



30-Day Gut Reset Diet (Complete Ready-to-Follow Program) By Warrior Workout Fitness

Goal: Increase good bacteria naturally, reduce inflammation, fix bloating, improve digestion & energy.

Structure Overview

- **Week 1** → **Basic Reset** (Remove irritants, add fiber + hydration)
- **Week 2** → **Build Good Bacteria** (Add fermented + probiotic foods)
- **Week 3** → **Healing Phase** (Resistant starch + diversity goal)
- **Week 4** → **Advanced Optimization** (TRE, stress, supplements)

□ WEEK 1 — BASIC RESET (Days 1–7)

Focus: Remove triggers + stabilize digestion

Rules:

- ✓ No packaged UPFs (Ultra Processed Foods)
- ✓ 2–3L water daily
- ✓ 25–30g fiber (slowly increase)
- ✓ No sugar alcohols (xylitol, erythritol, sorbitol)
- ✓ No emulsifiers (polysorbate-80, CMC)
- ✓ 1 fruit + 1 veggie minimum each meal

Daily Meal Plan (Week 1)

BREAKFAST OPTIONS

1. **Oatmeal bowl**
 - Rolled oats
 - Apple/banana

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- Chia seeds (1 tbsp)
- Cinnamon
- 2. **2-egg omelette**
 - Spinach
 - Tomatoes
 - Olive oil
- 3. **Smoothie**
 - 1 banana
 - Spinach handful
 - Oats 2 tbsp
 - Water/ coconut water

LUNCH OPTIONS

- **Lentil/daal bowl**
 - brown rice
 - cucumber salad
- **Chickpea salad**
 - lemon
 - olive oil
 - onions

DINNER OPTIONS

- **Grilled chicken + veggies**
- **Paneer + stir-fry spinach**
- **Fish + potatoes + mixed greens**

SNACKS

- Almonds/walnuts
- Fruit
- 85% dark chocolate

WEEK 1 HABITS

- 7–8 hours sleep
 - 7k–8k steps
 - Avoid late-night eating
 - Chew slowly (20–25 chews per bite)
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WEEK 2 — BUILD GOOD BACTERIA

(Days 8–14)

Focus: Add fermented & prebiotic foods daily.
This week you start **feeding good bacteria**.

Add DAILY:

- ✓ 1 fermented food
- ✓ 1 prebiotic vegetable
- ✓ 1 high-polyphenol food

Fermented Foods (Pick ANY ONE daily)

- Yogurt (unsweetened)
- Kefir
- Kimchi
- Sauerkraut
- Miso soup

Prebiotic Foods (Add ONE per meal)

- Garlic
- Onions
- Leeks
- Asparagus
- Banana (slightly green)
- Oats
- Chickpeas

Polyphenol Boosters

- Berries
- Green tea
- Turmeric
- Dark chocolate

Week 2 Sample Day

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Breakfast:

Kefir + oats + berries

Lunch:

Chickpea salad with onions + olive oil

Snack:

Green tea + walnuts

Dinner:

Grilled fish + asparagus + rice

WEEK 3 — HEALING PHASE (Days 15–21)

Focus: Increase resistant starch + gut diversity**

This week fixes bloating, improves bowel movements, and deep-heals gut lining.

Add DAILY:

- ✓ 1 source of **resistant starch**
 - ✓ 10 different plant foods each day (goal = 30/week)
 - ✓ Bone broth OR vegetable soup
 - ✓ 12:12 time-restricted eating
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Resistant Starch Sources

- Cooled rice
 - Cooled potatoes
 - Overnight oats
 - Green banana
 - Legumes
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Week 3 Sample Day

<https://warriorworkoutfitness.com/>

Breakfast: Overnight oats
Lunch: Lentils + cooled rice
Snack: Apple + dark chocolate
Dinner: Chicken + cooled potatoes + broccoli

WEEK 4 — ADVANCED OPTIMIZATION (Days 22–30)

Focus: Strengthen gut lining, tighten habits, advanced strategies.**

Add DAILY:

- ✓ 14:10 time-restricted eating
 - ✓ 2 fermented foods
 - ✓ 30–35g fiber
 - ✓ 1 outdoor walk (sunlight)
 - ✓ Magnesium glycinate before bed
 - ✓ Stress reduction (2–5 mins)
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Advanced Foods

- Kimchi + rice
 - Kefir + chia seeds
 - Cooled potatoes + yogurt
 - Lentils + greens
 - Berry bowl + pumpkin seeds
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Advanced Practices

1. TRE (Time Restricted Eating)

Eat between **10am–8pm** or **9am–7pm**.

2. Stress Reset

2–5 mins daily:

- deep breathing
- 4-7-8 breath
- meditation
- nature walk

3. Sleep Optimization

- Lights dim 1 hr before bed
- No heavy meals after 8pm
- Room dark + cool

30-Day Gut Reset — FULL MEAL PLAN (WEEK-BY-WEEK)

WEEK 1 (Simplest)

Breakfast:

- Oats or eggs

Lunch:

- Lentils + rice

Dinner:

- Chicken/fish + veggies

Snacks:

Fruit, nuts, dark chocolate

WEEK 2 (Fermented + Prebiotics)

Breakfast:

- Kefir + oats + berries

Lunch:

- Chickpeas + onions + greens
- Dinner:**
- Fish + asparagus + cooled rice
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WEEK 3 (Healing + Resistant Starch)

Breakfast: Overnight oats

Lunch: Lentils + cooled rice

Dinner: Chicken + cooled potatoes

WEEK 4 (Advanced + TRE)

Breakfast:

- Kefir smoothie (10am)

Lunch:

- Lentils or fish

Dinner:

- Rice/potato + veggies
- Finish eating by 7pm–8pm.
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Daily Checklist (For All 30 Days)

- ✓ 1 fermented food
 - ✓ 1 prebiotic food
 - ✓ 1 resistant starch
 - ✓ 8,000+ steps
 - ✓ 2–3L water
 - ✓ 7–9 hours sleep
 - ✓ Zero artificial sweeteners
 - ✓ No packaged UPF
 - ✓ Plants in every meal
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Weekly Grocery Lists

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WEEK 1

Oats
Eggs
Rice
Spinach
Tomatoes
Potatoes
Chicken
Apples
Bananas
Walnuts
Olive oil

WEEK 2

Everything from Week 1 +
Kefir
Yogurt
Chickpeas
Onions
Leeks
Berries
Green tea
Kimchi

WEEK 3

Everything from Week 2 +
Cooled rice ingredients
Vegetable broth
More legumes
Dark chocolate

WEEK 4

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Everything from Week 3 +
Magnesium glycinate
Pumpkin seeds
Herbal teas

☐ Important Gut Rules

1. Add fiber slowly to avoid bloating
 2. Avoid late-night eating
 3. Walk after meals
 4. Drink water between meals, not during
 5. Combine fermented + probiotic foods
 6. Avoid antibiotic use unless medically needed
 7. Reduce alcohol to 1–2/week
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♥ Results You Can Expect

7 Days:

- Less bloating
- Better energy

14 Days:

- Smoother digestion
- Reduced cravings

21 Days:

- Visible reduction in inflammation
- Better skin

30 Days:

- Strong gut
- Balanced bowel movements
- Long-term metabolic improvements

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Warrior Workout