

HERITAGE HAVENS

NUTRITION &amp; PEPTIDE WELLNESS COHORT

# *Gut-Healing Meal Plan*

30-day food framework to repair the gut lining, restore the microbiome, and reduce inflammation

Nutrition & Peptide Wellness Cohort · Month 3

This month we eat for gut repair. Every meal is selected to reduce intestinal inflammation, feed beneficial bacteria, and provide the raw materials your gut lining needs to heal. These principles pair directly with BPC-157 support discussed in Session 3.

## Month 3 Gut-Healing Priorities

- Bone broth every day — glycine, collagen, and glutamine feed tight junction repair
- Prebiotic fiber at every meal — feeds beneficial bacteria (garlic, onion, leeks, asparagus)
- Fermented foods daily — live cultures restore microbiome diversity
- Colorful vegetables — polyphenols reduce intestinal inflammation
- Eliminate top inflammatory foods for 30 days minimum (see page 2)
- L-glutamine supplement: 5–10g on empty stomach each morning
- Chew thoroughly and eat slowly — digestive enzyme activity begins in the mouth

## GUT-HEALING FOODS

# *The Gut-Healing Pantry*

Stock your kitchen with these categories. When 80% of your food comes from this list, healing accelerates.

### Bone Broths & Collagen

Bone broth (beef, chicken, or fish), collagen peptide powder, gelatin, grass-fed butter — all rich in glycine, proline, and hydroxyproline that directly rebuild the gut lining.

### Fermented Foods

Sauerkraut, kimchi, kefir (coconut or dairy), plain full-fat yogurt (if tolerated), apple cider vinegar — provide live *Lactobacillus* and *Bifidobacterium* strains to restore microbiome diversity.

### Prebiotic Vegetables

Garlic, onion, leeks, asparagus, Jerusalem artichokes, dandelion greens, chicory — these feed your beneficial bacteria and are more important than any probiotic supplement.

### Anti-Inflammatory Proteins

Wild-caught salmon, sardines, mackerel (omega-3s), organic pastured chicken, grass-fed beef, eggs — clean protein sources without the industrial inflammatory compounds.

### Gut-Soothing Herbs & Spices

Ginger (anti-nausea, anti-inflammatory), turmeric + black pepper (curcumin bioavailability), slippery elm, marshmallow root, aloe vera (inner leaf) — all protective to gut mucosa.

## Healthy Fats

Extra virgin olive oil (oleocanthal), avocado, coconut oil (MCTs support gut lining), grass-fed ghee — anti-inflammatory and essential for fat-soluble nutrient absorption.

### 7-DAY MEAL FRAMEWORK

## Week 1 — The Reset Week

This first week focuses on the most gut-soothing, easily digestible foods. Keep variety moderate — the goal is to give the gut a break while flooding it with healing compounds.

Day	Breakfast	Lunch	Dinner
<b>Monday</b>	Bone broth + collagen peptides	Salmon + roasted asparagus + sauerkraut	Slow-cooker chicken thighs + bone broth soup + steamed zucchini
<b>Tuesday</b>	Coconut yogurt + berries + hemp seeds	Ground turkey bowl + cauliflower rice + kimchi	Baked salmon + sweet potato + roasted leeks
<b>Wednesday</b>	Eggs + sauteed spinach + avocado + ginger tea	Chicken salad (olive oil) + cucumber + carrot	Grass-fed beef + roasted garlic squash + dandelion greens
<b>Thursday</b>	Bone broth latte + collagen + soft-boiled eggs	Sardines on lettuce + olive oil + lemon	Lamb + roasted asparagus + ACV-dressed salad
<b>Friday</b>	Smoothie: collagen, coconut milk, banana, ginger	Tuna (wild) + avocado + cucumber rounds	Chicken soup with bone broth, turmeric, ginger, garlic
<b>Saturday</b>	Coconut yogurt parfait + fermented granola	Salmon patties + sauerkraut + roasted beets	Grass-fed beef stir-fry + bok choy + coconut aminos
<b>Sunday</b>	Eggs + leftover salmon + sauteed leeks	Batch soup: bone broth + veggies + chicken	Roasted whole chicken + root vegetables + herb sauce

Weeks 2–4: Repeat this framework, rotating proteins and vegetables. Add 1–2 new fermented foods per week. Begin reintroducing any eliminated foods one at a time in Week 4.

### DAILY SUPPLEMENTS

## Gut-Healing Supplement Stack

Supplement	Dose	Timing	Purpose
L-Glutamine	5–10g	Empty stomach, AM	Primary fuel for gut lining enterocytes
Bone Broth	1–2 cups	Morning or with meals	Glycine, collagen, gut lining repair
Probiotic	25–50B CFU	With breakfast	Lactobacillus + Bifidobacterium strains
Zinc Carnosine	75mg	With dinner	Clinically studied for gut lining integrity
Digestive Enzymes	1–2 caps	With main meals	Support digestion while gut heals
Magnesium Glycinate	300–400 mg	Before bed	Anti-inflammatory, bowel regularity, sleep
Vitamin D3/K2	5,000 IU / 100mcg	With fat-containing meal	Immune regulation, gut barrier support

### Month 3 Action Step

- Complete a 7-day food and symptom journal — log every meal and every symptom (bloating, energy, skin, bowel movements)
- Identify your top 3 trigger foods by pattern — what consistently precedes a symptom?
- Begin eliminating your top trigger for the remaining 3 weeks of the month
- Bring your journal and observations to Session 4