plants. When you suddenly eat much more of it, your gut needs time to adapt. That's why we start gently and build up week by week. A little more gas in the first days is normal adaptation, not a sign the plan is wrong.

GOOD TO KNOW: FODMAPS

FODMAPs are fermentable carbohydrates in many healthy plants: garlic, onion, legumes, wheat, apples and more. Your gut bacteria love them, but too many new ones at once can cause gas and bloating. So don't avoid them, **introduce them gradually**: one new food after another, in normal portions. Strong symptoms or IBS? A low-FODMAP plan with a dietitian can help.

WEEK 1 SHOPPING LIST

Fruit	Berries (fresh or frozen raspberries and blueberries), apples, oranges or mandarins, bananas, kiwis, 1–2 avocados, lemons
Vegetables & greens	Rucola, spinach or lettuce, cucumbers, tomatoes, carrots, red bell peppers, 1 vegetable your family already likes
Grains & bread	Rolled oats, wholegrain or real sourdough bread
Legumes	Red lentils (dry, cook in 15 min): the gentlest legume to start with. 1 can chickpeas for hummus
Nuts & seeds	Almond butter, walnuts, whole flaxseed (grind it fresh)
Extras	1 white cabbage + non-iodised salt (homemade sauerkraut), fresh ginger, fennel tea, olive oil, mustard

Prep day (about 1 hour)

- ☐ **Start homemade sauerkraut:** shred 1 kg white cabbage, massage with 20 g non-iodised salt until juicy, press into a jar under its own juice. Room temperature, ready on Day 6.
- ☐ Cut carrots, peppers and cucumber into sticks. Box at eye level in the fridge.
- ☐ Mix one jar of dressing: 4 tbsp olive oil, 2 tbsp lemon juice, 1 tsp mustard, 1 tsp maple syrup, salt.
- ☐ Make hummus from 1 can of chickpeas (or buy a good one).

WEEK 1 OF 4 • PLANT TRACKER

My plants this week

Write each **different** plant once. Vegetables, fruit, legumes, whole grains, nuts, seeds and fresh herbs all count. Same plant twice? Still one.

Goal: No target yet. Just count and get curious.

1		16	
2		17	
3		18	
4		19	
5		20	
6		21	
7		22	
8		23	
9		24	
10		25	
11		26	
12		27	
13		28	
14		29	
15		30	
+		+	

Total this week: _____

Day 1: Know where you start

Today is not about changing everything. Today you set your starting point and make your first additions. 5 steps, nothing more.

1	Write down your "before" Fill in the check-in below. You will compare it on Day 28.	☐
2	Add plants to every meal. Remove nothing. Breakfast: raspberries, blueberries and a spoon of almond butter on your oats. Lunch: rucola or any other greens on your sandwich, plus tomato and/or cucumber. Dinner: a bigger side salad with your meal: at least 4 different veggies and 1 fruit.	☐
3	Count colours, not calories Goal for today: 5 different colours on your plate across the day.	☐
4	Sweet craving? Before 2 pm. If you want it, have it in the first half of the day.	☐
5	Kitchen closes 2-3 hours before bed Still hungry? A banana with a few walnuts, or 2 kiwis. More evening snack ideas on page 6.	☐

MY DAY 1 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot
Toilet	☐ daily ☐ every 2 days ☐ less often
Pain after meals	☐ no ☐ sometimes ☐ often
Energy	☐ low ☐ okay ☐ good
Strongest craving	What: _____ When: _____
Feeling behind it	☐ hunger ☐ tired ☐ stress ☐ boredom ☐ other
Colours I ate today	○ ○ ○ ○ ○ ○ ○

Tomorrow, Day 2: Breakfast: your first win

Day 2: Breakfast: your first win

The first meal sets the tone for your cravings all day. A breakfast with fibre, fat and protein keeps you full and calm until lunch.

1	Build your power oats Oats + 2 fruits (berries and banana) + 1 nut or seed (almond butter, walnuts, chia). That's 4 plants before 9 am.	☐
2	Water before coffee A big glass of water when you wake up. Your gut needs water to move fibre along.	☐
3	Repeat your Day 1 additions Greens and tomato or cucumber on your sandwich, a big side salad at dinner.	☐
4	Fruit bowl at eye level What you see is what you eat. Fruit on the table, cookies in the cupboard.	☐
5	Kitchen closes 2-3 hours before bed Still hungry? Have today's evening snack from the ideas box below.	☐

TODAY'S IDEAS

Breakfast	Oats with raspberries, blueberries, banana and almond butter
Lunch	Wholegrain sandwich with hummus, rucola, tomato and cucumber
Dinner	Your usual dinner + a big side salad (4 veggies + orange segments)
Evening snack	2 kiwis

FOR YOUR KIDS

Let your child choose the fruit and put it on their own oats. Kids eat what they help make.

DAY 2 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 3: Get things moving

Day 3: Get things moving

A regular toilet needs three things: fibre, water and movement. You already added fibre. Today you add the other two.

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|----------|--|--------------------------|
| 1 | Drink 6-8 glasses of water
Keep a full bottle on your desk or kitchen table. Pale yellow urine means you're drinking enough. | ☐ |
| 2 | Walk 10 minutes after your biggest meal
Movement after eating helps digestion and keeps blood sugar steady. | ☐ |
| 3 | Eat sitting down, and chew
Digestion starts in the mouth. No eating while standing or scrolling. | ☐ |
| 4 | Add 1-2 kiwis or 2-3 prunes
Both are natural helpers for regular, easy bowel movements. | ☐ |
| 5 | Breakfast at the same time
Your gut loves rhythm. Regular meals mean a regular toilet. | ☐ |

TODAY'S IDEAS

Breakfast	Oats with kiwi, freshly ground flaxseed and cinnamon
Lunch	Potato salad with cucumber, carrots, greens, olive oil and lemon
Dinner	Tray of roasted vegetables with rice and a green salad
Evening snack	A banana with a few walnuts

FOR YOUR KIDS

Make the after-dinner walk a family ritual. Even 10 minutes around the block counts.

DAY 3 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 4: Start with red lentils

Day 4: Start with red lentils

Legumes are the most underrated gut food: fibre, protein and iron in one. Red lentils are the gentlest way to start. They are small, cook in 15 minutes and are easy on digestion.

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| 1 | Cook red lentils today
In a soup, a dal or blended into tomato sauce. No soaking needed. | ☐ |
| 2 | A normal portion, a few times this week
Red lentils come first. Other legumes follow next week, one after another. | ☐ |
| 3 | Chew and eat slowly
Well-chewed food means less work, and less gas, for your gut. | ☐ |
| 4 | Notice, don't judge
A little more gas is normal adaptation. Write down which food it was in your check-in. | ☐ |

TODAY'S IDEAS

Breakfast	Oats with pear and almond butter
Lunch	Red lentil soup with carrots and tomatoes
Dinner	Red lentil dal with rice and spinach
Evening snack	A handful of almonds and a few grapes

FOR YOUR KIDS

A handful of red lentils cooked into tomato sauce turns orange and disappears. They won't even notice.

DAY 4 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 5: Sit with the craving

Day 5: Sit with the craving

A craving is not a command. It's a message. Today you learn to read it before you answer it.

1	Wait 5 minutes When a craving hits, set a timer, drink a glass of water and breathe.	☐
2	Name the feeling Am I hungry, tired, stressed, bored or sad? Write it in your check-in.	☐
3	Still want it? Before 2 pm, with joy Sit down, put it on a plate, enjoy every bite. No guilt. Guilt is what makes you eat more.	☐
4	Add something whole next to it Chocolate + a handful of berries. Chips + veggie sticks. Add, don't ban.	☐

TODAY'S IDEAS

Breakfast	Oats with mixed berries and a few walnuts
Lunch	Leftover dal with sourdough bread and cucumber
Dinner	Pasta with tomato sauce and red lentils blended in, side salad
Evening snack	A warm baked apple with cinnamon

FOR YOUR KIDS

Sweets are not banned, just timed: give them when your child is calm and happy, never to stop tears or boredom.

DAY 5 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 6: Upgrade your snacks

Day 6: Upgrade your snacks

Most cravings hit when you're too hungry. Ready-made snacks stop them before they start.

1	Prepare 2 snack boxes Veggie sticks + hummus. Fruit + a handful of nuts. Take them with you.	☐
2	The 3 pm snack Eat a real snack between lunch and dinner. It prevents the evening attack.	☐
3	Evening hunger? Whole food only Apple, orange, half an avocado or a few nuts. Filling, and full of nutrients.	☐
4	Taste your homemade sauerkraut After 5-7 days it's young and mild. A normal side with lunch or dinner. It gets tangier every week.	☐

TODAY'S IDEAS

Breakfast	Smoothie: banana, berries, spinach, oats, almond or soy milk
Lunch	Wholegrain wrap with hummus, peppers, carrots and greens
Dinner	Potato and vegetable tray bake with herbs + a side of sauerkraut
Evening snack	2 mandarins and a few pumpkin seeds

FOR YOUR KIDS

Put a "yes box" in the fridge at child height: cut fruit and veggie sticks they can take anytime without asking.

DAY 6 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 7: Week 1 review

Day 7: Week 1 review

One week done. Look at what changed, not at what didn't.

- | | | |
|----------|--|--------------------------|
| 1 | Fill in your Week 1 check-in
Below. Then flip back to Day 1 and compare. | ☐ |
| 2 | Write down 3 wins
Even small ones: "I ate a salad every day." "The toilet was easier." | ☐ |
| 3 | Which new food did you like?
Keep it. It goes on your favourites list in Week 4. | ☐ |
| 4 | Shop and prep for Week 2
Shopping list and prep plan are on the next page. | ☐ |

TODAY'S IDEAS

Breakfast	Oats with grated apple, cinnamon and walnuts
Lunch	Leftovers + sauerkraut + a big side salad
Dinner	Red lentil Bolognese with wholegrain pasta
Evening snack	Fennel tea with fresh grated ginger and 2 dates with almond butter

MY WEEK 1 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot
Toilet	☐ daily ☐ every 2 days ☐ less often
Pain after meals	☐ no ☐ sometimes ☐ often
Energy	☐ low ☐ okay ☐ good
Strongest craving	What: _____ When: _____
Feeling behind it	☐ hunger ☐ tired ☐ stress ☐ boredom ☐ other
Colours I ate today	☐ ☐ ☐ ☐ ☐ ☐ ☐

My 3 wins this week: 1. _____ 2. _____ 3. _____

Tomorrow, Day 8: Start counting plants

Week 2: Eat the rainbow

This week you go from "more plants" to "more **different** plants." Your new goal: 30 different plants in one week.

Why it works

Different plants carry different fibres, and different fibres feed different gut bacteria. In the large American Gut Project, people who ate 30 or more different plants per week had a more diverse gut microbiome than people who ate 10 or fewer. Every different vegetable, fruit, legume, whole grain, nut, seed and fresh herb counts once per week.

WEEK 2 SHOPPING LIST

Red	Tomatoes, red peppers, raspberries, red lentils
Orange & yellow	Carrots, sweet potato, oranges or mango, yellow pepper
Green	Kale, broccoli, zucchini, kiwis, fresh parsley, basil or dill
Purple & blue	Red cabbage, beetroot, blueberries, red onion
White & brown	Mushrooms, cauliflower, garlic, onion
Tofu & ferments	Firm tofu, silken tofu, tempeh, plant yogurt with live cultures, kimchi
Pantry	Nutritional yeast flakes (instead of cheese), tahini, buckwheat or quinoa, whole flaxseed (never pre-ground), walnuts, chia and pumpkin seeds, frozen mixed vegetables, frozen mixed berries, 1 can beans

Prep day (about 1 hour)

- ☐ Make your fibre powder: grind whole flaxseed and walnuts fresh in a coffee grinder, mix with chia and pumpkin seeds. 4 plants per spoon. Never buy pre-ground flaxseed, it goes rancid fast. Grind for 3-4 days, keep it in the fridge.
- ☐ Roast one big tray of mixed veg (sweet potato, beetroot, carrot, red onion, zucchini) with olive oil and salt: 35-40 min at 200 °C.
- ☐ Cook one pot of buckwheat or quinoa for the next 3 days.
- ☐ Wash fresh herbs and keep them in a glass of water in the fridge, like flowers.
- ☐ Put your Week 2 plant tracker on the fridge.

WEEK 2 OF 4 • PLANT TRACKER

My plants this week

Write each **different** plant once. Vegetables, fruit, legumes, whole grains, nuts, seeds and fresh herbs all count. Same plant twice? Still one.

Goal: 30 different plants this week.

1	_____	16	_____
2	_____	17	_____
3	_____	18	_____
4	_____	19	_____
5	_____	20	_____
6	_____	21	_____
7	_____	22	_____
8	_____	23	_____
9	_____	24	_____
10	_____	25	_____
11	_____	26	_____
12	_____	27	_____
13	_____	28	_____
14	_____	29	_____
15	_____	30	_____
+	_____	+	_____

Total this week: _____

Day 8: Start counting plants

From today you count different plants, not calories. Goal for this week: 30.

- | | | |
|----------|--|--------------------------|
| 1 | Open your Week 2 plant tracker
Every different vegetable, fruit, legume, whole grain, nut, seed and fresh herb counts once per week. | ☐ |
| 2 | A spoon of fibre powder
Freshly ground flaxseed and walnuts on your salad, in your smoothie or on oats. 4 plants in one second. | ☐ |
| 3 | Use mixed bags
Frozen mixed vegetables or mixed berries: 4-6 plants in one handful. | ☐ |
| 4 | Log tonight
Write every new plant into your tracker before bed. | ☐ |

TODAY'S IDEAS

Breakfast	Oats with frozen mixed berries and fibre powder
Lunch	Roasted veg tray + quinoa + kale + dressing
Dinner	Stir-fry with frozen mixed vegetables, rice and sesame
Evening snack	A pear with a few walnuts

FOR YOUR KIDS

Make it a game: who finds the most different plants this week? Stickers on the fridge.

DAY 8 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 9: Three colours per plate

Day 9: Three colours per plate

Colour is the easiest way to see variety. Each colour stands for a different group of plant compounds.

1	3 colours at every meal Breakfast example: oats + blueberries + kiwi.	☐
2	Pick one colour you rarely eat Purple: red cabbage, beetroot. Orange: sweet potato, mango.	☐
3	Make vegetables the biggest part of dinner Don't remove anything. Just make the vegetable part bigger.	☐
4	Kitchen closes 2-3 hours before bed Still hungry? Have today's evening snack from the ideas box below.	☐

TODAY'S IDEAS

Breakfast	Oats with blueberries and kiwi + warm cacao instead of coffee
Lunch	Red beet salad with walnuts, prunes and a little garlic
Dinner	Sweet potato and red lentil curry with rice
Evening snack	A bowl of thawed frozen cherries

FOR YOUR KIDS

Rainbow plates: let them "paint" their plate with as many colours as they can find.

DAY 9 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 10: Herbs count

Day 10: Herbs count

Fresh herbs are the fastest way to add plants. They bring flavour, colour and compounds your gut loves.

1	Fresh herbs in 2 meals Parsley on soup, basil on tomatoes, dill on potatoes, coriander on rice.	☐
2	Make a green sauce Blend a bunch of herbs, olive oil, lemon, a little garlic and a few nuts. Keeps 4 days in the fridge.	☐
3	Spice it up Cinnamon on oats, turmeric with black pepper in soup, cumin in lentils. Spices are a bonus: use them generously.	☐
4	Log your plants Each fresh herb counts as one plant.	☐

TODAY'S IDEAS

Breakfast	Oats with apple, cinnamon and fibre powder
Lunch	Gazpacho: tomato, cucumber, pepper, olive oil, basil + sourdough
Dinner	Wholegrain pasta with rucola-basil pesto, cherry tomatoes and nutritional yeast flakes
Evening snack	Half an avocado with lemon and salt on a rice cake

FOR YOUR KIDS

Grow one herb on the windowsill together. Kids want to taste what they grew.

DAY 10 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 11: Try a new grain

Day 11: Try a new grain

Whole grains feed your gut bacteria too. You don't have to give up bread or pasta. Just add one new grain to your week.

- | | | |
|----------|--|--------------------------|
| 1 | Cook one new whole grain
Buckwheat, quinoa, millet, barley or brown rice. Cook a pot for 3 days. | ☐ |
| 2 | Mix it in
Half pasta, half buckwheat. Quinoa in your salad. Barley in your soup. | ☐ |
| 3 | Choose wholegrain where it's easy
Wholegrain bread, real sourdough, oat flakes instead of sugary cereal. Only where it feels easy. | ☐ |
| 4 | Your second fermented food
Soy yogurt with live cultures on your oats, or kimchi with rice. Keep the sauerkraut going. | ☐ |

TODAY'S IDEAS

Breakfast	Buckwheat porridge with banana, cinnamon and soy yogurt
Lunch	Quinoa salad with roasted veg, parsley and lemon
Dinner	Barley and vegetable soup with fresh herbs
Evening snack	An orange and a handful of pistachios

FOR YOUR KIDS

Sweet buckwheat or millet porridge with banana and cinnamon is a great kids' breakfast.

DAY 11 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 12: Legumes, level 2: beans and tofu

Day 12: Legumes, level 2: beans and tofu

Your gut has had a week with red lentils. Now you add the next step, one new legume at a time.

- | | | |
|----------|---|--------------------------|
| 1 | Try chickpeas or beans
Canned and rinsed are easiest to digest. A normal portion in one meal. | ☐ |
| 2 | Meet tofu
Firm tofu is gentle on the gut. Crumble it into a pan with turmeric and vegetables, or cube it into a stir-fry. | ☐ |
| 3 | Hide legumes in favourites
Red lentils in Bolognese, white beans in mashed potatoes, chickpeas in curry. | ☐ |
| 4 | Listen to your body
Bloated? Stay with the legumes you already know for a few days before adding a new one. | ☐ |

TODAY'S IDEAS

Breakfast	Oats with berries and fibre powder
Lunch	Chickpea and avocado mash on sourdough with greens
Dinner	Crispy tofu stir-fry with broccoli, peppers and rice
Evening snack	2 kiwis

FOR YOUR KIDS

Make Bolognese with red lentils and finely chopped mushrooms. Kids love it, and it's full of fibre.

DAY 12 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 13: Your favourite dish, upgraded

Day 13: Your favourite dish, upgraded

You don't need new recipes. You need your old favourites with more plants in them.

- | | | |
|----------|--|--------------------------|
| 1 | Pick your family's favourite dish
Pizza, pasta, burger, pancakes, anything. | ☐ |
| 2 | Ask ChatGPT
"Give me a family recipe for [dish] with at least 5 more different plants. Same taste, kid-friendly, ready in 30 minutes." | ☐ |
| 3 | Cook it tonight
Count its plants and rate it 1-10. Everything 7+ goes on your favourites list. | ☐ |
| 4 | Meet silken tofu
Soft and creamy. Blend it with cocoa and banana into a mousse, or with berries into a cheesecake cream. | ☐ |

TODAY'S IDEAS

Breakfast	Tofu syrniki with berries and soy yogurt
Lunch	Leftovers from your upgraded favourite
Dinner	Your upgraded favourite: veggie pizza, bean burger or lentil Bolognese
Evening snack	A small bowl of silken tofu berry cream

FOR YOUR KIDS

Let your child pick the dish and help with one step: washing, stirring or sprinkling.

DAY 13 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 14: Week 2 review

Day 14: Week 2 review

Two weeks done. You're halfway, and your gut is already different from 14 days ago.

- | | | |
|----------|---|--------------------------|
| 1 | Count your plants
Under 20 is a great start. 30+ means you hit the goal. | ☐ |
| 2 | Fill in your Week 2 check-in
Below. Compare it with Day 1 and Day 7. | ☐ |
| 3 | Try tempeh
Fermented soybeans: slice, pan-fry with soy sauce and paprika, add to tacos or a bowl. | ☐ |
| 4 | Shop and prep for Week 3
Shopping list and prep plan are on the next page. | ☐ |

TODAY'S IDEAS

Breakfast	Smoothie bowl: banana, berries, oats, seeds
Lunch	Big salad with chickpeas, roasted veg and tahini dressing
Dinner	Tempeh tacos with avocado, salsa and red cabbage
Evening snack	Chamomile tea and 2 dates stuffed with walnuts

MY WEEK 2 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot
Toilet	☐ daily ☐ every 2 days ☐ less often
Pain after meals	☐ no ☐ sometimes ☐ often
Energy	☐ low ☐ okay ☐ good
Strongest craving	What: _____ When: _____
Feeling behind it	☐ hunger ☐ tired ☐ stress ☐ boredom ☐ other
Colours I ate today	○ ○ ○ ○ ○ ○ ○ ○

My 3 wins this week: 1. _____ 2. _____ 3. _____

Tomorrow, Day 15: Fermented food every day

Week 3: Feed your gut and your feelings

Your gut and your brain talk to each other all day. This week fermented foods become a daily habit, and you look at what's behind your cravings: stress, sleep and emotions.

Why it works

In a 2021 Stanford study, people who ate fermented foods every day for 10 weeks ended up with a more diverse gut microbiome and lower markers of inflammation. At the same time, sleep and stress shape what you crave. This week works on both.

WEEK 3 SHOPPING LIST

Fermented	Your homemade sauerkraut, kimchi, plant yogurt or water kefir with live cultures, miso paste, tempeh, real sourdough bread
Iron-rich	Lentils, chickpeas, tofu, tahini, pumpkin seeds, kale, spinach, oats
Vitamin C	Bell peppers, citrus fruit, kiwis, berries, tomatoes
Calm	Fennel tea with fresh grated ginger, chamomile, peppermint
Favourites	Your best fruits, vegetables and grains from Week 2

Prep day (about 1 hour)

- ☐ Roast a veg tray and cook a grain, like in Week 2.
- ☐ Cook a big pot of lentil soup or dal for 2–3 days.
- ☐ Make overnight oats for 3 mornings: oats, almond or soy milk or plant yogurt, berries, 1 spoon of fibre powder.
- ☐ Start a new jar of homemade sauerkraut, and put the ready one at the front of the fridge.

WEEK 3 OF 4 • PLANT TRACKER

My plants this week

Write each **different** plant once. Vegetables, fruit, legumes, whole grains, nuts, seeds and fresh herbs all count. Same plant twice? Still one.

Goal: 30+ different plants and 1 fermented food every day.

1	_____	16	_____
2	_____	17	_____
3	_____	18	_____
4	_____	19	_____
5	_____	20	_____
6	_____	21	_____
7	_____	22	_____
8	_____	23	_____
9	_____	24	_____
10	_____	25	_____
11	_____	26	_____
12	_____	27	_____
13	_____	28	_____
14	_____	29	_____
15	_____	30	_____
+	_____	+	_____

Total this week: _____

Day 15: Fermented food every day

You already know sauerkraut, plant yogurt, kimchi and tempeh. This week fermented food becomes a daily habit.

- | | | |
|----------|--|--------------------------|
| 1 | A fermented food every day
Sauerkraut, kimchi, plant yogurt or tempeh. Change them through the week. | ☐ |
| 2 | Try miso
Stir a spoon into soup or dressing at the end. Don't boil it, to keep it alive. | ☐ |
| 3 | Try water kefir
A fizzy fermented drink. A glass with lunch instead of juice or soda. | ☐ |
| 4 | Keep counting plants
Your Week 3 tracker is ready. | ☐ |

TODAY'S IDEAS

Breakfast	Overnight oats with plant yogurt, berries and fibre powder
Lunch	Grain bowl with roasted veg, chickpeas and sauerkraut
Dinner	Lentil soup with sourdough bread
Evening snack	A banana with a spoon of peanut butter

FOR YOUR KIDS

Plant yogurt with berries, or a few real fermented pickles, is a gentle start for kids.

DAY 15 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 16: Eat without a screen

Day 16: Eat without a screen

When you eat while scrolling, your brain misses the meal. You eat faster and more, and you're hungry again soon.

- | | | |
|----------|--|--------------------------|
| 1 | One meal with no phone and no TV
Just you, your plate and maybe your family. | ☐ |
| 2 | Put your fork down between bites
Chew well. A meal should take at least 15-20 minutes. | ☐ |
| 3 | Stop when you're comfortably full
Leftovers are tomorrow's lunch. | ☐ |
| 4 | A fermented food with one meal
Sauerkraut, kimchi, plant yogurt or water kefir. | ☐ |

TODAY'S IDEAS

Breakfast	Overnight oats with mango and coconut flakes
Lunch	Cold beet soup with cucumber, dill and soy yogurt + boiled potatoes
Dinner	Tofu scramble with vegetables and roasted potatoes
Evening snack	Plant yogurt with blueberries

FOR YOUR KIDS

Phone-free family dinner: everyone says one good thing about their day.

DAY 16 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 17: Sleep: the hidden craving trigger

Day 17: Sleep: the hidden craving trigger

After a short night, hunger hormones rise and you crave sugar and fast carbs. Better sleep means fewer cravings tomorrow.

1	Kitchen closes 2-3 hours before bed Your gut needs a night rest too.	☐
2	Herbal tea instead of a late snack Fennel tea with fresh grated ginger for digestion, chamomile or peppermint.	☐
3	Screens off 30 minutes before bed Read, stretch or talk instead.	☐
4	Aim for 7-8 hours Go to bed 30 minutes earlier tonight.	☐

TODAY'S IDEAS

Breakfast	Buckwheat porridge with pear and cinnamon + warm cacao instead of coffee
Lunch	Wrap with leftover tofu, vegetables and greens
Dinner	Warm white bean and kale soup
Evening snack	2 kiwis and chamomile tea

FOR YOUR KIDS

The same calm evening routine every night: dinner, bath, book, bed. Kids' guts love rhythm too.

DAY 17 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 18: The HALT check

Day 18: The HALT check

Most evening cravings are not hunger. Before you eat, check HALT: am I **H**ungry, **A**ngry (stressed), **L**onely or **T**ired?

1	Do the HALT check at every craving Write down which letter it was.	☐
2	Answer the real need Hungry: eat a real meal. Stressed: walk or breathe. Lonely: call someone. Tired: rest.	☐
3	Still want it? Before 2 pm, with joy Then enjoy it without guilt.	☐
4	A fermented food with one meal Try a second one today if your gut is happy with the first.	☐

TODAY'S IDEAS

Breakfast	Chia pudding with almond or soy milk and mango (made the night before)
Lunch	Dal with rice and a side of kimchi
Dinner	Veggie tacos with black beans, avocado and salsa
Evening snack	A baked apple with cinnamon and walnuts

FOR YOUR KIDS

When your child asks for sweets, gently check first: hungry, tired or upset? Offer a hug or a snack first, and the sweet later, when they're calm.

DAY 18 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 19: Calm gut, calm mind

Day 19: Calm gut, calm mind

Stress switches your body into "fight or flight," and digestion slows down. A calm body digests better.

- | | | |
|----------|--|--------------------------|
| 1 | 5 slow breaths before each meal
In for 4, out for 6. It takes one minute. | ☐ |
| 2 | 20 minutes outside
Walk, sit in the park, play with the kids. Daylight and movement help your gut and your mood. | ☐ |
| 3 | A warm dinner
Soup, dal or a stew from your prep. Easy to digest. | ☐ |
| 4 | Try edamame
Young green soybeans. Steam them and sprinkle with salt. A great snack for kids too. | ☐ |

TODAY'S IDEAS

Breakfast	Oats with berries and fibre powder
Lunch	Grain bowl with pan-fried tempeh, greens, carrots and sauerkraut
Dinner	Miso soup with tofu, mushrooms, noodles and greens
Evening snack	Warm golden milk: almond or soy milk, turmeric, cinnamon

FOR YOUR KIDS

Breathing game before dinner: "smell the flower, blow out the candle," 3 times.

DAY 19 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 20: Iron and your period

Day 20: Iron and your period

Low iron is one of the most common deficiencies in women. It can make you tired and your periods harder. Plants have plenty of iron. The trick is how you combine them.

- | | | |
|----------|---|--------------------------|
| 1 | An iron-rich food at 2 meals
Lentils, chickpeas, tofu, tahini, pumpkin seeds, oats, kale, spinach. Tahini + lemon makes an iron-rich sauce. | ☐ |
| 2 | Add vitamin C to the same meal
Bell pepper, citrus, kiwi, berries or tomatoes help your body absorb plant iron. | ☐ |
| 3 | Coffee and tea 1 hour away from meals
Drunk with food, they lower iron absorption. | ☐ |
| 4 | Know your numbers
Often tired or heavy periods? Ask your doctor for a blood test: ferritin, B12, vitamin D. | ☐ |

TODAY'S IDEAS

Breakfast	Oats with pumpkin seeds and strawberries
Lunch	Lentil salad with red pepper, parsley and tahini-lemon dressing
Dinner	Tofu and broccoli curry with brown rice
Evening snack	An orange and a handful of pumpkin seeds

FOR YOUR KIDS

Kids need iron too: oats with pumpkin seeds and berries, or lentil soup with pepper sticks on the side.

DAY 20 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 21: Week 3 review

Day 21: Week 3 review

Three weeks done. This is when many people notice the biggest changes. Look closely.

1	Count your plants Compare with Week 2.	☐
2	Fill in your Week 3 check-in Below. Compare it with Day 1.	☐
3	Which fermented food will you keep? One you like enough to eat every day.	☐
4	Shop and prep for Week 4 Shopping list and prep plan are on the next page.	☐

TODAY'S IDEAS

Breakfast	Green smoothie: kale or spinach, kiwi, banana, oats
Lunch	Red beet gazpacho with cucumber and dill + sourdough with hummus
Dinner	Chickpea and spinach stew with sourdough
Evening snack	Grapes and a few almonds

MY WEEK 3 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot
Toilet	☐ daily ☐ every 2 days ☐ less often
Pain after meals	☐ no ☐ sometimes ☐ often
Energy	☐ low ☐ okay ☐ good
Strongest craving	What: _____ When: _____
Feeling behind it	☐ hunger ☐ tired ☐ stress ☐ boredom ☐ other
Colours I ate today	○ ○ ○ ○ ○ ○ ○

My 3 wins this week: 1. _____ 2. _____ 3. _____

Tomorrow, Day 22: Your favourites list

Week 4: Make it yours

This last week is not about finishing. It's about building the version of this plan you will live with on Day 29, Day 100 and Day 365.

Why it works

Habits stay when they are easy, tasty and fit your real life. This week you build your own rotation of favourite meals, a simple prep system and a family routine, so that healthy becomes the default, not the effort.

WEEK 4 SHOPPING LIST

Favourites	The fruits, vegetables, legumes and grains you loved in Weeks 1–3
Something new	3 plants you have never bought before
Fermented	Your favourite from Week 3
Bowl system (Day 23)	1 grain, 1 legume, veg for roasting, salad greens, seeds
Family dessert (Day 26)	Dates, oats, cocoa powder, nuts

Prep day (about 1 hour)

- ☐ **Grain:** cook one pot (buckwheat, quinoa, rice or potatoes).
- ☐ **Legume:** cook or rinse one big portion (chickpeas, lentils, beans).
- ☐ **Veg:** roast one tray.
- ☐ **Sauce:** mix one jar of dressing or green sauce.
- ☐ **Greens:** wash one big box of salad.
- ☐ This is your bowl system: every lunch this week takes 3 minutes.

My plants this week

Write each **different** plant once. Vegetables, fruit, legumes, whole grains, nuts, seeds and fresh herbs all count. Same plant twice? Still one.

Goal: 30+ different plants. Beat your Week 2 number.

1	_____	16	_____
2	_____	17	_____
3	_____	18	_____
4	_____	19	_____
5	_____	20	_____
6	_____	21	_____
7	_____	22	_____
8	_____	23	_____
9	_____	24	_____
10	_____	25	_____
11	_____	26	_____
12	_____	27	_____
13	_____	28	_____
14	_____	29	_____
15	_____	30	_____
+	_____	+	_____

Total this week: _____

Day 22: Your favourites list

After 3 weeks you know what you like. Now you turn it into a rotation you can use every week.

- | | | |
|---|---|--------------------------|
| 1 | Pick your top 3 breakfasts
From your ratings and notes. | ☐ |
| 2 | Pick your top 4 lunches and 4 dinners
Meals your family actually eats. | ☐ |
| 3 | Write them down below
That's your weekly menu base. No more "what do I cook tonight?" | ☐ |
| 4 | Keep your plant count going
Week 4 tracker. | ☐ |

MY FAVOURITES LIST

Breakfast 1

Breakfast 2

Breakfast 3

Lunch 1

Lunch 2

Lunch 3

Lunch 4

Dinner 1

Dinner 2

Dinner 3

Dinner 4

Tomorrow, Day 23: The bowl system

Day 23: The bowl system

Healthy eating fails when it takes too long. The bowl system gives you a gut-friendly meal in 3 minutes.

1	Base: 1 grain Buckwheat, quinoa, rice or potatoes.	☐
2	Protein: 1 legume Chickpeas, lentils, beans, tofu or tempeh.	☐
3	Colour: roasted veg + fresh greens From your prep boxes.	☐
4	Finish: sauce + seeds + ferment Dressing or green sauce, a spoon of fibre powder, a spoon of sauerkraut.	☐

TODAY'S IDEAS

Breakfast	Oats with mango and fibre powder
Lunch	Bowl: quinoa, chickpeas, roasted veg, kale, tahini-lemon sauce
Dinner	Bowl: rice, tofu, broccoli, kimchi, sesame
Evening snack	A pear and a few pistachios

FOR YOUR KIDS

Build-your-own-bowl night: everything on the table in small bowls, everyone builds their own.

DAY 23 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 24: Kids at the table

Day 24: Kids at the table

Children often need to taste a new food 8 to 15 times before they accept it. Pressure makes it worse. Patience makes it work.

1	Let your child pick a new vegetable at the shop Their choice, their project.	☐
2	Cook it together Washing, tearing, stirring, sprinkling. Every child can do one step.	☐
3	Exposure, not pressure Put it on the table and eat it yourself with pleasure. "You don't have to eat it" is allowed.	☐
4	Be the example Kids copy what you eat, not what you say.	☐

TODAY'S IDEAS

Breakfast	Oat-banana pancakes with berries (kids flip them) + warm cacao instead of coffee
Lunch	Build-your-own veggie wraps
Dinner	Homemade wholegrain pizza with lots of vegetables
Evening snack	Avocado-cacao mousse (a small bowl)

DAY 24 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 25: Real life: eating out and travelling

Day 25: Real life: eating out and travelling

Real life includes restaurants, birthdays and grandma's cake. The plan doesn't stop there. It just bends.

1	Add a side of vegetables or salad In any restaurant. Just ask.	☐
2	Choose legumes when you see them Hummus, falafel, dal, bean chili, lentil soup.	☐
3	Enjoy the treat without guilt Earlier in the day if you can. Then back to normal at the next meal. No "restart on Monday."	☐
4	Pack a snack box for trips Fruit, nuts, veggie sticks.	☐

TODAY'S IDEAS

Breakfast	Smoothie to go
Lunch	Eating out: falafel or hummus plate with salad
Dinner	Quick bowl from your prep + massaged kale salad with lemon and tahini
Evening snack	2 mandarins

FOR YOUR KIDS

At parties, let them enjoy the cake. Give them a real meal before, so the cake is a treat, not dinner.

DAY 25 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 26: Sweets with joy

Day 26: Sweets with joy

Dessert is not the enemy. Whole-food desserts give you the sweetness and the nutrients.

- | | | |
|----------|--|--------------------------|
| 1 | Make a family dessert from whole foods
Blend 1 cup dates, 1 cup oats, 2 tbsp cocoa and a handful of nuts. Roll into balls. Keeps a week in the fridge. | ☐ |
| 2 | Tofu and fruit desserts
Avocado-cacao mousse, silken tofu chocolate mousse, tofu syrniki with berries, baked apple with cinnamon. | ☐ |
| 3 | Afternoon, sitting down, with joy
Not standing at the fridge at 10 pm. | ☐ |
| 4 | Log your plants
Dates, oats, cocoa and nuts count too. | ☐ |

TODAY'S IDEAS

Breakfast	Chocolate overnight oats: oats, cocoa, banana, almond or soy milk
Lunch	Red lentil soup with sourdough
Dinner	Veggie chili with rice + silken tofu chocolate mousse for dessert
Evening snack	1-2 date and oat balls from today's dessert

FOR YOUR KIDS

Sweets for celebration, not comfort: when your child is calm and happy, never to stop tears or boredom.

DAY 26 CHECK-IN

Bloating	☐ none ☐ a little ☐ a lot	Toilet today	☐ yes ☐ no
Colours	○ ○ ○ ○ ○ ○ ○ ○	New plants	_____
Craving / feeling	_____	Today's win	_____

Tomorrow, Day 27: Plan your Day 29

Day 27: Plan your Day 29

Tomorrow the 28 days end. Your new way of eating doesn't. Today you decide what stays.

- | | | |
|----------|--|--------------------------|
| 1 | Choose your 5 forever habits
Write them below. Examples: greens at every meal, fibre powder, kitchen closes at 8 pm, prep day, 30 plants a week. | ☐ |
| 2 | Fix your weekly prep day
Day and time, like an appointment. | ☐ |
| 3 | Share it with one person
Your partner, a friend or your kids. Shared habits last longer. | ☐ |
| 4 | Kitchen closes 2-3 hours before bed
Still hungry? Have today's evening snack from the ideas box below. | ☐ |

TODAY'S IDEAS

Breakfast	Buckwheat porridge with berries
Lunch	Vinegret-style salad: beets, potatoes, carrots, beans, sauerkraut, pickles
Dinner	Tempeh and vegetable stir-fry with noodles
Evening snack	A small bowl of warm oat porridge with cinnamon

MY 5 FOREVER HABITS

Habit 1

Habit 2

Habit 3

Habit 4

Habit 5

My prep day

Tomorrow, Day 28: Look how far you've come

Day 28: Look how far you've come

Fill in your final check-in and compare it with Day 1. Look at every small change. That's your new beginning.

- | | | |
|----------|---|--------------------------|
| 1 | Fill in your Day 28 check-in
Below. Then go back to Day 1 and compare. | ☐ |
| 2 | Count your plants this week
Compare with Week 2. | ☐ |
| 3 | Write down your 3 biggest wins
The ones you are most proud of. | ☐ |
| 4 | Celebrate
Cook your favourite meal from your list, together with your family. | ☐ |

TODAY'S IDEAS

- | | |
|----------------------|--|
| Breakfast | Your favourite breakfast from the list |
| Lunch | Your favourite lunch from the list |
| Dinner | Celebration dinner: your #1 favourite, cooked together |
| Evening snack | Frozen banana "nice cream" with cocoa |

MY FINAL CHECK-IN (compare with Day 1)

- | | |
|----------------------------|--|
| Bloating | ☐ none ☐ a little ☐ a lot |
| Toilet | ☐ daily ☐ every 2 days ☐ less often |
| Pain after meals | ☐ no ☐ sometimes ☐ often |
| Energy | ☐ low ☐ okay ☐ good |
| Strongest craving | What: _____ When: _____ |
| Feeling behind it | ☐ hunger ☐ tired ☐ stress ☐ boredom ☐ other |
| Colours I ate today | ○ ○ ○ ○ ○ ○ ○ |

DAY 29

This is not the end. It's your new normal.

You didn't finish a diet. You built the ground: more plants, more colours, a calmer gut and a family table that looks different from 28 days ago.

Keep your favourites list, your prep day and your 5 forever habits. Count plants once a month for fun. And whenever life gets busy, go back to Week 1: add, don't take away.

Want personal support?

I consult women in English, German, Russian, Lithuanian and Spanish, about gut health, cravings and feeding your children. Send me the word **GUT** in a DM on Instagram and tell me what changed for you.

@anna_avotales

This guide is general education, not medical advice. If you have ongoing symptoms, a diagnosed condition, are pregnant or breastfeeding, talk to your doctor before changing your diet.