

7-DAY WELLNESS PLAN

GUT-SKIN RESET

A Simple Week of Fiber-Rich Produce, Fermented Foods & Easy Meals

Seven days of simple breakfasts, lunches, dinners, snacks, a consolidated shopping list, ingredient guide, and daily observation tracker.

MEAL PLAN • SHOPPING LIST • TRACKER

What This Week Is For

Digestion and skin are both influenced by many factors, including diet, sleep, stress, hormones, medications, health conditions, and individual sensitivities. Research also describes communication between the gut, immune system, and skin, but that does not mean a particular food or seven-day plan can diagnose or treat a skin or digestive problem.

This week is designed as a simple general-wellness experiment: eat a varied mix of fiber-rich plant foods, include fermented foods if you tolerate them, keep added sugar and highly refined foods modest, and pay attention to how you feel.

Set expectations

Seven days is enough time to practice a routine and notice observations. It is not a promise of clearer skin, a “detox,” or a medical treatment. Persistent or significant digestive or skin symptoms deserve professional evaluation.

Portions are intentionally flexible. Adjust amounts for your appetite, energy needs, allergies, preferences, and dietary requirements.

DAY 1

Today's Meals

Chia Berry Oats

Ingredients: rolled oats, chia seeds, blueberries, unsweetened milk of choice, cinnamon

Quick prep: Combine and soak overnight, or cook the oats and stir in the remaining ingredients.

Crunchy Chickpea Bowl

Ingredients: mixed greens, chickpeas, cucumber, carrot, olive oil + lemon

Quick prep: Layer everything in a bowl. Season to taste.

Salmon, Sweet Potato & Greens

Ingredients: salmon fillet, sweet potato, broccoli, olive oil, lemon

Quick prep: Roast the sweet potato and broccoli, then bake or pan-cook the salmon.

Apple + Plain Yogurt

Ingredients: apple, plain yogurt or unsweetened non-dairy yogurt

Quick prep: Slice and serve together.

Today's focus

Eat slowly enough to notice fullness and comfort. The tracker is for observations, not for judging whether you had a “perfect” day.

DAY 2

Today's Meals

Yogurt, Kiwi & Chia

Ingredients: plain yogurt or unsweetened non-dairy yogurt, kiwi, chia seeds, rolled oats, cinnamon

Quick prep: Layer in a bowl and let sit a few minutes.

Leftover Salmon Grain Bowl

Ingredients: leftover salmon, cooked brown rice or quinoa, mixed greens, cucumber, lemon

Quick prep: Combine and serve warm or chilled.

Ginger Chicken Stir-Fry

Ingredients: chicken, broccoli, carrot, brown rice, fresh ginger

Quick prep: Cook chicken and vegetables with grated ginger. Serve over rice.

Banana + Walnuts

Ingredients: banana, walnuts

Quick prep: Peel, portion, eat.

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DAY 3

Today's Meals

Green Smoothie

Ingredients: banana, spinach, plain kefir or unsweetened yogurt, chia seeds, water or ice

Quick prep: Blend until smooth. Use a tolerated non-dairy cultured option if preferred.

Lentil Tomato Soup

Ingredients: cooked lentils, canned tomatoes, carrot, spinach, low-sodium broth

Quick prep: Simmer until the vegetables are tender.

Sheet-Pan Chicken & Vegetables

Ingredients: chicken, zucchini, bell pepper, sweet potato, olive oil

Quick prep: Roast on one pan until chicken is cooked through and vegetables are tender.

Carrots + Hummus

Ingredients: carrots, hummus

Quick prep: Slice and serve.

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DAY 4

Today's Meals

Warm Apple Oatmeal

Ingredients: rolled oats, apple, chia seeds, cinnamon, unsweetened milk of choice

Quick prep: Cook together until creamy.

Lentil Greens Bowl

Ingredients: leftover lentils, mixed greens, cucumber, carrot, olive oil + lemon

Quick prep: Toss together and season.

Miso Tofu Rice Bowl

Ingredients: tofu, brown rice, broccoli, miso, carrot

Quick prep: Cook tofu and vegetables. Thin a small amount of miso with warm water and spoon over the bowl.

Kiwi + Pumpkin Seeds

Ingredients: kiwi, pumpkin seeds

Quick prep: Slice and serve.

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DAY 5

Today's Meals

Berry Yogurt Bowl

Ingredients: plain yogurt or unsweetened non-dairy yogurt, blueberries, rolled oats, chia seeds, walnuts

Quick prep: Layer and serve.

Chicken Crunch Wrap

Ingredients: whole-grain wrap, leftover chicken, mixed greens, cucumber, hummus

Quick prep: Fill, roll, and slice.

Simple Bean & Vegetable Chili

Ingredients: black beans, canned tomatoes, bell pepper, zucchini, chili seasoning

Quick prep: Simmer until vegetables are tender. Choose mild seasoning if spicy foods bother you.

Pear + Walnuts

Ingredients: pear, walnuts

Quick prep: Slice and serve.

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DAY 6

Today's Meals

Avocado Egg Toast

Ingredients: whole-grain bread, egg, avocado, spinach, lemon

Quick prep: Toast bread, top with avocado and cooked egg, and add spinach.

Chili Leftover Bowl

Ingredients: leftover bean chili, brown rice or quinoa, mixed greens, avocado, lime or lemon

Quick prep: Layer in a bowl.

Baked Fish & Herby Quinoa

Ingredients: white fish, quinoa, zucchini, spinach, olive oil + herbs

Quick prep: Bake fish and zucchini. Serve over quinoa with wilted spinach.

Plain Kefir + Berries

Ingredients: plain kefir or cultured non-dairy drink, berries

Quick prep: Serve chilled.

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DAY 7

Today's Meals

Banana Chia Oats

Ingredients: rolled oats, banana, chia seeds, unsweetened milk of choice, cinnamon

Quick prep: Cook or soak overnight.

Mediterranean Chickpea Plate

Ingredients: chickpeas, cucumber, tomato, mixed greens, plain yogurt or tahini

Quick prep: Arrange on a plate and season to taste.

Chicken, Greens & Sweet Potato

Ingredients: chicken, sweet potato, spinach, broccoli, olive oil

Quick prep: Roast or sauté until cooked and tender.

Apple + Pumpkin Seeds

Ingredients: apple, pumpkin seeds

Quick prep: Slice and serve.

Today's focus

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7-Day Shopping List

Produce

apples • bananas • blueberries or mixed berries • kiwi • pear • lemons or limes • avocados • sweet potatoes • broccoli • carrots • spinach • mixed greens • cucumbers • zucchini • bell peppers • tomatoes • fresh ginger

Proteins

salmon fillets • white fish • chicken • eggs • tofu • canned chickpeas • cooked/canned lentils • black beans • hummus

Grains & Pantry

rolled oats • brown rice • quinoa • whole-grain bread • whole-grain wraps • chia seeds • walnuts • pumpkin seeds • olive oil • canned tomatoes • low-sodium broth • cinnamon • mild chili seasoning • dried herbs • tahini, optional

Refrigerated / Fermented

plain unsweetened yogurt or cultured non-dairy yogurt • plain kefir or cultured non-dairy drink • miso

Milk / Alternatives

unsweetened milk of choice

Check labels for allergens and ingredients that do not fit your dietary needs. Buy quantities appropriate for your household and appetite.

Why These Foods?

Chia seeds

Provide fiber and plant omega-3 fat. They are an easy addition to oats, yogurt, or smoothies.

Oats

A whole grain that contributes soluble fiber and makes a simple base for breakfasts.

Leafy greens

Add fiber, folate, carotenoids, and other micronutrients while increasing plant variety.

Berries

Provide fiber and colorful plant compounds while keeping breakfast and snacks simple.

Plain yogurt or kefir

Cultured foods that may contain live microorganisms. Choose unsweetened versions and alternatives that fit your tolerance.

Miso

A fermented soybean paste used here as a flavoring. Fermented does not automatically mean probiotic after heating, so think of it primarily as a useful fermented food ingredient.

Legumes

Chickpeas, lentils, and beans contribute fiber and plant protein. If you are not used to them, smaller portions may be more comfortable.

Broth or plant-based broth

A convenient base for simple soups and meals. It is included for ease and hydration, not as a special gut or skin treatment.

A note on fiber

A sudden large increase in fiber can cause gas or bloating for some people. Increase gradually if needed, drink fluids normally, and use portions that feel comfortable.

Daily Observation Tracker

Use one row per day. The goal is to notice patterns without trying to diagnose yourself.

Day	Energy 1-5	Bloating 0-5	Skin appearance notes	Digestion / comfort notes	Other notes
1					
2					
3					
4					
5					
6					
7					

Energy: 1 = very low, 5 = very good. Bloating: 0 = none, 5 = severe for you. Use skin notes descriptively, such as dry, oily, calm, irritated, breakout present, or no noticeable change.

End-of-Week Review

What meals felt easiest and most satisfying to repeat?

Did I notice any consistent change in energy, bloating, digestion, or skin appearance?

Were there foods that seemed uncomfortable, or am I unsure because other factors changed too?

How were my sleep and stress this week?

Which two or three habits from this week would be realistic to continue?

General Wellness Disclaimer

This guide provides general educational and wellness information only. It is not medical advice, diagnosis, treatment, or a personalized nutrition plan. Food needs and tolerances vary, and digestive or skin symptoms can have many causes.

Consult a qualified healthcare professional for persistent, severe, worsening, or concerning digestive or skin symptoms, for suspected food allergy or intolerance, or before making significant dietary changes if you have a medical condition, are pregnant, take medications affected by diet, have a history of disordered eating, or have other individual nutrition needs.

Do not use this guide to delay appropriate medical care.