

GUT RESET RECIPE GUIDE

A RESET FOR YOUR SECOND BRAIN

When you nourish your microbiome, everything changes. Energy stabilizes. Digestion improves. Cravings quiet down. This guide was created to support the work your body is already doing with OMG! Probiotics.

Because probiotics don't work alone. They thrive when they're fed properly.

TABLE OF CONTENTS

PART I - THE ART OF FEEDING YOUR INNER ECOSYSTEM

01

- A new way to eat that feels nourishing, not restrictive
- The Second Brain Philosophy
- Why Your Microbiome Craves Variety, Not Control
- Fiber as Fuel: Feeding Without Overstimulating
- Fermentation: Ancient Wisdom, Modern Balance
- Resistant Starch: The Secret Signal for Renewal

PART II - GENTLE BOUNDARIES THAT PROTECT YOUR BALANCE

06

- What to soften, reduce, or pause while your gut resets
- Foods That Confuse Your Microbiome
- The Sugar-Craving Feedback Loop
- Artificial Sweeteners: Why “Zero” Isn’t Neutral
- Alcohol & Gut Recovery: Finding Your Sweet Spot
- No forbidden foods. Just informed choices.



PART III - RITUAL MEALS THAT MAKE BACTERIA THRIVE

11

- Simple, elegant meals designed to amplify your results
- How to Structure a Microbiome-Supportive Day
- Morning Rituals for a Calm, Awake Gut
- Midday Plates That Stabilize Energy
- Evening Meals That Support Repair
- Fermented Companions: Small Portions, Big Impact
- Polyphenol Elixirs for Deep Nourishment
- 5 Signature Ritual Days - Recipes from morning to night

PART IV - THE RESET CONTINUUM

47

- How to eat intuitively once your gut is balanced again
- How to Listen to Hunger Without Fear
- Eating for Pleasure, Not Compensation
- When Cravings Fade, What Replaces Them



PART I - THE ART OF FEEDING YOUR INNER ECOSYSTEM



GUT RESET RECIPE GUIDE

A RESET FOR YOUR SECOND BRAIN

A new way to eat that feels nourishing, not restrictive

For years, nutrition has been framed as control: calories counted, carbs feared, and fats blamed. But your microbiome does not respond to restriction; it responds to nourishment. Inside you lives a dynamic ecosystem; trillions of microorganisms working in harmony when properly supported. When fed correctly, this inner world regulates digestion, metabolism, cravings, mood, and even energy production.

The Second Brain Philosophy

Your gut is often called your “second brain” and that is for good reason. It communicates constantly with your nervous system through chemical messengers, hormones, and neural pathways. What you feed your gut influences how you think, how you feel, and how your metabolism performs.

When the microbiome is diverse and resilient, hunger stabilizes naturally, cravings soften, and energy becomes steady instead of spiking and crashing.

Feeding your inner ecosystem is not a cosmetic act. It is a neurological and metabolic strategy.





Why Your Microbiome Craves Variety, Not Control

Diets restrict, but ecosystems diversify. Every different plant you eat, every color, every fiber type, feeds a different family of beneficial bacteria. The more variety you provide, the stronger and more adaptable your microbiome becomes.

Instead of focusing on what to eliminate, shift your attention to what you can add:

- Leafy greens
- Cruciferous vegetables
- Berries
- Seeds
- Legumes
- Fresh herbs

Variety is protection. Diversity is resilience.

Fiber as Fuel: Feeding Without Overstimulating

Fiber is not just “roughage,” it is metabolic fuel. Prebiotic fibers are fermented by beneficial bacteria, producing short-chain fatty acids like butyrate, compounds that support the gut lining, regulate inflammation, and improve insulin sensitivity.

The key is balance. Overstimulating the gut with aggressive cleanses or excessive supplementation can create irritation. Instead, consistent, moderate fiber intake allows your microbiome to strengthen gradually and sustainably.

Gentle nourishment builds long-term change.

Fermentation: Ancient Wisdom, Modern Balance

Long before modern medicine, cultures around the world preserved foods through fermentation:

- Yogurt
- Kefir
- Sauerkraut
- Kimchi
- Miso

These foods introduce beneficial strains and support microbial diversity. In small portions, they reinforce balance without overwhelming your system.

Fermented foods are not magic, they are reinforcement. They work best when combined with the prebiotic fibers that help those bacteria thrive.

Resistant Starch: The Secret Signal for Renewal

Not all carbohydrates are equal. When certain starches are cooked and then cooled, such as potatoes, rice, or green bananas, they transform into resistant starch.

Resistant starch bypasses digestion in the small intestine and reaches the colon intact, where it feeds key bacteria such as *Akkermansia* and *Clostridium butyricum*.

This process supports:
Improved metabolic flexibility
Enhanced satiety
Healthier glucose response
Stronger gut barrier integrity

It is not about cutting carbohydrates.
It is about choosing the right kind.





You do not need perfection. You do not need willpower.
And you certainly do not need another set of rules.
Your body already knows how to balance itself.
It has always known.
All it asks for is the right environment.

When you feed your inner ecosystem with patience and variety, your system begins to respond quietly, without force or urgency. Digestion softens, energy steadies, and hunger finds its natural rhythm again.

This is not about changing who you are. It is about remembering how your body works when it feels supported, and that is where real transformation begins.

You do not need to overhaul your life overnight. You simply need to shift from control to cultivation. In the next section, you'll discover how to create gentle boundaries that protect the balance you are rebuilding.

PART II - GENTLE BOUNDARIES THAT PROTECT YOUR BALANCE



GUT RESET RECIPE GUIDE

A RESET FOR YOUR SECOND BRAIN

What to soften, reduce, or pause while your gut resets

Restoration is not only about what you add, it is also about what you gently quiet. When your microbiome is rebuilding, certain inputs can create unnecessary noise. Not because they are “bad,” but because they compete for attention inside a system that is trying to recalibrate.

During this reset phase, we focus on softening a few key disruptors that commonly interfere with gut balance, such as:

- Excess sugar that fuels craving cycles
- Artificial sweeteners that confuse gut signaling
- Alcohol that slows repair and irritates the gut lining
- Highly processed foods that crowd out microbial diversity

This isn't about cutting everything out at once, and it's definitely not about perfection. Think of it as lowering the volume, not turning things off. By temporarily reducing these inputs, you give your gut the breathing room it needs to restore clarity, resilience, and rhythm. Each of these elements will be explored in more detail in the following sections, so you can make informed, calm choices that support healing without stress.

This section is not about restriction. It's about creating space for recovery.





Foods That Confuse Your Microbiome

Ultra-processed foods often combine refined flours, industrial oils, emulsifiers, and synthetic additives in ways your gut did not evolve to interpret easily. These combinations can:

- Disrupt microbial diversity
- Increase intestinal permeability
- Promote inflammatory signaling

It is not about never eating them again, it is about recognizing that during a reset phase, simplicity supports stability.

Choose ingredients your body can recognize. Whole foods reduce internal “static.”

The Sugar - Craving Feedback Loop

Refined sugar does more than spike glucose. Certain gut bacteria thrive on rapid sugar intake, multiplying quickly and influencing cravings through chemical signaling to the brain. The result? The more you consume, the more you desire.

Breaking this loop does not require elimination, it requires awareness. When your microbiome becomes more diverse and fiber-fed, those cravings naturally soften, satiety signals strengthen, and emotional eating decreases.

Balance regulates appetite more effectively than discipline ever could.

Artificial Sweeteners: Why “Zero” Isn’t Neutral

Many zero-calorie sweeteners were designed to bypass blood sugar spikes, but your microbiome still detects them. Emerging research suggests that certain artificial sweeteners may:

- Alter bacterial composition
- Interfere with glucose signaling
- Increase digestive discomfort in sensitive individuals

“Zero calories” does not always mean zero impact. During a gut reset, reducing artificial sweeteners can allow your internal ecosystem to stabilize without confusion.

Natural sweetness in fruit and whole foods behaves differently. It arrives with fiber, antioxidants, and metabolic context. Your gut understands context.

Alcohol & Gut Recovery: Finding Your Sweet Spot

Alcohol is not forbidden, but it is inflammatory. It temporarily increases intestinal permeability and alters microbial balance. For some, even small amounts disrupt digestion and sleep.

If you choose to drink during your reset, consider:

- Lower frequency
- Smaller quantities
- Pairing with fiber-rich meals
- Prioritizing hydration

The goal is not abstinence, but informed moderation. Recovery accelerates when irritation decreases.





No Forbidden Foods. Just Informed Choices.

This is not a detox or a punishment.
You are not eliminating joy, but creating clarity.

When your microbiome regains diversity and resilience, your tolerance improves naturally. Foods that once caused discomfort become easier to process. Cravings feel quieter. Portions regulate themselves.

Gentle boundaries are temporary scaffolding. Balance is permanent architecture.

You don't rebuild balance by fighting your body; you rebuild it
by reducing the noise.

Sometimes healing is not about doing more, but about
overstimulating less.

When you soften what overwhelms your system, your microbiome has space to recalibrate. Inflammation quiets, signals become clearer, hunger feels more honest, and energy feels more stable.

This phase is not forever. It is a gentle pause; a window where your body remembers what equilibrium feels like. And once balance is restored, you won't need strict rules. You'll simply make choices that feel aligned.

That is the quiet power of a protected reset.

PART III – RITUAL MEALS THAT MAKE BACTERIA THRIVE



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A RESET FOR YOUR SECOND BRAIN

Simple, elegant meals designed to amplify your results

This is where nourishment becomes intentional. Not strict or complicated, but aligned with how your gut actually regenerates. These meals are not about counting calories or macros. They are about timing, texture, diversity, and calm signals; the cues your microbiome needs to thrive.

Think of these as ritual meals: repeatable, grounding, and supportive of long-term balance.

How to Structure a Microbiome-Supportive Day:

Before diving into the five Signature Ritual Days, it's important to understand the rhythm behind them. Your gut responds to patterns. It thrives when meals are:

- Predictable but varied
- Nourishing but not overwhelming
- Balanced in fiber, protein, and healthy fats
- Eaten in a calm state



In general, we recommend structuring your day around:

Morning Ritual: Gentle activation

Warm, fiber-rich, digestion-friendly foods that wake the gut without shocking it.

Midday Ritual: Stability and diversity

A balanced plate that supports energy, satiety, and microbial richness.

Afternoon Elixir (Optional): Strategic support

A simple infusion that nourishes beneficial bacteria and prevents energy dips.

Evening Ritual: Repair and softness

Light, anti-inflammatory meals that reduce digestive stress before sleep.

Optional Night Support: Integration

Small habits that help your microbiome recalibrate overnight.

The five Signature Ritual Days that follow are practical expressions of this structure. They are not rigid plans, they are templates. You can rotate them, repeat your favorite or mix elements between days.

The goal is not perfection. It's consistency with intelligence.

Now, let's put this rhythm into practice.

Morning Rituals for a Calm, Awake Gut

Mornings set the tone for your entire gut-brain conversation. The goal here is not stimulation, but gentle activation – waking digestion without shocking it.

Key principles:

- Warm or room-temperature foods
- Fiber-rich, but easy to digest
- Minimal sugar spikes

Examples of supportive morning rituals:

- Warm water with lemon or apple cider vinegar
- Oatmeal or chia pudding with berries and seeds
- Eggs with sautéed greens and olive oil
- Yogurt or kefir with ground flax and cinnamon

These meals signal safety and rhythm, helping reduce bloating and mid-morning cravings later in the day.



Midday Plates That Stabilize Energy

Midday is when blood sugar and energy regulation matter most. The purpose of this meal is stability, not heaviness.

What your gut loves at lunch:

- A balance of fiber, protein, and healthy fats
- Multiple plant sources for microbial diversity
- Slow-digesting carbohydrates

Simple plate formula:

- ½ plate vegetables (raw + cooked)
- ¼ protein (fish, eggs, legumes, poultry)
- ¼ complex carbs (quinoa, lentils, sweet potato)
- Generous drizzle of olive oil

When lunch is balanced, afternoon crashes soften, cravings fade, and digestion stays quiet instead of reactive.

Evening Meals That Support Repair

Nighttime is when your gut repairs itself. Dinner should feel grounding, lighter, and calming; not restrictive, just intentional.

Evening-friendly choices:

- Cooked vegetables over raw
- Soups, stews, or warm bowls
- Lean proteins paired with fiber
- Minimal added sugars

Avoid very heavy meals late at night, not out of fear, but out of respect for your gut's repair cycle.

5 Signature Ritual Days - Recipes from morning to night

What follows is not a strict plan or a set of rules to follow perfectly. It's a collection of thoughtfully designed days built around the rhythm you've just learned. Each Signature Ritual Day follows the same gentle structure – morning activation, midday stability, optional afternoon support, and evening repair – but with a slightly different intention.

Some days are designed to soothe a sensitive or bloated gut. Others focus on stabilizing energy, supporting metabolism, or enhancing that feeling of lightness so many people miss. You don't need to follow these days in order, and you don't need to complete all five in a single week. You can choose the day that best matches how you wake up: heavier, calmer, more inflamed, or more energized.

These days are not rigid meal plans. They are templates. You're encouraged to adapt ingredients, rotate proteins, swap vegetables, and make choices that feel aligned with your body and your preferences. What matters most is not perfection, but rhythm. Consistency, variety, and calm signals repeated over time are what allow the microbiome to rebuild and thrive.

Think of these ritual days as a framework you can return to whenever you feel off balance. A way to eat that supports your gut without creating pressure, restriction, or complexity.

Now, let's put this rhythm into practice.





1. The Calm Reset Day

For bloating, sensitivity, and nervous digestion

This day is designed to quiet inflammation, soothe the gut lining, and calm the gut-brain axis. It's a day for your gut to feel safe again. When safety returns, digestion softens, inflammation quiets, and balance begins to rebuild naturally.

Think of this day as a deep exhale for your system.

It's ideal if you wake up bloated, feel reactive to food, or notice digestion worsens with stress.

Morning Ritual (7:00–9:00 AM)

Warm Berry Chia Awakening Bowl

A gentle, grounding start that hydrates the gut and signals safety to your nervous system.



Ingredients:

- 1 cup unsweetened almond milk or oat milk
- 1 tbsp chia seeds
- ½ cup mixed berries (blueberries, raspberries, or strawberries)
- 1 tsp cinnamon

Optional: 1 tsp raw honey or maple syrup

Instructions

- Warm the milk gently on the stove (do not boil).
- Stir in chia seeds and cinnamon.
- Add berries and let simmer for 2-3 minutes until slightly softened.
- Remove from heat and let sit for 5 minutes to thicken.

Why this works:

- Chia seeds provide soluble fiber that soothes digestion.
- Warm foods reduce gut stress compared to cold breakfasts.
- Berries deliver polyphenols that support beneficial bacteria without overwhelming the system.

👉 Eat slowly. This bowl works best when you're not rushed.

Midday Ritual (12:00–2:00 PM)

Microbiome Diversity Bowl

This meal gently introduces variety without overload, helping beneficial bacteria thrive.



Ingredients:

- 1 cup mixed leafy greens (arugula, spinach, or romaine)

- ½ cup cooked quinoa or brown rice

- ¼ cup chickpeas or lentils

- ½ avocado, sliced

- Olive oil + lemon juice

- Sea salt

*1–2 tablespoons sauerkraut or fermented vegetables, added on the side, not mixed in. (Fermented Companion)

Instructions

- Build the bowl with greens as the base.
- Add grains and legumes (warm or room temperature).
- Top with avocado.
- Dress lightly with olive oil, lemon, and salt.

Why this works:

- Plant diversity feeds multiple bacterial strains.
- Healthy fats support hormone balance and satiety.
- Small fermented portions introduce beneficial microbes without overstimulation.

👉 More is not better here. Small portions keep digestion calm.

Afternoon Elixir (Optional – 3:00–5:00 PM)

Green Tea with Lemon



Ingredients:

- 1 green teabag
- 1 lemon
- Hot water

Instructions

- Brew green tea gently (not boiling water).
- Add fresh lemon juice.

Why this works:

- Supports digestion and metabolic signaling.
- Polyphenols nourish good bacteria.
- Light stimulation without stress.

👉 Skip if you're caffeine-sensitive late in the day.

Evening Ritual (6:30–8:00 PM)

Golden Gut Soup

A deeply restorative, anti-inflammatory dinner that supports overnight repair.



Ingredients:

- 2 cups vegetable or bone broth
- ½ cup chopped zucchini
- ½ cup carrots
- 1 tsp grated ginger
- ½ tsp turmeric
- Olive oil

Optional protein:
shredded chicken,
tofu, or lentils

Instructions

- Bring broth to a gentle simmer.
- Add vegetables and ginger.
- Simmer 10–15 minutes until soft.
- Stir in turmeric and a drizzle of olive oil.
- Add protein if desired.

Why this works:

- Broth supports the gut lining.
- Turmeric + ginger calm inflammation.
- Soft textures reduce digestive effort at night.

Optional Evening Fermented Add-On (If tolerated):

A few sips of kefir or coconut yogurt
(Skip if you notice bloating at night.)





2. Signature Ritual Day II - The Energy Stabilization Day

For crashes, cravings, and afternoon fatigue

This day is designed to stabilize blood sugar, support sustained energy, and reduce impulsive cravings. This day teaches your body consistency, as when energy stops swinging.

Ideal if you feel “fine” in the morning, but crash mid-afternoon, snack without hunger, or rely on caffeine to get through the day.

Here, the goal is steady fuel, not stimulation..

Morning Ritual (7:00–9:00 AM)

Savory Balance Breakfast Plate

A grounding, protein-forward start that prevents energy spikes later.



Ingredients:

- 2 eggs (or tofu scramble for plant-based)
- 1 cup sautéed greens (spinach, kale, or chard)
- ½ small sweet potato, cooked
- Olive oil
- Sea salt

Instructions

- Lightly sauté greens in olive oil until soft.
- Cook eggs or tofu gently (avoid overcooking).
- Add sweet potato on the side.
- Season simply.

Why this works:

- Protein + fiber stabilizes blood sugar.
- Savory mornings reduce sugar cravings later.
- Cooked vegetables are easier on digestion.

👉 This is a “no rush” breakfast. Eat seated, not on the go.

Midday Ritual (12:00–2:00 PM)

Steady Energy Power Plate

Designed to keep you clear-headed and satisfied for hours.



Ingredients:

- 1 cup mixed vegetables (roasted or steamed)
- ½ cup cooked rice, quinoa, or buckwheat
- 1 palm-sized portion of protein (fish, chicken, tempeh, or legumes)
- Olive oil or tahini
- Lemon juice
- *1–2 tablespoons kimchi or fermented carrots, eaten separately. (Fermented Companion)

Instructions

- Build the plate warm whenever possible.
- Combine vegetables, grains, and protein.
- Dress lightly with healthy fat and lemon.

Why this works:

- Balanced macros prevent crashes.
- Fermented foods support glucose regulation.
- Healthy fats slow digestion in a positive way.

Afternoon Elixir (3:00–4:30 PM)

Cinnamon-Herbal Infusion



Ingredients:

- Hot water
- Cinnamon stick

Optional: chamomile
or rooibos

Instructions

- Steep for 5–7 minutes.

Why this works:

- Helps curb sweet cravings.
- Supports blood sugar balance.
- Calming, not stimulating.

Evening Ritual (6:30–8:00 PM)

Grounding Repair Bowl

A dinner that restores energy reserves without heaviness.



Ingredients:

- 1 cup roasted root vegetables (carrots, squash, beets)
- ½ cup lentils or white beans
- Fresh herbs
- Olive oil

Instructions

- Roast vegetables until soft and caramelized.
- Warm legumes gently.
- Combine and finish with olive oil and herbs.

Why this works:

- Roots ground the nervous system.
- Legumes feed beneficial bacteria overnight.
- Promotes satiety without bloating.

Optional Evening Add on

Magnesium-rich herbal tea
(lemon balm or chamomile)





3. Signature Ritual Day III - The Deep Repair & Metabolic Renewal Day

For sluggish metabolism, stubborn weight, and long-term gut restoration

This day is designed to support the gut lining, microbial diversity, and metabolic signaling pathways, especially those connected to satiety hormones like GLP-1.

It's not about pushing fat loss, but rebuilding the terrain where fat loss becomes easier. Metabolism doesn't respond to force, it responds to consistency, diversity, and repair.

When the terrain is restored, your body begins to regulate itself again, naturally.

Morning Ritual (7:00–9:00 AM)

Overnight Renewal Oats

A fiber-rich, polyphenol-dense start that feeds butyrate-producing bacteria.



Ingredients:

- ½ cup rolled oats
- ¾ cup unsweetened almond or oat milk
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- ½ cup blueberries
- Pinch cinnamon

Instructions

- Combine oats, milk, chia, and flax in a jar.
- Refrigerate overnight (minimum 4 hours).
- In the morning, top with blueberries and cinnamon.
- Let sit 5 minutes before eating.

Why this works:

- Oats + flax support butyrate production.
- Chia adds soluble fiber for satiety.
- Blueberries provide polyphenols that selectively nourish beneficial strains.
- This breakfast supports slow glucose release and calm hunger signaling.

Midday Ritual (12:00–2:00 PM)

Root & Lentil Metabolic Bowl

Designed to activate microbial diversity and resistant starch pathways.



Ingredients:

- ½ cup cooked lentils
- ½ cup roasted carrots
- ½ cup roasted beets
- ½ cup cooked and cooled potatoes (for resistant starch)
- Arugula or mixed greens
- Olive oil + apple cider vinegar
- *1–2 tablespoons fermented red cabbage or sauerkraut on the side. (Fermented Companion)

Instructions

- Roast root vegetables at 400°F (200°C) until tender.
- Allow potatoes to cool slightly before serving (this enhances resistant starch).
- Layer greens, lentils, and vegetables.
- Dress lightly with olive oil and vinegar.

Why this works:

- Resistant starch feeds Akkermansia and Clostridium species.
- Legumes enhance GLP-1 signaling naturally.
- Root vegetables support mineral balance.
- This meal is deeply satisfying without heaviness.

Afternoon Elixir (3:00–5:00 PM)

Hibiscus & Pomegranate Infusion



Ingredients:

- Dried hibiscus flowers or tea bag
- Hot water
- Splash of pure pomegranate juice (unsweetened)

Instructions

- Steep for 3–5 minutes.

Why this works:

- Rich in polyphenols that promote microbial diversity and vascular health.

Evening Ritual (6:30–8:00 PM)

Mediterranean Repair Plate

Light, anti-inflammatory, and supportive of overnight regeneration.



Ingredients:

- Grilled salmon (or baked tofu)
- Steamed zucchini + asparagus
- Olive oil drizzle
- Fresh herbs
- Lemon zest

Instructions

- Grill or bake protein gently.
- Steam vegetables until tender but vibrant.
- Finish with olive oil, herbs, and lemon zest.

Why this works:

- Omega-3 fats reduce inflammation.
- Cooked vegetables reduce digestive stress at night.
- Supports metabolic repair during sleep.

Optional Night Support
Chamomile tea





4. Signature Ritual Day IV - The Diversity Expansion Day

For microbiome richness, resilience, and long-term balance

This day is not about perfection. It is designed to expand the range of beneficial bacteria in your gut, not by doing more, but by offering gentle diversity. A resilient microbiome is not built on one superfood; it's built on variety, color, and rhythm.

Diversity is intelligence. The more varied your inner ecosystem becomes, the more adaptable your body feels.

Morning Ritual (7:00–9:00 AM)

Polyphenol Awakening Parfait

A colorful start that introduces multiple bacterial allies at once.



Ingredients:

- Unsweetened coconut or Greek yogurt (or plant-based yogurt)
- Mixed berries (blueberries, blackberries, raspberries)
- 1 tbsp ground flaxseed
- 1 tbsp pumpkin seeds
- Drizzle of raw honey (optional)

Instructions

- Layer yogurt, berries, and seeds in a bowl or glass.
- Eat slowly, noticing texture and flavor.

Why this works:

- Fermented dairy or plant cultures introduce live bacteria.
- Seeds + berries provide fiber and polyphenols.
- Supports diversity without digestive overload.

Midday Ritual (12:00–2:00 PM)

Rainbow Microbiome Plate

This is the centerpiece of the day.



Ingredients:

Choose at least one of each color

- * **Red:** roasted red pepper or tomato
- * **Orange:** carrots or squash
- * **Green:** broccoli, arugula, or herbs
- * **Purple:** cabbage or eggplant
- * **White:** cauliflower, onion, or garlic

- ½ cup cooked grains (farro, quinoa, or rice)
- Olive oil + lemon
- Fresh herbs

*1–2 tbsp mixed fermented vegetables on the side. (Fermented Companion - if possible, rotate types of vegetables used)

Instructions

- Roast or lightly sauté vegetables.
- Assemble with grains and herbs.
- Dress lightly.

Why this works:

- Each color feeds different bacterial strains.
- Diversity today builds resilience tomorrow.
- Rotating foods prevents stagnation.

Afternoon Elixir (3:00–5:00 PM)

Cacao–Cinnamon Gut Tonic



Ingredients:

- 1 tsp unsweetened cacao powder
- 1 cup hot almond or oat milk
- Pinch of cinnamon

Optional: ½ tsp raw honey or a drop of vanilla extract

Instructions

- Warm the milk gently until hot but not boiling.
- Add cacao powder and whisk until fully dissolved.
- Stir in cinnamon (and honey or vanilla if using).
- Sip slowly, ideally mid-afternoon or early evening.

Why this works:

- Cacao provides polyphenols that nourish beneficial gut bacteria.
- Cinnamon supports glucose balance and reduces post-meal cravings.
- Warm liquids calm the nervous system and support digestion.

*This is not a dessert. It's a ritual that feels indulgent, but quietly supports your microbiome.

Evening Ritual (6:30–8:00 PM)

Mediterranean Diversity Bowl

Light, nourishing, and deeply satisfying.



Ingredients:

- Mixed roasted vegetables
- Chickpeas or white beans
- Olive oil
- Fresh parsley or basil
- Lemon zest

Instructions

- Combine warm vegetables and legumes. Finish with olive oil and herbs.

Optional Night Support

Herbal Digestive Tea
(Fennel, anise, or coriander seed)





5. Signature Ritual Day V - The Confidence & Lightness Day

For visible ease, reduced bloating, and feeling at home in your body

This day is designed to help you feel lighter, clearer, and more comfortable, not through restriction, but through strategic calm.

When digestion is smooth and inflammation is low, something shifts:

- Your stomach feels flatter.
- Your energy feels cleaner.
- Your posture changes.
- Your confidence follows.

This is the day that reminds you why you started.

Morning Ritual (7:00–9:00 AM)

Warm Lemon–Ginger Awakening + Light Protein Plate

We begin with circulation and calm digestion.

Step 1: Gentle Activation Drink



Ingredients:

- 1 cup warm water (not hot)
- Juice of ½ fresh lemon
- ½ tsp freshly grated ginger

Instructions

- Pour the warm water into a mug or glass.
- Add the fresh lemon juice.
- Stir in the grated ginger.
- Let it sit for 1–2 minutes.

Sip slowly on an empty stomach, ideally within 10–15 minutes of waking.

Morning Ritual (7:00–9:00 AM)

Warm Lemon–Ginger Awakening + Light Protein Plate

We begin with circulation and calm digestion.

Step 2 – Light Protein Breakfast



Ingredients:

- Greek yogurt or coconut yogurt
- 1 tbsp chia seeds
- A few slices of kiwi or papaya
- Handful of blueberries

Instructions

- Spoon the yogurt into a bowl.
- Sprinkle chia seeds evenly on top and let them sit for 2–3 minutes to soften slightly.
- Add kiwi or papaya slices and blueberries.
- Stir gently before eating – or layer and enjoy as is.

Eat slowly. This is meant to feel light, not rushed.

Why this works:

- Ginger supports gastric motility.
- Yogurt adds gentle probiotics.
- Kiwi and papaya contain natural enzymes that support digestion.
- Protein prevents mid-morning cravings.
- Light. Clean. Not heavy.

Midday Ritual (12:00–2:00 PM)

The Anti-Bloat Balance Plate

Designed to reduce water retention and digestive heaviness.



Ingredients:

- 1 palm-sized portion grilled salmon or baked tofu
- 1 cup zucchini (sliced)
- ½ cup fennel or cucumber
- 1 tbsp extra virgin olive oil
- Juice of ½ lemon
- Fresh dill or parsley
- Sea salt to taste

*1 tbsp fermented cucumber or light sauerkraut on the side. (Fermented Companion)

Instructions

- Season salmon (or tofu) lightly with salt and bake or grill until just cooked through. Avoid heavy sauces.
- Steam zucchini until tender but still vibrant in color (about 4–5 minutes).
- Slice fennel or cucumber thinly and toss with a squeeze of lemon and a drizzle of olive oil.
- Assemble the plate: protein, zucchini, and fresh salad.
- Finish with olive oil, herbs, and lemon zest if desired.

Why this works:

- Fennel and cucumber help reduce bloating and water retention.
- Lean protein supports satiety without heaviness.
- Olive oil + herbs provide anti-inflammatory polyphenols.
- Minimal seasoning prevents digestive overstimulation.

This meal should leave you satisfied, not tight, not swollen, not sluggish.

Afternoon Elixir (3:00–5:00 PM)

Hibiscus–Mint Refresher

A cooling ritual to support circulation and release fluid retention



Ingredients:

- 1 hibiscus tea bag or 1 tbsp dried hibiscus flowers

- 1 cup hot water

- 5–7 fresh mint leaves

Optional: 1–2 tbsp unsweetened pomegranate juice

Instructions

- Steep hibiscus in hot water for 5–7 minutes.
- Remove tea bag or strain flowers.
- Add fresh mint leaves and gently press them with a spoon to release aroma.
- Let cool slightly, or serve over ice if desired.
- Add a small splash of pomegranate juice if using.

Sip slowly. This is not a drink to rush.

Why this works:

- Hibiscus supports circulation and helps reduce fluid retention.
- Mint calms the digestive tract and eases post-meal heaviness.
- Pomegranate (optional) adds polyphenols that support gut and vascular health.

This elixir refreshes without stimulating- It's perfect for the afternoon dip.

Evening Ritual (6:30–8:00 PM)

Light Repair Dinner

A soothing, easy-to-digest bowl that supports overnight restoration



Ingredients:

- 1 cup steamed spinach or Swiss chard
- ½ cup cooked white rice or quinoa
- 1 poached egg or ½ cup cooked lentils
- 1 tbsp extra virgin olive oil
- Sea salt to taste

Optional: pinch of turmeric or black pepper

Instructions

- Steam greens until soft and vibrant (about 3–4 minutes).
- Warm rice or quinoa gently; avoid heavy spices or sauces.
- Poach egg until the yolk is just set or warm lentils slowly.
- Assemble bowl: grains first, then greens, then protein.
- Finish with olive oil and optional spices.

Eat slowly. Stop when comfortably full.

Why this works:

- Light carbohydrates at night support serotonin and relaxation.
- Soft textures reduce digestive effort before sleep.
- Olive oil calms inflammation and supports nutrient absorption.
- Gentle protein aids tissue repair without heaviness.
- This meal prepares the gut for rest, not work.

Optional Night Support

Magnesium-rich herbal tea
(lemon balm or chamomile)



PART IV – THE RESET CONTINUUM



GUT RESET RECIPE GUIDE

A RESET FOR YOUR SECOND BRAIN

How to eat intuitively once your gut is balanced again

This is where everything comes together. When your gut begins to rebalance, something subtle but powerful happens: food stops feeling like a problem to solve. Hunger becomes clearer. Cravings soften. Decisions feel quieter. This phase is not about “staying on track,” but about learning to trust your signals again.

The Reset Continuum is not an endpoint. It's a way of relating to food once the noise is gone.

Listening to Hunger Without Fear

For many people, hunger has been associated with anxiety, loss of control, or guilt. But real hunger, biologically speaking, is calm. It arrives gradually. It asks, it doesn't demand.

As your microbiome stabilizes, hunger becomes more specific:

- You may notice you want warmth instead of sweetness.
- Protein instead of volume.
- Freshness instead of stimulation.

This is your body communicating efficiently again. Eating in this phase means responding to hunger early, gently, and without panic. You no longer need to “hold out” or overcorrect. Trust grows because your signals are no longer distorted.





Eating for Pleasure, Not Compensation

When digestion improves, pleasure changes its meaning. Food becomes enjoyable again; not as a reward, not as comfort, not as an escape, but as nourishment that feels good during and after eating. Satisfaction replaces fullness, and enjoyment replaces urgency.

You may find yourself:

- Eating slower.
- Stopping earlier.
- Choosing flavors instead of quantities.

This is not discipline. It's alignment. Pleasure in this phase feels clean and it doesn't require recovery.

When Cravings Fade, What Replaces Them

One of the most surprising shifts people report is not what they stop wanting, but what appears in its place, because when cravings fade:

- Clarity emerges
- Energy stabilizes
- Mood becomes more even.
- The constant mental negotiation around food disappears.

What replaces cravings is presence. You eat when you're hungry, but stop when you're satisfied, and you move on with your day. This is what balance feels like.

The goal was never to follow a plan
forever.
The goal was to restore a system that
knows what to do.

Once your gut is supported, your
body remembers how to regulate
itself; quietly, intelligently, and
without force. This is the continuum:
not restriction, not chaos, but trust.

This is also where OMG! Probiotics
becomes a companion to the
journey. Not as a quick fix or a
substitute for mindful eating, but as
ongoing microbial support,
reinforcing the diversity, balance,
and resilience you've cultivated.

Food builds the terrain.
Ritual restores rhythm.
And consistent microbiome support
helps maintain the ecosystem
you've rebuilt.

From here, eating becomes what it
was always meant to be: Natural.
Enjoyable. Sustainable.



GUT RESET RECIPE GUIDE

A RESET FOR YOUR SECOND BRAIN

When you nourish your microbiome, everything changes. Energy stabilizes. Digestion improves. Cravings quiet down. This guide was created to support the work your body is already doing with OMG! Probiotics.

Because probiotics don't work alone. They thrive when they're fed properly.