

GUT HEALTH GROCERY LIST

Foods That Heal Your Body From the Inside Out

Print this list, take it to the store, and start feeding your microbiome today.

FERMENTED FOODS

Live cultures for your gut

- Plain Greek yogurt**
Daily — 1/2 cup
- Kefir**
3-4x per week
- Sauerkraut**
2 tbsp with meals
- Kimchi**
2 tbsp with meals
- Miso paste**
Add to soups & dressings
- Kombucha**
1 small bottle, low sugar
- Tempeh**
Great meat substitute

PREBIOTIC FOODS

Feed your good bacteria

- Garlic**
Raw is most potent
- Onions**
Red or white
- Leeks**
Great in soups
- Asparagus**
Lightly steamed
- Bananas (slightly green)**
Higher resistant starch
- Oats (rolled)**
Breakfast staple
- Jerusalem artichoke**
Highest prebiotic content

ANTI-INFLAMMATORY

Calm your gut lining

- Blueberries**
1 handful daily
- Wild salmon**
2-3x per week
- Walnuts**
Small handful as snack
- Extra virgin olive oil**
1 tbsp daily
- Turmeric**
Add with black pepper
- Fresh ginger**
Tea or cooking
- Dark chocolate (85%+)**
Small square daily

FIBER-RICH PLANTS

Diversity feeds diversity

- Broccoli**
Lightly steamed
- Black beans / lentils**
3-4x per week
- Sweet potato**
With skin on
- Spinach & leafy greens**
Daily if possible
- Chickpeas**
Roasted or in salads
- Flaxseeds (ground)**
1 tbsp in smoothies
- Chia seeds**
Soak before eating

PRO TIPS:

- Aim for 30 different plant foods per week
- Pair a probiotic + prebiotic food at the same meal
- Introduce fermented foods slowly to avoid bloating

Ready to go deeper? I build personalized plans around your body, your goals, and your life. Whether your focus is gut healing, weight loss, or anti-inflammatory living — let's build your path together.

[Book Your Free 30-Minute Discovery Consultation](#)

With love and in health,

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