Meal Planner

+ GUT CHECK

Tracker

Lynnie Stein (Gut Goddess)

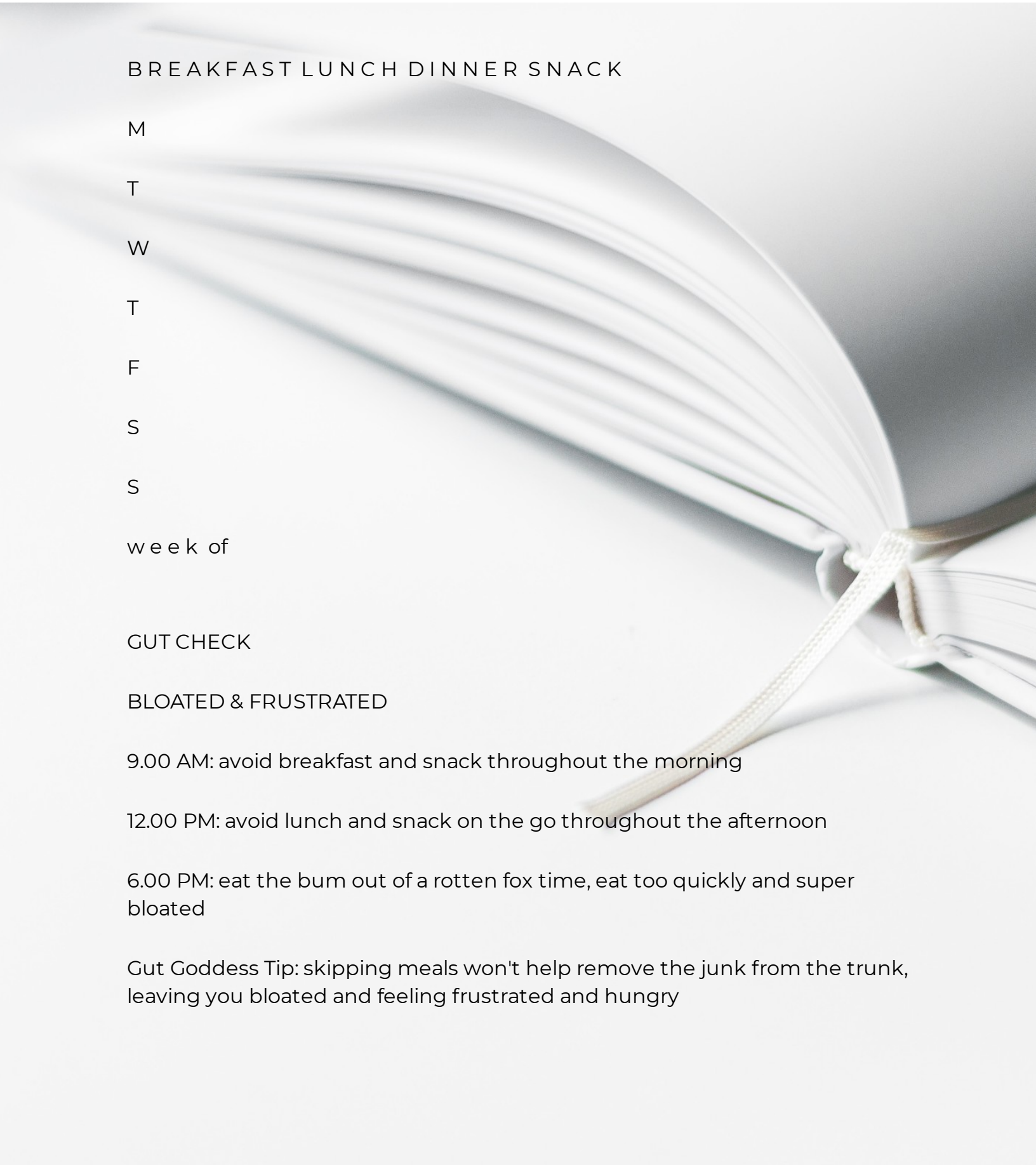
A little progress each day adds up to big results

Meal Planner & Gut Check

Food / Mood Tracker

Daily Reflection Pages + Affirmation

" Little Breath,
breathe me gently,
for I am a river I am learning to cross.
W.S. Merwin



B R E A K F A S T L U N C H D I N N E R S N A C K

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GUT CHECK

BLOATED & FRUSTRATED

9.00 AM: avoid breakfast and snack throughout the morning

12.00 PM: avoid lunch and snack on the go throughout the afternoon

6.00 PM: eat the bum out of a rotten fox time, eat too quickly and super bloated

Gut Goddess Tip: skipping meals won't help remove the junk from the trunk, leaving you bloated and feeling frustrated and hungry

LIVING YOUR BEST LIFE

8.00 AM: eggs cooked in broth with wilted greens, avocado, sweet potato hash ... drizzled with sauerkraut brine. Small serve of kefir

12.00 PM: quinoa kimchi bowl, shredded chicken, veggies and hummus

4.00 PM: grapes, sprouted crackers and olives

7.00 PM: salmon, roasted brined potatoes, side salad and vegetables

BALANCED MEALS AND SNACKS IMPROVE BLOAT

water t r a c k e r

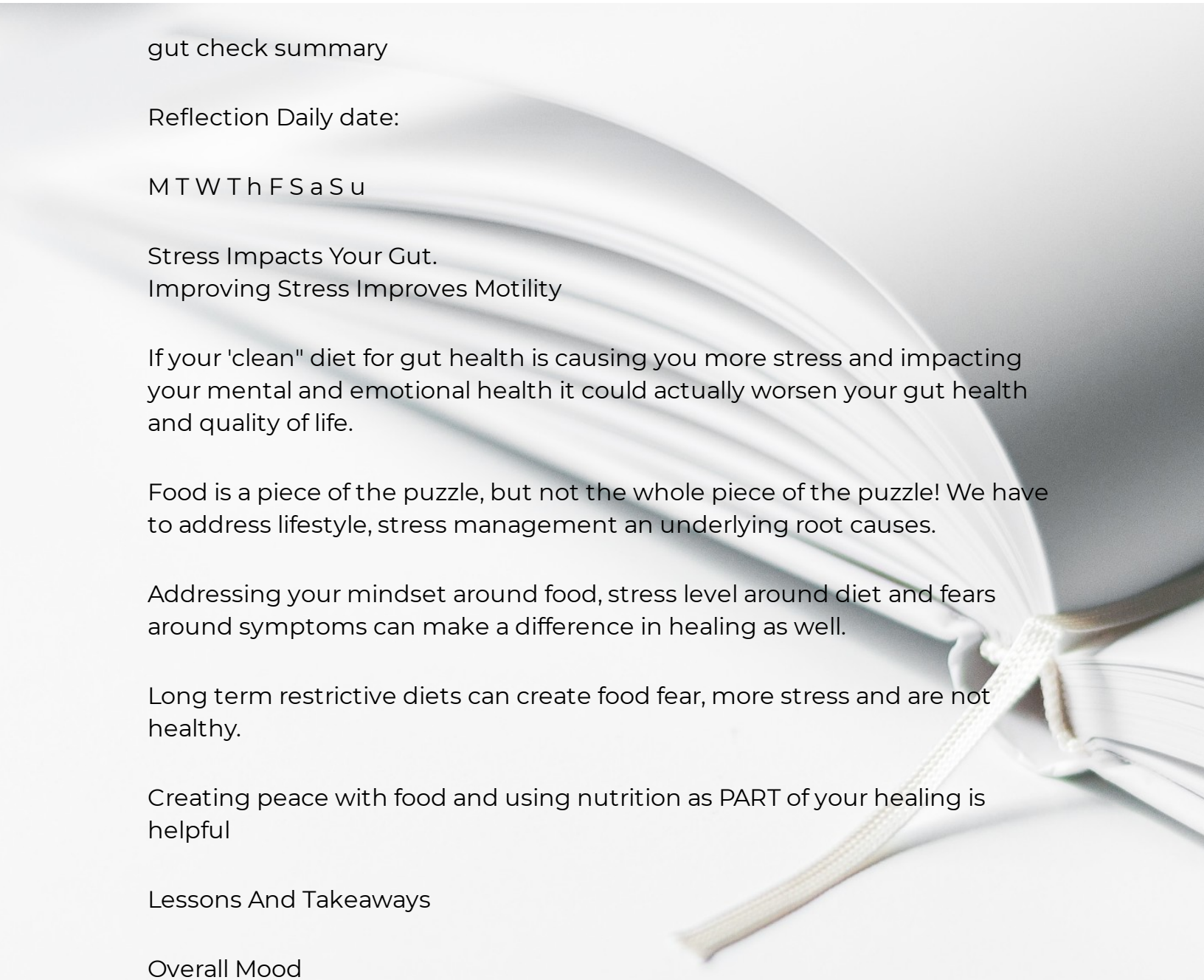
Food & Mood

date

M Tu W Th F Sa Su

time place food/drink

mood before mood after



gut check summary

Reflection Daily date:

M T W T h F S a S u

Stress Impacts Your Gut.
Improving Stress Improves Motility

If your 'clean" diet for gut health is causing you more stress and impacting your mental and emotional health it could actually worsen your gut health and quality of life.

Food is a piece of the puzzle, but not the whole piece of the puzzle! We have to address lifestyle, stress management an underlying root causes.

Addressing your mindset around food, stress level around diet and fears around symptoms can make a difference in healing as well.

Long term restrictive diets can create food fear, more stress and are not healthy.

Creating peace with food and using nutrition as PART of your healing is helpful

Lessons And Takeaways

Overall Mood

summary

Reflection Daily date:

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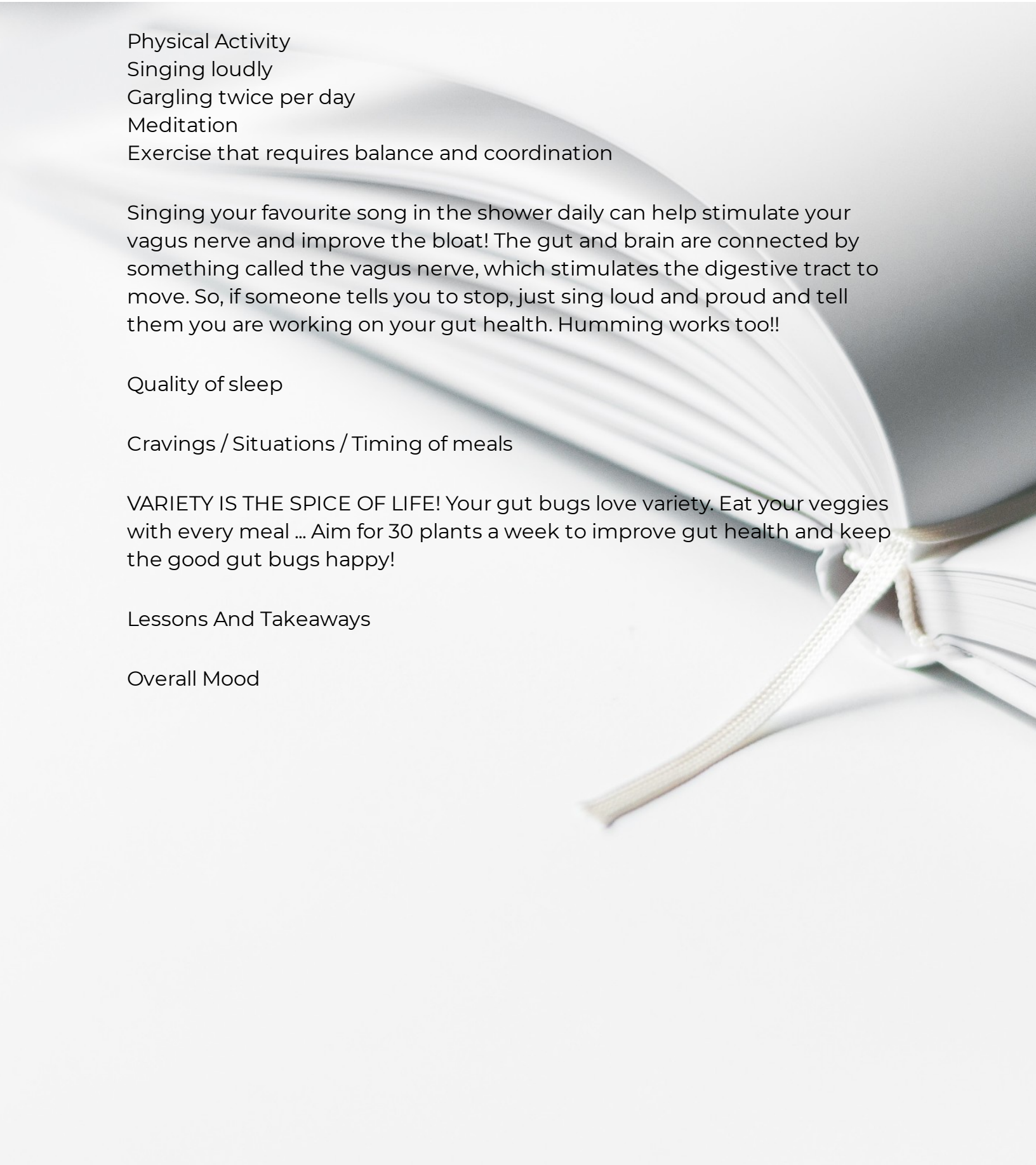


Physical Activity
Singing loudly
Gargling twice per day
Meditation
Exercise that requires balance and coordination

Singing your favourite song in the shower daily can help stimulate your vagus nerve and improve the bloat! The gut and brain are connected by something called the vagus nerve, which stimulates the digestive tract to move. So, if someone tells you to stop, just sing loud and proud and tell them you are working on your gut health. Humming works too!!

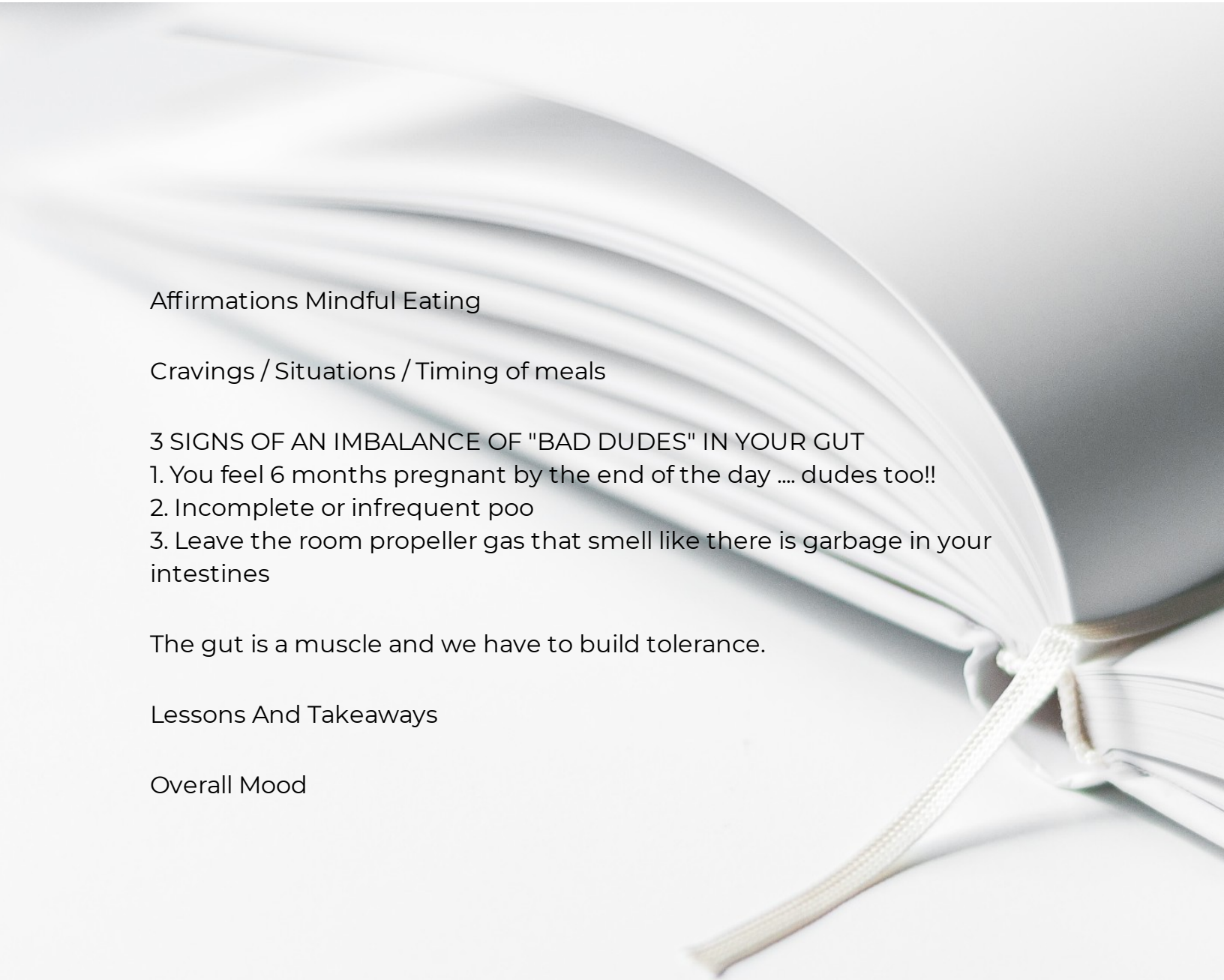
Quality of sleep

Cravings / Situations / Timing of meals

VARIETY IS THE SPICE OF LIFE! Your gut bugs love variety. Eat your veggies with every meal ... Aim for 30 plants a week to improve gut health and keep the good gut bugs happy!

Lessons And Takeaways

Overall Mood



Affirmations Mindful Eating

Cravings / Situations / Timing of meals

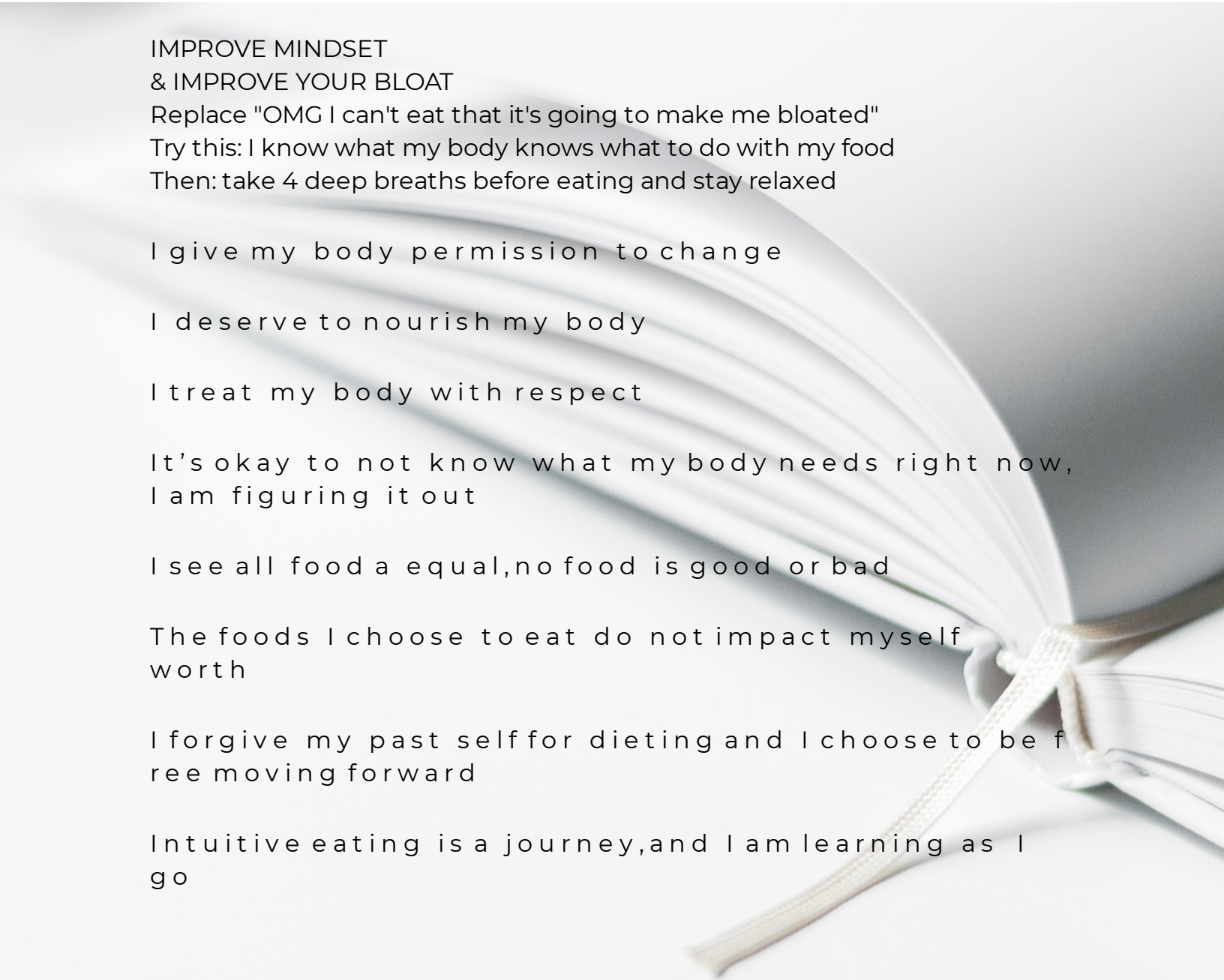
3 SIGNS OF AN IMBALANCE OF "BAD DUDES" IN YOUR GUT
1. You feel 6 months pregnant by the end of the day .... dudes too!!
2. Incomplete or infrequent poo
3. Leave the room propeller gas that smell like there is garbage in your intestines

The gut is a muscle and we have to build tolerance.

Lessons And Takeaways

Overall Mood

One of the number one ways to improve constipation and bloat - is to get to know kefir and do 15 minutes of daily stress management like deep breathing or meditation



IMPROVE MINDSET
& IMPROVE YOUR BLOAT
Replace "OMG I can't eat that it's going to make me bloated"
Try this: I know what my body knows what to do with my food
Then: take 4 deep breaths before eating and stay relaxed

I give my body permission to change

I deserve to nourish my body

I treat my body with respect

It's okay to not know what my body needs right now, I am figuring it out

I see all food a equal,no food is good or bad

The foods I choose to eat do not impact myself worth

I forgive my past self for dieting and I choose to be free moving forward

Intuitive eating is a journey,and I am learning as I go

Dear Me ,

I know you're scared, but you can handle this.

Love , Me

Monthly Goal Tracker

Focus:

Month:

ActionSteps:

Hunger Scale

Starving,Weak,Dizzy1.2.3.4.5.6.7.8.

Beginning to feel hungry

Intuitive Eating

VeryHungry,Irritable,Low

Energy,Stomach Grumbling

Pretty Hungry,Stomach beginning to Growl

Satisfied,Neither Hungry Nor

Full

Slightly Full,Pleasantly Full

Slightly Uncomfortable

Feeling Stuffed

Very Uncomfortable,Stomach is

Aching and swollen

Very Full And Feeling Sick

Gut Check : increasing prebiotics (the fuel for your probiotics) Fiber intake
Probiotics (like good old fashioned sauerkraut) eat prebiotic fiber and produce postbiotics like Butyrate
Butyrate fuels the gut lining, strengthens the gut barrier and reduces inflammation

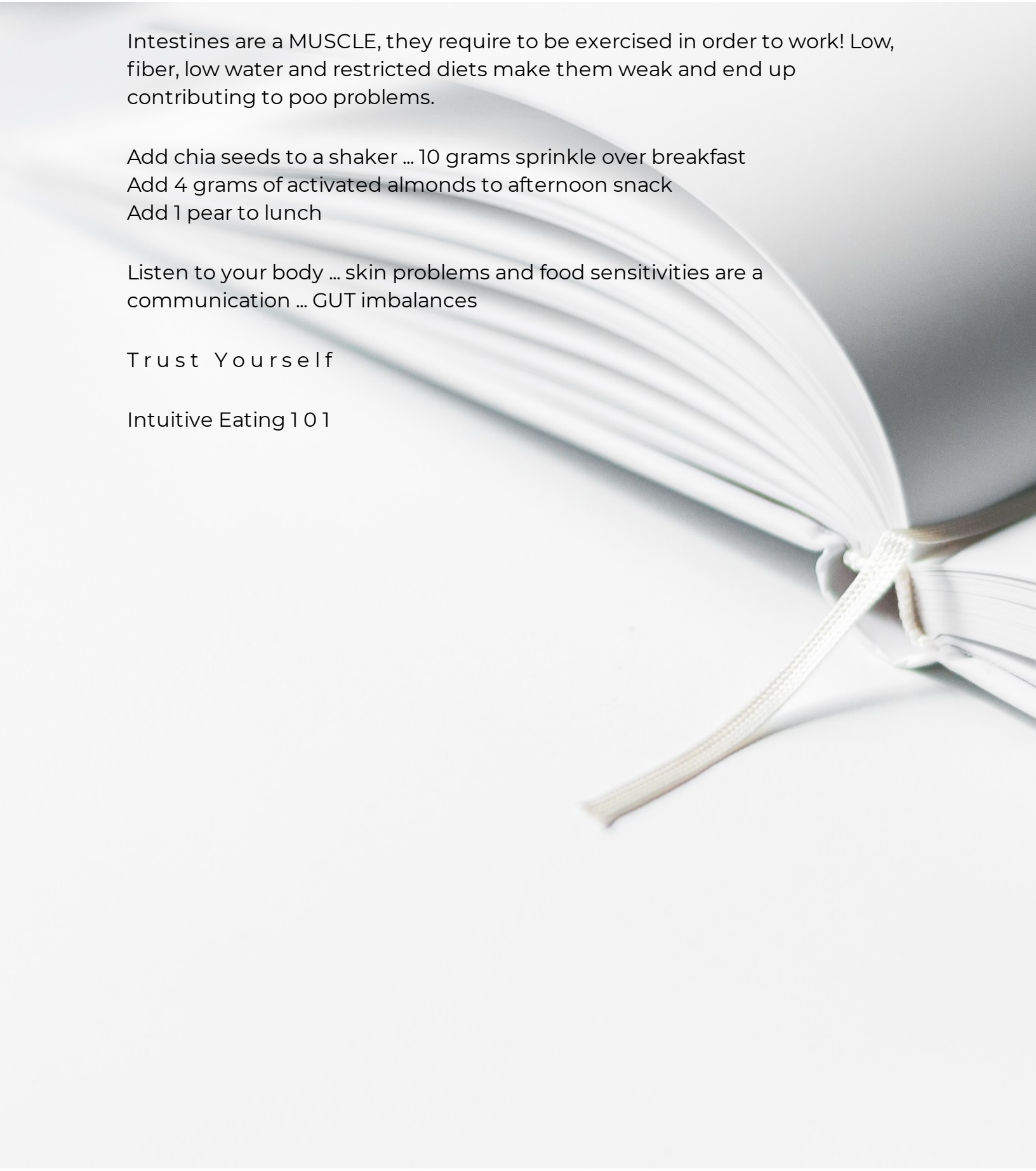
Intestines are a MUSCLE, they require to be exercised in order to work! Low, fiber, low water and restricted diets make them weak and end up contributing to poo problems.

Add chia seeds to a shaker ... 10 grams sprinkle over breakfast
Add 4 grams of activated almonds to afternoon snack
Add 1 pear to lunch

Listen to your body ... skin problems and food sensitivities are a communication ... GUT imbalances

T r u s t Y o u r s e l f

Intuitive Eating 1 0 1



GUT CHECK MEAL PLANNER & FOOD MOOD TRACKER