



THE
GUT-BRAIN
RESET:

—

7-DAY
MEAL PLAN
FOR
EMOTIONAL
WELLNESS



Hello and welcome!

This 7-Day Gut-Friendly Meal Plan is designed to optimize digestion and mental well-being by incorporating prebiotic fibers, probiotics, neurotransmitter-supporting nutrients, and anti-inflammatory foods.

Why This Meal Plan Works for Gut & Mental Health:

Rich in Prebiotics & Fiber → Feeds good gut bacteria (onions, garlic, bananas, oats)

Probiotic-Rich → Supports gut microbiome (yogurt, kimchi, kefir, sauerkraut)

Omega-3s & Healthy Fats → Reduces inflammation & supports brain function (salmon, walnuts, olive oil)

Anti-Inflammatory Herbs & Spices → Lowers gut & brain inflammation (turmeric, ginger, cinnamon)

Protein & Amino Acids → Builds neurotransmitters like serotonin & dopamine (eggs, lentils, fish)



→ Ready to take that first step?

Let's dive in and explore how small shifts in diet, lifestyle, and mindset can make a world of difference.

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7-Day Meal Plan

Day 1

Breakfast: Scrambled eggs with sautéed spinach, onions (prebiotics), and avocado + a side of fermented sauerkraut (probiotics)

Lunch: Grilled salmon (omega-3s) with quinoa, steamed asparagus (prebiotics), and olive oil

Snack: Handful of walnuts (brain-boosting fats) + green tea (reduces stress hormones)

Dinner: Lentil soup with turmeric (anti-inflammatory) + a side of kefir

Day 2

Breakfast: Greek yogurt (probiotics) with banana (prebiotics), chia seeds, and cinnamon

Lunch: Turkey lettuce wraps with hummus, shredded carrots, and kimchi (probiotics)

Snack: Dark chocolate (magnesium for mood support) + herbal tea

Dinner: Baked cod with roasted sweet potatoes (resistant starch) and sautéed Brussels sprouts

Day 3

Breakfast: Oatmeal with flaxseeds, blueberries (antioxidants), and coconut yogurt

Lunch: Grilled chicken salad with arugula, cucumbers, olives, and a lemon-olive oil dressing

Snack: Avocado with sea salt + a handful of pumpkin seeds (zinc for neurotransmitter support)

Dinner: Quinoa stir-fry with tofu, ginger (aids digestion), and miso dressing

Day 4

Breakfast: Scrambled eggs with sautéed mushrooms, onions, and garlic (gut-healing sulfur compounds)

Lunch: Lentil and kale salad with tahini dressing and roasted pumpkin seeds

Snack: Kombucha (probiotics) + almonds

Dinner: Baked salmon with steamed broccoli and mashed cauliflower

Day 5

Breakfast: Smoothie with kefir, banana, hemp seeds, and spinach

Lunch: Quinoa and black bean tacos with guacamole and fermented salsa

Snack: Green tea + dark chocolate

Dinner: Grass-fed beef stir-fry with bok choy, mushrooms, and brown rice

Day 6

Breakfast: Sourdough toast (prebiotic-friendly) with almond butter and flaxseeds

Lunch: Grilled shrimp salad with roasted chickpeas and tahini dressing

Snack: Bone broth (gut-healing collagen)

Dinner: Miso soup with tofu, bok choy, and seaweed

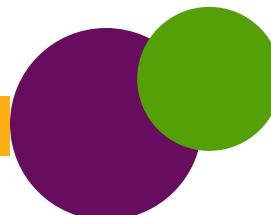
Day 7

Breakfast: Scrambled eggs with sauerkraut and avocado toast on whole-grain bread

Lunch: Wild salmon salad with roasted sweet potatoes and steamed green beans

Snack: Handful of walnuts + chamomile tea

Dinner: Lentil stew with turmeric and a side of probiotic-rich yogurt



Day 1

Breakfast: Scrambled Eggs with Sautéed Spinach, Onions, and Avocado

Ingredients

2 Eggs
1/2 cup Spinach, chopped
1/4 Onion, diced
1/2 Avocado, sliced
1 tbsp Olive oil or ghee
2 tbsp Fermented sauerkraut

To Taste Salt & pepper

Directions

1. Heat olive oil in a pan over medium heat.
2. Add onions and sauté until translucent.
3. Add spinach and cook until wilted.
4. In a bowl, whisk eggs, then pour them into the pan, stirring gently until cooked.
5. Serve with avocado slices and a side of sauerkraut.

Lunch: Grilled Salmon with Quinoa & Steamed Asparagus

Ingredients

1 Salmon fillet
1/2 cup Cooked quinoa
5-6 Asparagus spears
1 tbsp Olive oil
1 tsp Lemon juice
To Taste Salt & pepper

Directions

1. Preheat grill or pan to medium heat.
2. Brush salmon with olive oil, season with salt, and grill for 4-5 minutes per side. Steam asparagus for about 5 minutes until tender.
3. Serve salmon over quinoa, drizzle with lemon juice.

Dinner: Lentil Soup with Turmeric

Ingredients

1 cup Lentils
4 cups Vegetable broth
1 Carrot, diced
1/2 Onion, chopped
2 Cloves garlic, minced
1 tsp Turmeric
1 tsp Cumin
1/2 cup Cup kefir (on the side)

To Taste Salt & pepper

Directions

1. In a pot, sauté onion and garlic until fragrant.
2. Add carrot, lentils, broth, turmeric, and cumin. Simmer for 25-30 minutes until lentils are tender.
3. Season to taste and serve with a side of kefir.



Day 2

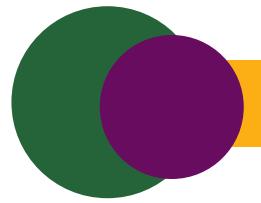
Breakfast: Greek Yogurt with Banana, Chia Seeds & Cinnamon

Ingredients

1 cup Greek yogurt
1/2 Banana
1 tbsp Chia seeds
1/2 tsp Cinnamon

Directions

1. Mix all ingredients in a bowl and enjoy!



Lunch: Turkey Lettuce Wraps with Hummus & Kimchi

Ingredients

1 cup 3 large lettuce leaves
4 cups 3 oz turkey breast, sliced
2 tbsp Hummus
1/ cup Shredded carrots
2 tbsp Kimchi

Directions

1. Spread hummus on each lettuce leaf, add turkey and carrots.
2. Top with kimchi and wrap.

Dinner: Baked Cod with Roasted Sweet Potatoes & Brussels Sprouts

Ingredients

1 Cod fillet
1/2 Sweet potato, diced
1 cup Brussels sprouts, halved
1 tbsp Olive oil
To Taste Salt & pepper

Directions

1. Preheat oven to 400°F (200°C).
2. Toss Brussels sprouts and sweet potatoes in olive oil, season with salt & pepper, and roast for 25 minutes.
3. Bake cod for 12-15 minutes until flaky. Serve together.



Day 3

Breakfast: Oatmeal with Flaxseeds, Blueberries & Coconut Yogurt

Ingredients

- 1/2 cup** Cup oats
- 1 cup** Cup almond milk
- 1 tbsp** Flaxseeds
- 1/4 cup** Blueberries
- 2 tbsp** Coconut yogurt

Lunch: Grilled chicken salad with arugula, cucumbers, olives, and a lemon-olive oil dressing

Chicken Ingredients

- 2** Boneless, skinless chicken breasts
- 1 tbsp** Olive oil
- 1 tsp** Dried oregano
- 1/2 tsp** Garlic powder
- 1/2 tsp** Smoked paprika
- 1/2** Juice of lemon
- To Taste** Salt & black pepper

Salad Ingredients

- 4 cups** Baby arugula
- 1 cup** Cucumber, sliced
- 1/2 cup** Kalamata olives, halved
- 1/4 cup** Sun-dried tomatoes, (optional)
- 1/4 cup** Shaved Parmesan cheese or crumbled goat cheese
- 1/4 cup** Red onion, thinly sliced

Lemon-Olive Oil Dressing: Ingredients

- 1/4 cup** Extra virgin olive oil
- 2 tbsp** Freshly squeezed lemon juice
- 1 tsp** Dijon mustard
- 1** Garlic clove, minced
- 1/2 tsp** Dried oregano
- 1 tsp** Honey (optional, for slight sweetness)
- To Taste** Salt & black pepper



Directions

Marinate & Grill the Chicken:

1. In a bowl, whisk together olive oil, oregano, garlic powder, paprika, salt, black pepper, and lemon juice.
2. Coat the chicken breasts in the marinade and let them sit for 15-30 minutes (or overnight for stronger flavor).
3. Heat a grill or grill pan over medium-high heat and cook the chicken for 5-6 minutes per side, until golden brown and cooked through (165°F internal temperature).
4. Let the chicken rest for 5 minutes, then slice into strips.

Make the Dressing:

1. In a small jar or bowl, whisk together olive oil, lemon juice, honey (if using), Dijon mustard, garlic, oregano, salt, and black pepper.

Assemble the Salad:

1. In a large bowl, combine arugula, cucumbers, olives, sun-dried tomatoes, and red onion.
2. Drizzle with half the dressing and toss to coat.

Top and Serve:

1. Arrange sliced grilled chicken over the salad.
2. Sprinkle with Parmesan or goat cheese.
3. Drizzle with the remaining dressing.
4. Serve immediately

Dinner: Quinoa Stir-Fry with Tofu, Ginger & Miso Dressing

Ingredients

1/2 cup Cooked quinoa
1/2 cup Block tofu, cubed
1 tbsp Ginger, minced
1 tbsp Miso paste
1 tbsp Olive oil
1 cup Mixed veggies
 (bell peppers, carrots, broccoli)

Directions

1. Heat oil in a pan, sauté ginger and tofu until golden.
2. Add veggies, stir-fry for 5 minutes.
3. Mix in quinoa and miso paste. Serve warm.



Day 4

Breakfast: Scrambled eggs with sautéed mushrooms, onions, and garlic (gut-healing sulfur compounds)

Ingredients

2 Eggs
1/2 cup Mushrooms, chopped
1/4 Onion, diced
1/2 Avocado, sliced
 Garlic
1 tbsp Olive oil or ghee
2 tbsp Fermented sauerkraut
To Taste Salt & pepper

Directions

1. Heat olive oil in a pan over medium heat.
2. Add onions and sauté until translucent.
3. Add spinach and cook until wilted.
4. In a bowl, whisk eggs, then pour them into the pan, stirring gently until cooked.
5. Serve with avocado slices and a side of sauerkraut.

Lunch: Lentil & Kale Salad with Tahini Dressing

Ingredients

1/2 cup Cooked lentils
1 cup Chopped kale
1 tbsp Tahini
1 tbsp Lemon juice
1 tbsp Olive oil
1 tbsp Pumpkin seeds

Directions

1. Mix kale and lentils in a bowl.
2. Whisk tahini, lemon juice, and olive oil, then drizzle over salad.
3. Sprinkle pumpkin seeds on top.

Dinner: Baked salmon with steamed broccoli and mashed cauliflower

Directions ☺

Ingredients ☺

2 6 oz Salmon fillets

2 tbsp Olive oil or Ghee

1 tbsp Dijon mustard

1 tsp Honey (optional)

1 tsp Garlic powder

1/2 tsp Smoked paprika

1/2 tsp Dried rosemary or thyme

1/2 tsp Sea salt

2 cups Fresh broccoli florets

1 medium Head of cauliflower, cut into florets

2 tbsp Unsalted butter or coconut oil

1/4 cup Unsweetened coconut milk

1 Garlic clove, minced

1/2 tsp Sea salt

1/4 tsp White pepper

1/4 tsp Ground turmeric

1 tbsp Nutritional yeast or grated Parmesan cheese (optional)

Bake the Salmon:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a small bowl, mix olive oil (or ghee), Dijon mustard, honey (if using), garlic powder, smoked paprika, rosemary (or thyme), salt, and black pepper.
3. Brush the mixture over the salmon fillets and place them on the baking sheet.
4. Bake for 12-15 minutes, or until the salmon flakes easily with a fork.

Prepare the mashed cauliflower:

1. Boil cauliflower florets in a pot of salted water for 10-12 minutes, or until very soft. Drain well.
2. Transfer to a food processor or blender, or mash by hand with a potato masher.
3. Add butter (or coconut oil), coconut milk, minced garlic, salt, white pepper, and turmeric (if using). Blend until smooth and creamy.
4. Stir in nutritional yeast or Parmesan cheese for a cheesy flavor.

Steam the Broccoli:

1. Steam the broccoli for about 4 minutes.

Assemble the Meal:

1. Assemble components and drizzle with extra olive oil or fresh lemon juice for added brightness.

Day 5

Breakfast: Kefir Smoothie with Banana, Hemp Seeds & Spinach

Ingredients ☺

1 cup Kefir

1/2 Banana

1 tbsp Hemp seeds

1 cup Spinach

Directions ☺

1. Blend all ingredients until smooth.





Lunch: Quinoa and black bean tacos with guacamole and fermented salsa

Ingredients fork

1/2 cup Cooked quinoa
1/2 cup Black beans
2 Small corn tortillas
2 tbsp Guacamole
2 tbsp Fermented salsa

Directions fork

1. Fill tortillas with quinoa and black beans.
2. Top with guacamole and salsa.

Dinner: Grass-fed beef stir-fry with bok choy, mushrooms, and brown rice

Ingredients fork

1 lb Grass-fed beef (sirloin, flank, or ribeye), thinly sliced
1 tbsp Avocado oil (or olive oil)
2 cups Baby bok choy, chopped
1 cup Mushrooms (shiitake, cremini, or button), sliced
1/2 Red bell pepper, thinly sliced
2 Garlic cloves, minced
1 tsp Fresh ginger, grated
2 tbsp Coconut aminos (or low-sodium soy sauce)
1 tsp Sesame oil

1 cup Brown rice

Directions fork

1. Prepare brown rice.
2. Heat 1 tablespoon avocado oil in a large skillet or wok over medium-high heat.
3. Add the sliced beef and cook for 2-3 minutes, stirring occasionally, until browned but not overcooked. Remove from the pan and set aside.
4. In the same pan, add garlic, ginger, and mushrooms. Sauté for 2 minutes until mushrooms begin to soften.
5. Add bok choy and red bell pepper (if using) and cook for another 2-3 minutes, until slightly tender but still crisp.
6. Return the beef to the pan and add coconut aminos (or soy sauce), sesame oil, rice vinegar, and red pepper flakes. Stir well and cook for another 1-2 minutes until heated through.
7. Top rice with the beef stir-fry.
8. Garnish with toasted sesame seeds and chopped green onions.

Day 6

Breakfast:

Sourdough Toast with Almond Butter & Flaxseeds

Ingredients

1 slice Sourdough bread
1 tbsp Almond butter
1 tsp Flaxseeds

Directions

1. Spread almond butter on toast, sprinkle flaxseeds.



Lunch: Grilled shrimp salad with roasted chickpeas and tahini dressing

Ingredients

12 oz Shrimp, peeled & deveined
1 tbsp Olive oil
1 tsp Lemon juice
1 tsp Garlic powder
1 tsp Smoked paprika
1 tsp Cumin
To Taste Salt & black pepper
15 oz Chickpeas
4 cups Mixed greens
1/2 cup Cherry tomatoes, halved
1/4 cup Cucumber, diced
1/4 cup Red onion, thinly sliced
2 tbsp Fresh parsley or cilantro, chopped
1-2 tbsp Tahini dressing

Directions

1. In a bowl, toss shrimp with olive oil, lemon juice, garlic powder, smoked paprika, cumin, salt, and pepper.
2. Preheat a grill or grill pan over medium-high heat.
3. Cook shrimp for 2 minutes per side, until pink and opaque. Remove from heat.
4. In a large bowl, arrange the mixed greens.
5. Top with cherry tomatoes, cucumbers, red onion, roasted chickpeas, and grilled shrimp.
6. Drizzle with tahini dressing and garnish with fresh parsley or cilantro.

Dinner: Miso soup with tofu, bok choy, and seaweed

Ingredients

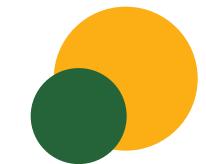
2 cups Water
1 tbsp Miso paste
1/2 cup Tofu, cubed
1/2 cup Bok choy, chopped
1 tbsp Seaweed

Directions

1. Bring water to a boil, stir in miso paste.
2. Add tofu, bok choy, and seaweed. Simmer for 5 minutes.



Day 7



Breakfast: Scrambled eggs with sauerkraut and avocado toast on whole-grain bread

Directions ☕

Repeat breakfast recipe from day 1 or 4.



Dinner: Lentil stew with turmeric and a side of probiotic-rich yogurt

Ingredients ☕

1 cup Cooked lentils

1/2 Onion, chopped

1 Carrot, diced

2 cloves Garlic, minced

1 tsp Turmeric

1 tbsp Olive oil

1/2 cup Probiotic-rich yogurt
(on the side)

Directions ☕

1. Sauté onion and garlic in olive oil.
2. Add carrots, lentils, and turmeric, simmer for 20 minutes.
3. Serve with yogurt on the side.

Lunch: Wild salmon salad with roasted sweet potatoes and steamed green beans

Ingredients ☕

2, 6 oz Salmon fillets

2 tbsp Olive oil or Ghee

1 tbsp Dijon mustard

1 tsp Honey (optional)

1 tsp Garlic powder

1/2 tsp Smoked paprika

1/2 tsp Dried rosemary or thyme

1/2 tsp Sea salt

1 cup Green beans

1 Sweet potato

1 tbsp Olive oil

1 tsp Cinnamon

1 tsp Smoked paprika

1 tsp Garlic powder

1/2 tsp Sea salt

Directions ☕

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.

Prepare the Sweet Potato:

1. Toss diced sweet potatoes with olive oil, cinnamon, smoked paprika, garlic powder, and sea salt.
2. Spread in an even layer and roast for 25-30 minutes, flipping halfway, until golden brown and tender.

Prepare the Salmon:

1. In a small bowl, mix olive oil, lemon juice, Dijon mustard, garlic powder, oregano, salt, and black pepper.
2. Brush the salmon fillets with the mixture.
3. **For baking:** Place on a lined baking sheet and bake for 12-15 minutes, until the salmon flakes easily.

For grilling: Cook for 3-4 minutes per side over medium-high heat.

Prepare Green Beans:

1. Boil or steam the green beans for around 5 minutes.

Assemble the Meal:

1. Assemble components, sprinkle with toasted almonds or walnuts, and serve.



How These Recipes Can Support Your Journey

Including gut-friendly recipes like these in your diet can help you stay energized, improve digestion, and keep your mood balanced. By prioritizing foods that support gut health, you're taking important steps to care for both your mind and body.

Let's Get Started— Book Your Free Consultation Today!

If you're ready to take the next step toward better health and clarity, I'd love to connect with you. Book a free 15-minute consultation to discuss your unique needs, get answers to your questions, and learn how my approach can help you achieve your wellness goals.



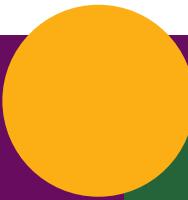
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