“Day in the Life” Gut-Healthy Routine

- \*\*Morning\*\*:  
 - Start your day with a glass of water and a probiotic-rich breakfast like chia pudding with berries and almond butter.  
 - Practice 5 minutes of deep breathing to center yourself before diving into your day.  
- \*\*Mid-Morning\*\*:  
 - Snack on a handful of walnuts and a green smoothie with spinach, pineapple, and coconut yogurt.  
 - Take a short walk to support digestion.  
- \*\*Lunch\*\*:  
 - Enjoy a quinoa & veggie salad with tahini dressing, focusing on mindful eating and chewing thoroughly.  
- \*\*Afternoon\*\*:  
 - Take 10 minutes for a stress-relieving practice such as journaling or gentle stretching.  
- \*\*Dinner\*\*:  
 - Have grilled salmon with roasted sweet potatoes and broccoli. Remember to eat slowly and savor each bite.  
 - Before bed, sip on chamomile tea to support relaxation and digestion.