

Gut Rescue

CHALLENGE CHEAT SHEET



EFFORTLESSLY BANISH BLOATING, CRAVINGS, AND BELLY FAT

DO'S & DON'TS

MICROBIOME DIET CHEAT SHEET



In this guide, you'll find quick-reference resources to help you on your microbiome healing journey!

Do's

- DO focus on food quality and choose organic and grass-fed, pastured, or wild animal products whenever you can.
- DO aim for variety in your diet - eat as many types of YES FOODS as you can! The more diversity, the better.
- DO give your body time to rest and digest between meals. A good goal to aim for is a 12 hour fast overnight and waiting 4 hours between meals during the day. This might look like stopping food at 9 PM and having breakfast the next day at 9 AM - then lunch 4 hours later at 1 PM. This gives your digestive system time to move food fully through the digestive tract before new food is ingested.
- DO eat a breakfast with fat, fiber, and protein. Don't just rely on black coffee to get you through the morning. This sets you up for blood sugar swings and cravings that lead to poor decisions.

Don'ts

- DON'T count calories. With a healthy microbiome, you don't need to count what you eat. Instead, tune into your body. The first few days you might overshoot (and eat too much) or not eat enough - but within a couple of days of being on the diet and eating predominantly YES FOODS, you should be able to heal your microbiome while losing weight without counting.
- DON'T have an all-or-nothing mindset. A healthy microbiome is a lifelong project. But even in the next 28 days, you're bound to make mistakes and slip-up. This is not an all-or-nothing diet. Any positive changes you make will only help support your microbiome healing. Instead of berating yourself or giving up when you make mistakes, treat mistakes as a learning experience.
- DON'T be afraid to eat out or live life. You don't have to stay cooped up inside to heal your microbiome! You can use the food

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Do's

- DO practice mindful eating. Sit down and let yourself get into “rest and digest” mode before you start eating. Try not to eat when you’re stressed, working, in the car, or preoccupied with something else.
- DO get enough sleep! Most adults need 7-9 hours per night. Go to bed 7-9 hours before you need to wake up. Blackout any lights and lower the temperature (or open a window) to help you reach a deeper sleep.
- DO move more! Most people (even those who exercise) live a very sedentary life. The “little things” really add up - park further away, take the stairs, walk for 20 minutes on your lunch break.
- DO take time for YOU! Self-care is vital for a healthy microbiome. Find what makes you feel good and carve out time for that every week. It can be hiking, meditating, watching TV, reading a good book, time spent with friends, a bubble bath, or arts and crafts. This will help you manage stress.

Don'ts

- lists and dining out guide to eat out while healing your microbiome.
- DON'T over or under exercise! Both exercising too much and too little stresses your body and makes microbiome healing harder. Mix gentle exercise with more intense workouts to keep from overdoing it.
- DON'T use antibiotic or antibacterial cleansers! These harsh cleansers can harm your microbial diversity and aren't usually needed. Swap them out for gentle cleansers (or just plain soap and water!)

GUT RESCUE CHALLENGE

Foods to Eat and Avoid



Foods To Eat

Fruits and Vegetables provide us with a whole host of nutrients and antioxidants and provide the prebiotics that feed your gut bacteria that make up your microbiome. The more diverse food you give your gut flora, the more they can feast and flourish.

Grass Fed and Pastured Meat and Eggs provide vitamins A, D, K, B vitamins like folate, B-12, Zinc, and iron, all which plants cannot provide in the same forms. Choose grass-fed, organic, and pastured meats to avoid microbiome-harming toxins found in conventional animal products.

Healthy Fats and Oils that are cold-pressed and organic replace inflammatory fats that damage the microbiome.

Spices and Herbs improve the flavor of your food, are high in nutrients, can help lower inflammation, and can even feed your good gut bacteria.

Probiotic Rich Foods are the best source of probiotics in your diet. But not all fermented foods contain equal probiotics. To be good for your microbiome, fermented foods must be naturally fermented and unpasteurized.

Foods To Avoid

Unhealthy Processed Foods are anything that comes in a can, box, bottle, or package. These foods feed the bad bacteria and starve the good bacteria in your microbiome.

Gluten-containing Grains and Soy are inflammatory to your gut and contain pesticide residue that can damage your microbiome.

Processed Vegetable Oils (especially hydrogenated oils and trans fats) are inflammatory and starve your healthy gut bacteria.

Alcohol and Caffeine are definitely harmful in large amounts. Choose high-quality sources and don't overdo these.

Processed Sugars and Artificial Sweeteners feed bad bacteria and damage good bacteria!

GUT RESCUE CHALLENGE

Food List



The **YES FOODS** are foods you can always feel good about eating. The **SOMETIMES FOODS** should be enjoyed in moderation. And the **NO FOODS** should be avoided while healing your gut.

Yes! Foods

<ul style="list-style-type: none">• Grass-fed and pasture-raised meats<ul style="list-style-type: none">- Beef- Chicken- Goat- Lamb- Pork- Turkey• Wild caught Seafood<ul style="list-style-type: none">- Abalone- Anchovies- Bass- Clams- Cod- Crab- Crayfish- Eel- Haddock	<ul style="list-style-type: none">- Halibut- Herring- Lobster- Monkfish- Mullet- Mussels- Northern Pike- Oysters- Perch- Prawns- Red Snapper- Rockfish- Salmon- Sardines- Scallops- Shrimp- Tilapia	<ul style="list-style-type: none">- Tuna- Walleye• Wild Game Meat<ul style="list-style-type: none">- Buffalo- Caribou- Duck- Elk- Emu- Goose- Kangaroo- Ostrich- Pheasant- Quail- Rabbit- Snakes- Venison
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Yes! Foods

- **Pastured or wild eggs**

- Chicken
- Duck
- Goose
- Pheasant
- Quail
- Fish

- **Nuts and seeds**

- Almonds
- Brazil Nuts
- Nut Butters (avoid peanut)
- Hazelnuts
- Hemp Seeds
- Macadamias
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts

- **Non-starchy vegetables**

- Artichoke
- Arugula
- Asparagus
- Beets/Beet Greens
- Bok Choy

- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Celery Root
- Collards
- Cucumbers
- Eggplant
- Endive
- Fennel
- Fiddlehead Ferns
- Garlic
- Green Beans
- Jerusalem Artichokes
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (all kinds)
- Mushrooms
- Mustard Greens
- Olives
- Onions
- Parsnips
- Peppers (all kinds)

- Purslane
- Radishes
- Sea Vegetables
- Spinach
- Swiss Chard
- Turnip Greens
- Watercress
- Zucchini

- **Starchy vegetables**

- Squash (all kinds)
- Cassava
- Potatoes
- Pumpkin
- Rutabaga
- Sweet Potatoes
- Taro
- Turnips
- Yams

- **Fruits**

- Apple
- Apricot
- Banana
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Cherries
- Coconut

Yes! Foods

<ul style="list-style-type: none">-Cranberries-Figs-Goji Berries-Gooseberries-Grapefruit-Grapes-Guava-Honeydew Melon-Kiwi-Lemon-Lime-Lychee-Mango-Nectarine-Orange-Papaya-Passion Fruit-Peaches	<ul style="list-style-type: none">-Pears-Persimmon-Plantain-Plums-Pomegranate-Raspberries-Rhubarb-Star Fruit-Strawberries-Tangerine-Tomatoes-Watermelon <ul style="list-style-type: none">• Fats & Oils<ul style="list-style-type: none">-Avocado oil (virgin, unrefined)-Butter and ghee (grass-fed)-Coconut oil (virgin, unrefined)	<ul style="list-style-type: none">-Lard (pasture-raised)-Olive oil (extra virgin)-Palm oil (virgin, unrefined)-Tallow (grass fed) <ul style="list-style-type: none">• Naturally Fermented Foods<ul style="list-style-type: none">-Kefir-Kimchi-Kombucha (low sugar)-Pickles-Sauerkraut-Yogurt (sheep, goat, cow, or alternative milk)• Spices & Herbs<ul style="list-style-type: none">-All fresh herbs-Spices without added ingredients• Tea<ul style="list-style-type: none">-Organic and unsweetened
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Sometimes? Foods

<ul style="list-style-type: none">• Legumes<ul style="list-style-type: none">-Black beans-Chickpeas (Garbanzo beans)-Kidney beans-Lentils• Gluten-Free Grains<ul style="list-style-type: none">-Gluten-free oats-Amaranth-Buckwheat-Millet-Quinoa-Rice (all varieties)	<ul style="list-style-type: none">• Dark chocolate• Coffee• Grass-fed and raw dairy<ul style="list-style-type: none">-Yogurt-Kefir-Cheese• Nut & Seed Oils<ul style="list-style-type: none">-Macadamia Oil-Sesame Oil-Walnut Oil• Natural Sweeteners<ul style="list-style-type: none">-Honey	<ul style="list-style-type: none">-Maple syrup-Dates-Coconut sugar-Stevia• Whole-Food Minimally Processed Packaged Foods<ul style="list-style-type: none">-Vegetable Chips made with healthy oils-Healthy condiments-Single ingredient canned vegetables-Gluten-free bread, crackers, or chips-Minimally processed meat sticks and jerky
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No! Foods

- **Gluten-containing grains**

- Wheat
- Barley
- Rye

- **Highly Processed and refined foods**

- Frozen prepared foods
- Cereals
- Pasta
- Bread
- Canned foods
- Deli meats

- **Peanuts**

- **Processed Sugars**

- Sugar
- Corn syrup
- Caramel
- Cane sugar

- Cane juice crystals

- Fruit juice concentrate

- Agave nectar

- Fructose

- Dextrose

- Dextrin

- Maltose

- Lactose

- High-fructose corn syrup

- Glucose

- Galactose

- Sucrose

- Molasses

- Malt syrup

- **Artificial sweeteners**

- Acesulfame Potassium (Sweet One)

- Aspartame (NutraSweet, Equal)

- Saccharin (Sweet 'N Low)

- Sucralose (Splenda)

- **Soy**

- Soy milk

- Soy sauce

- Tofu and tempeh

- Soy isolate protein

- **Processed oils**

- Trans fats

- Hydrogenated oils

- Vegetable oil

- Corn oil

- Soybean oil

- Peanut oil

- Canola oil

- Cottonseed oil

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