

*Gut Rescue*

# QUICK-START FAT BURNING GUIDE



**EFFORTLESSLY BANISH BLOATING, CRAVINGS, AND BELLY FAT**

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# Microbiome Healing Diet

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Food is the number one thing you can control when it comes to the health of your microbiome.

Most people eat at least 3 times per day - which means you have a lot of chances to help promote your microbiome health, and a LOT of opportunities to eat foods that damage your microbiome, encourage weight gain, and hold you back from healing.

It's the easiest thing to mess up. Food has the

power to heal and the power to hurt.

But you don't need to panic: making the right diet choice for your microbiome isn't that hard, complicated, or miserable. You can eat tons of delicious foods while you're healing your microbiome and losing weight - and you don't have to count calories, macros, or carbs.

Instead, you'll eat delicious nutrient-dense foods in quantities your unique body needs.

## What To Eat While Healing Your Microbiome

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It's best to focus on the foods you will be eating to heal your microbiome instead of the unhealthy foods you'll want to avoid.

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**Here are the foods that will help you on your microbiome healing journey:**

### Fruits & Vegetables

Fruits and vegetables are nature's perfect foods! For microbiome health, plant foods should be on your plate at every meal.

Fruits and vegetables should be the foundation of every meal you eat while you're healing your gut, and the more diversity you can get in, the better. Why?

First, fruits and vegetables provide us with a whole host of nutrients and antioxidants - from the big ones we know a lot about like vitamin C to the enzymes, co-factors, and antioxidants that work together synergistically when they come in their natural form. No multivitamin could ever reproduce the nutrition and diversity contained in whole fruits and vegetables.

Secondly, fruits and vegetables provide the prebiotic fiber that feeds your gut bacteria! Fruits and vegetables are what feed the microbes that live in your digestive system and make up your microbiome. The more diverse food you give your gut flora, the more they can feast and flourish.

When you are eating fruits and veggies, food quality matters!

When possible, you should eat seasonally which means eating the foods that are being grown in your area at that time of year.

In the spring that might mean berries and lettuce, and then in the fall, it's apples and brussels sprouts. If you're not sure, do some research or talk to a farmer at your farmer's market. Eating locally-grown, seasonal food means you're eating fresh food, not stuff that has sat in a cold room for literally months.

If you can, eating organic or non-gmo produce is ideal. This will reduce your exposure to toxic gut-damaging chemicals and pesticides.

If you're budgeting, refer to the current year's **Dirty Dozen List from the EWG**. This is a list of the most contaminated fruits and vegetables. If you can only buy some organic produce, try to prioritize these fruits and vegetables - or consider avoiding them. You can also shop at the end of the day at the Farmer's Market (when vendors offer discounts) or look for a **Community Supported Agriculture** program in your area where you can buy directly from farms at a reduced cost.





### Grass Fed and Pastured Meat, Eggs, and Wild Caught Fish

The right kind of animal products are some of the healthiest foods humans can eat!

Humans evolved to eat animal protein - you can see this by looking at human teeth, digestive systems, and even the essential nutrients humans require. Some scientists even believe that humans' big brains are a direct result of eating animal protein. Animal products provide vitamins A, D, K, B vitamins like folate, B-12, Zinc, and iron, all which plants cannot provide in the same forms.

Depending on your unique needs, you may need more or less animal protein in your diet. You're encouraged to eat the amount of meat that makes you feel your best. Some people thrive as nearly-vegetarian while others need meat at every meal to feel their best.

If you do choose to consume meat, it is important to remember; you're not just eating the animal - you're also consuming the remnants of everything that animal had eaten (food, medications, chemicals, etc). The meat you eat should be as healthy as possible - that means they should have led a happy life where they had access to the outdoors, proper medical care, and the right diet for their physiology.

- Beef & lamb should be pasture-raised and 100% grass-fed and finished (never fed grain, soy, or corn-based feed)
- Pork should be pasture-raised, allowed to scavenge and eat a natural diet
- Chicken, turkey, and eggs should come from pasture-raised birds who are free to scavenge for bugs (not just "free range" or "cage-free")
- Fish should be wild-caught - never farmed!

Spend the extra money for grass-fed, pasture raised, and wild meat, poultry, fish and eggs.

Because buying grass-fed, pastured, or wild animal products can be expensive, and even hard-to-find depending on where you live, try these resources:

- [Butcher Box](#)
- [Wild Pastures](#)
- [Thrive Market](#)
- [US Wellness Meats](#)
- [Vital Choice](#)

Also, be sure to incorporate collagen-rich meats and bone broth into your diet. The amino acids in collagen helps heal and seal the gut lining

and promote a healthy environment for your microbiome.

Collagen is the most abundant protein in your body and the building block of healthy skin, hair, bones, muscles, and nails. You can get plenty of collagen in your diet by drinking bone broth daily or using a powdered collagen supplement.

## Healthy Fats & Oils

Healthy fats are not your gut's enemy! You should include plenty of high-quality fats in your diet. Fat is required for the absorption of some vitamins (the fat-soluble vitamins – A, D, E, and K) and is essential for the production of hormones.

But that doesn't mean you should eat ALL fats. You should always avoid ultra-processed and refined vegetable oils like canola or sunflower - that are made on a factory-scale using harsh extraction methods with toxic chemicals.

If you're uncertain if a plant oil is OK to eat, refer to these two rules:

1. If you don't eat the plant, don't eat the oil
2. If you can't squeeze the oil out yourself, don't eat the oil

For example, avocados, olives, and coconuts all are plants humans eat and are definitely greasy if you squish them between your fingers.

On the other hand, when was the last time you ate a canola pod? If you squeeze an ear of corn, do you get grease? These are all signs you should avoid the oil.

Fats to eat include coconut, olive, and avocado oil, and grass-fed butter, ghee, tallow, and lard. Quality matters, so always buy the highest quality products you can afford.



## Spices & Herbs

You shouldn't suffer through eating bland food, dreaming of the day the diet ends. How do you prevent this? By including plenty of microbiome-healthy spices and herbs!

Not only do spices and herbs improve the flavor of your food, but they also have their own

unique benefits. Some spices and herbs are high in nutrients, others can help lower inflammation, and some can help regulate your blood sugar.

But buyer beware: spice blends that you buy at the grocery store can have a lot of added ingredients and fillers - they might even contain gluten or MSG. Read the labels carefully when you shop and use fresh herbs when you can.

# Don't Forget Microbiome Superfoods

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Prebiotic and probiotic foods are superstars for healing your microbiome. Don't leave them out of your diet!

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## Prebiotic Rich Foods

Many veggies are potent sources of prebiotic fibers that feed your gut bacteria. Prebiotic fibers aren't digestible by humans - instead, they are consumed by the bacteria that make up your microbiome. Incorporating these foods in your diet can give your microbiome a boost of nutrition.

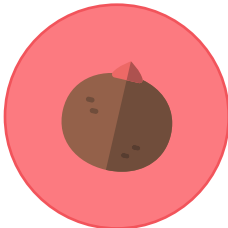
Prebiotic fibers include:

- Inulin
- Chicory root
- Oligosaccharides
- Fructooligosaccharides
- Guar gum
- Acacia fiber
- Arabinogalactans

# Excellent sources of prebiotic foods include:



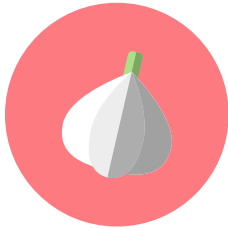
Yams and sweet potatoes



Konjac



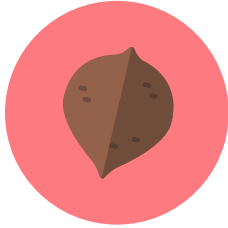
Asparagus



Garlic



Leeks



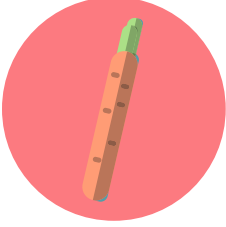
Jicama



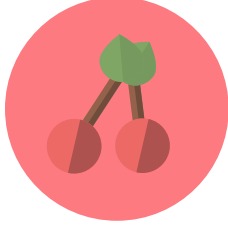
Jerusalem Artichokes



Dandelion Greens



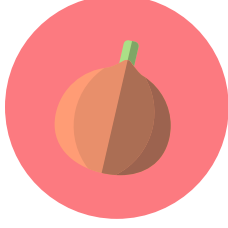
Carrots



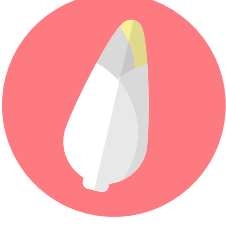
Berries



Cabbage



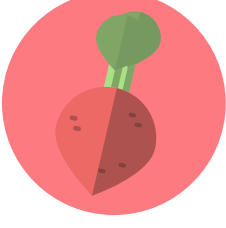
Onions



Chicory



Plantians



Radishes



Green (Underripe) Bananas



Cacao



Flax, Hemp & Chia Seeds



Prebiotic foods are some of the healthiest foods for your microbiome - but in some people, they can initially lead to an increase in gas and bloating.

Why?

When bacteria have inadequate food, they don't always die - sometimes they become dormant and go into "hibernation."

When food comes back into the gut due to increased prebiotics, the dormant bacteria wake up and start feasting! (Think of a bear and a blueberry bush right after he wakes up from hibernating!)

If you're eating more prebiotics from whole foods, you're also likely eating less processed and

refined foods - the "bad" bacteria's favorite food!

This means good bacteria will be activated and bad bacteria will become dormant - and while this change is occurring, it can cause temporary symptoms like bloating and gas.

If this happens to you, all you need to do is cut back on prebiotic-rich foods and slowly increase your intake over time.

If you're unable to eat more prebiotic foods without lots of gas and bloating - or if the symptoms don't improve over time - it can be a sign of an underlying condition like gut dysbiosis or Small Intestine Bacterial Overgrowth (SIBO). In that case, you'll want to back off prebiotic foods as you address the other issues.



# Probiotic Rich Foods

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Fermented foods are the best source of probiotics in your diet. But not all fermented foods contain equally beneficial probiotics. Fermented foods must be naturally fermented and unpasteurized to be good for your microbiome.

You can find these foods at many grocery and specialty stores - but you can also make them at home yourself! For beginners, yogurt and sauerkraut are some of the easiest ferments to master.

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## Here are some fermented foods to look for:

**Yogurt** is the most well-known fermented food. Look for whole, raw milk yogurts (including alternatives like coconut and almond milk!) that are made using 24-hour fermentation methods.

**Kefir** is traditionally a fermented milk, similar to yogurt (but a thinner consistency). It can also be made with water or coconut water for a dairy-free alternative. Choose unsweetened varieties. Kefir is fermented using kefir grains.

**Kimchi** is a spicy fermented cabbage dish that originated in Korea. Look for refrigerated kimchi with minimal added ingredients and preservatives.

**Kombucha** is a fermented tea. Some brands contain lots of added sugar and juice and very little live and active cultures - so make sure you check the bottle before drinking. And note that some kombuchas also contain alcohol.

**Raw Apple Cider Vinegar** is a powerful probiotic food when raw and unpasteurized! To get the probiotic benefits from apple cider vinegar, look for raw, unpasteurized vinegar with “the mother.” It should be cloudy and have sediment at the bottom.

**Sauerkraut** is a fermented cabbage relish best known in the U.S. as a hot dog topping. When made traditionally, it is a rich source of probiotics. Look for it in the refrigerated section.

## What Not To Eat For A Healthy Microbiome

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What you eat is much more important than what you don’t eat. Why? Because when you’re eating enough of the right foods, you don’t have to concentrate on what to avoid. The harmful foods naturally disappear from your diet!

But when you’re just getting started, it can be helpful to know which foods are particularly harmful to the gut so you can avoid them consciously.

During the first 28 days of starting a gut healing diet, do your best to strictly avoid these foods completely. This will give your microbiome time to heal and restore.

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**Here are the foods to avoid on your microbiome healing journey:**

### Highly-Processed and Refined Foods

These are products with questionable ingredients that comes in a can, box, bottle, or package. These are foods that are taken from their whole and natural state and changed into something else. Examples include bread, cereal, pasta, canned soup, frozen dinners, deli meats, sauces, crackers, cookies, cake mixes, and more. These products contain things like artificial colors, artificial flavors, preservatives, trans fats, added sugars, and refined vegetable oils. These have ingredient names you don’t recognize and can’t pronounce.

*NOTE: Luckily today there are tons of healthy and whole-food-based convenience foods available that can make healing your microbiome easier - including bars, snacks, frozen fruits and veggies, healthy sauces and dressings, grass-fed meat sticks, and more. You can safely enjoy those foods - but you still want to avoid highly-processed and refined foods! Any packaged foods you eat should have simple, whole ingredients that you recognize as real foods.*

### Gluten-Containing Grains

Wheat, barley, and rye are gluten-containing grains. There are multiple reasons to avoid gluten-containing grains: gluten is a protein in grains that contains a toxic prolamin called gliadin. Gliadin is difficult for all people to digest - whether or not they have a wheat allergy or Celiac disease. Undigested gliadin particles in the gut trigger inflammation which harms the microbiome. Another potential issue is the widespread use of GMO wheat with the pesticide glyphosate. Avoid all gluten-containing grains and pay attention to how gluten-free grains make you feel, too. Some people do better without any grains when they are healing their gut.

### Processed Vegetable Oils

Processed vegetable oils are rampant in the modern diet and harmful to human health. They are very high in omega-6 fatty acids, contributing to the skewed omega-6:omega-3 ratio most people have (which leads to more inflammation in the body). They include canola, vegetable, cottonseed, grapeseed, peanut, soybean, and

corn oils. Avoid all processed vegetable oils except for cold-pressed olive, avocado, and coconut oil. Especially beware of hydrogenated oils and trans fats.

## **Soy**

Soy grown in the U.S. is mainly GMO and heavily treated with dangerous pesticides. It can also contribute to hormone imbalances when eaten in large quantities which further damages the gut. Avoid all sources of soy including soybeans, tofu, tempeh, soy milk, and soy cheese.

Small quantities of gluten-free soy sauce are acceptable (but coconut aminos are a great alternative).

## **Alcohol**

Alcohol is a very controversial topic for gut health. Some research has indicated that light alcohol consumption can be beneficial for health, while other research directly contradicts this. Whether or not you want to drink alcohol is a decision you'll have to make. If you do decide to drink, stick to no more than one drink a day. Choose the highest-quality alcohol available, and

avoid anything distilled from gluten-containing grains.

## **Caffeine**

Caffeine is like alcohol. Small doses may be beneficial; large amounts are definitely harmful. Caffeine can raise stress hormones which are very damaging to the gut. Don't go overboard with caffeine and experiment with lower-caffeine alternatives to coffee like mushroom coffees and high-quality teas.

## **Processed Sugars and Artificial Sweeteners**

Processed sugars and artificial sweeteners should be strictly avoided during the first 28 days. You can find natural sweetness in foods like fruit, honey, maple syrup, and dates (in small quantities). You can use natural alternative sweeteners like monk fruit or stevia. But beware of sugar alcohols like erythritol or xylitol - these can upset your stomach in large amounts! And avoid artificial sweeteners like aspartame, saccharin, and sucralose forever for a healthy gut.

# **Snacks, Drinks, & Desserts**

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Sipping tea while you work.... Munching on a snack while you watch TV...Ending the night with a sweet...

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## **Are these habits good or bad for your microbiome?**

There's no one right answer: it depends on YOUR unique needs - and of course, what kind of snack, drink or dessert you're having!

## **Snacking Between Meals: Good Habit Or Bad?**

When we eat food, it travels from our mouth, down to our stomach, and then through the small and large intestines before it is excreted. What makes the food exit the stomach and move through the intestines? It's something

called the Migrating Motor Complex (MMC).

The MMC is an electrical wave that moves food through your body. Think of it like a big broom that is set on a timer to sweep through your intestines every four hours.

Has your stomach ever "growled" when you were very hungry? That's the sound of your MMC preparing for food!

Every time you eat or drink a beverage that contains calories, you "reset" the timer on your MMC.

Every time you eat or drink a beverage that contains calories, you “reset” the timer on your MMC. If you’re snacking all day long, you’ll never hear your stomach growl...but your MMC will also never get to complete its sweep.

If the MMC never gets a chance to “sweep” your intestines, you can become constipated, bloated, and develop gas.

If you suffer from any of those issues, it’s best to wait a full four hours between meals. That means avoid snacking and drinking beverages with calories between meals.

### **BETWEEN MEALS, YOU CAN HAVE:**

- Water
- Black coffee
- Plain, unsweetened tea

Hungry between meals? You may need to increase the amount you eat at meals to compensate for removing snacks... or you might be a person who needs a snack!

### **These People Might Want To Snack...**

Despite what we know about the MMC, some people do benefit from snacks. These include:

- People with very active lifestyles
- Pregnant and lactating women
- People with hypoglycemia or other blood sugar issues
- Those with diabetes
- Anyone whose doctor or nutritionist has told them to snack between meals

The snacks you choose should follow the same guidelines as the meals you’re eating to heal your gut.

### **Are Drinks Snacks?**

If a drink contains calories, you should think of it as a snack!

Whether you decide you should snack or not, you should definitely avoid drinking high-sugar sodas, juices, and smoothies for a healthy microbiome.

Your first priority should be drinking plenty of water! But you can add in other low-sugar drinks like kombucha or herbal tea.

### **What About Dessert?**

You can enjoy something sweet at the end of your meal without harming your microbiome!

All desserts should follow the same guidelines as the rest of your meals on your gut healing diet. That means, avoid:

- All processed forms of sugar
- Fruit juice concentrate
- Agave nectar
- High-fructose corn syrup
- Acesulfame Potassium (Sweet One)
- Aspartame (NutraSweet, Equal)
- Saccharin (Sweet ‘N Low)
- Sucralose (Splenda)

Instead, try desserts made with these sweeteners:

- Fresh fruit
- Unsweetened dried fruit
- Honey
- Maple syrup
- Dates
- Monk fruit
- Stevia
- Xylitol (limit quantity to prevent stomach upset!)



# Yes, No, and Sometimes Foods

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As the Cookie Monster famously said, “cookies are a sometimes food.”

With a healthy microbiome in mind, there are yes, no, and sometimes foods to consider.

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**YES FOODS** are the foods you can eat with abandon: veggies, grass-fed and pastured meats, wild caught fish, healthy fats, and fruits. You can eat these foods in the quantities that feel good to you.

**NO FOODS** are the foods you should always avoid - like highly-refined and processed foods, artificial sweeteners, and hydrogenated oils.

**SOMETIMES FOODS** are the foods that you can enjoy in moderation. These foods are neutral or beneficial in limited quantities but can become a problem if over-consumed. These include:

- Gluten-free grains
- Legumes and beans
- Nuts and seeds
- Gluten-free baked goods
- Restaurant food

These foods provide nutrient diversity, a break from your normal meals and routine, and can be very important for a healthy gut microbiome - but beware of overeating them. They should not crowd out the YES foods in your diet.

Remember that you don't have to be perfect. Just do your best to follow the diet, and your microbiome will be happy!

# Building A Gut-Healthy Plate

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Now you know what foods you can and can't eat... but what does a gut-healthy plate actually look like?

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## Every meal you eat should contain:

- Protein
- Healthy Fats
- Fiber and carbs from fruits & veggies

## You should also aim for:

- A mix of raw and cooked foods (both have benefits!)
  - As much diversity as possible
- 



Don't eat the exact same foods over and over again - diversity is what your microbiome craves!

## Here's an example of a gut-healthy meal:

- 4-6 ounces wild-caught salmon
- Small baked sweet potato
- Kale cooked in coconut oil
- Half an avocado

It's a mix of raw and cooked foods, includes healthy fats from the avocado, salmon, and coconut oil, starchy veggies and non-starchy veggies (for fiber and carbs), and protein!

A diverse diet of gut-healthy foods will go a long way to healing your microbiome so you can effortlessly lose weight, gain energy, and feel amazing!

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