7-Day Gut-Healthy Meal Plan (Breakfast, Lunch, Dinner)

Day 1:  
- Breakfast: Chia Pudding with Berries & Almond Butter  
 - Chia seeds, almond milk, fresh berries, a dollop of almond butter for healthy fats and fiber to support gut health.  
- Lunch: Quinoa & Veggie Salad with Lemon-Tahini Dressing  
 - Quinoa, cucumber, cherry tomatoes, spinach, avocado, and a lemon-tahini dressing packed with anti-inflammatory ingredients.  
- Dinner: Grilled Salmon with Roasted Sweet Potatoes & Broccoli  
 - Rich in omega-3s from salmon, sweet potatoes for fiber, and broccoli to support digestion.  
  
Day 2:  
- Breakfast: Oatmeal with Flaxseeds, Walnuts, and Bananas  
 - Oats, ground flaxseeds, walnuts, and bananas offer fiber and prebiotics to fuel gut-friendly bacteria.  
- Lunch: Lentil Soup with Spinach and Carrots  
 - High in fiber, protein, and antioxidants, this warming soup helps with digestive health.  
- Dinner: Chicken Stir Fry with Brown Rice & Mixed Veggies  
 - A protein-rich dinner with brown rice for fiber and stir-fried vegetables for added nutrients.  
  
Day 3:  
- Breakfast: Smoothie with Spinach, Pineapple, Ginger, and Coconut Yogurt  
 - Fresh spinach, pineapple, ginger, and coconut yogurt blend to soothe inflammation and support digestion.  
- Lunch: Chickpea & Avocado Wrap with Leafy Greens  
 - Chickpeas, avocado, and greens wrapped in a whole-grain tortilla—rich in fiber and healthy fats.  
- Dinner: Baked Cod with Sautéed Kale & Quinoa  
 - Lean protein from cod with anti-inflammatory kale and fiber-rich quinoa.  
  
Day 4:  
- Breakfast: Scrambled Eggs with Spinach and Mushrooms  
 - Eggs for protein and spinach and mushrooms for their gut-friendly fiber.  
- Lunch: Sweet Potato & Black Bean Salad  
 - Sweet potatoes and black beans are packed with fiber and antioxidants to support gut health.  
- Dinner: Turkey Meatballs with Zucchini Noodles  
 - Lean turkey meatballs paired with zucchini noodles for a low-carb, high-protein dinner.  
  
Day 5:  
- Breakfast: Almond Milk Latte with a Side of Sliced Apples & Almonds  
 - A comforting start with plant-based milk and fiber from apples and almonds.  
- Lunch: Quinoa & Chickpea Buddha Bowl with Tahini Dressing  
 - A nutrient-dense bowl filled with quinoa, chickpeas, cucumbers, carrots, and avocado for healthy digestion.  
- Dinner: Grilled Shrimp with Roasted Vegetables  
 - Light, protein-packed shrimp paired with roasted cauliflower, Brussels sprouts, and carrots.  
  
Day 6:  
- Breakfast: Avocado Toast with Poached Eggs  
 - Whole grain toast, avocado, and poached eggs offer healthy fats, fiber, and protein for a nourishing start.  
- Lunch: Mediterranean Salad with Hummus & Grilled Chicken  
 - A mix of cucumbers, olives, tomatoes, and grilled chicken with creamy hummus to support gut bacteria.  
- Dinner: Veggie Chili with Kidney Beans & Quinoa  
 - High in fiber and protein, this chili helps stabilize digestion and blood sugar.  
  
Day 7:  
- Breakfast: Smoothie Bowl with Berries, Almond Butter, and Chia Seeds  
 - A smoothie base of almond milk, frozen berries, and a topping of almond butter and chia seeds for fiber and healthy fats.  
- Lunch: Roasted Chicken & Avocado Salad with Olive Oil Vinaigrette  
 - Lean protein from chicken, fiber from avocado, and healthy fats from olive oil.  
- Dinner: Grilled Tofu Stir Fry with Bell Peppers & Brown Rice  
 - Protein-packed tofu with nutrient-dense bell peppers over brown rice for a fiber-filled dinner.