

mindbodygreen

THE ULTIMATE GUT HEALTH SHOPPING GUIDE



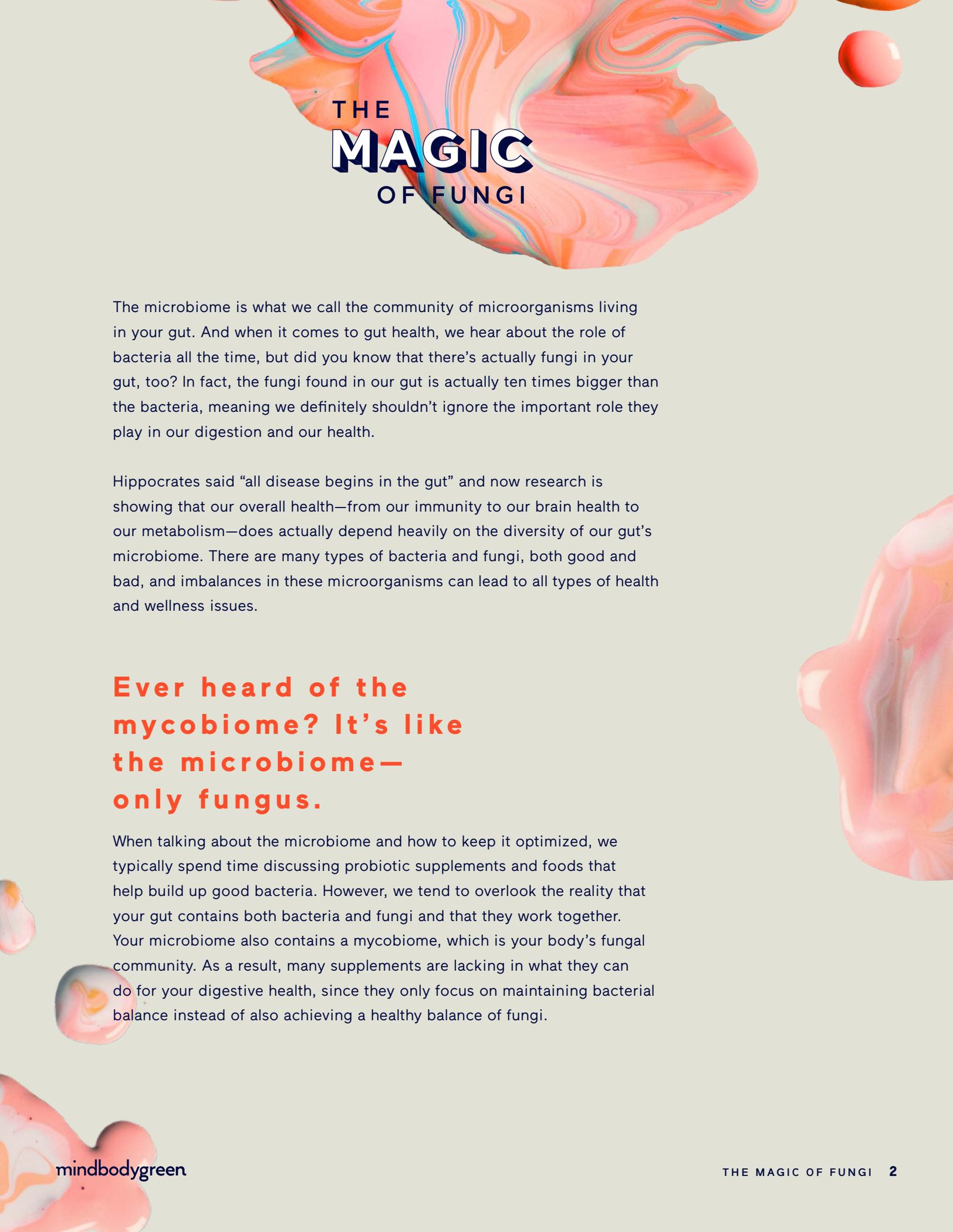
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THE MAGIC OF FUNGI

The microbiome is what we call the community of microorganisms living in your gut. And when it comes to gut health, we hear about the role of bacteria all the time, but did you know that there's actually fungi in your gut, too? In fact, the fungi found in our gut is actually ten times bigger than the bacteria, meaning we definitely shouldn't ignore the important role they play in our digestion and our health.

Hippocrates said "all disease begins in the gut" and now research is showing that our overall health—from our immunity to our brain health to our metabolism—does actually depend heavily on the diversity of our gut's microbiome. There are many types of bacteria and fungi, both good and bad, and imbalances in these microorganisms can lead to all types of health and wellness issues.

Ever heard of the mycobiome? It's like the microbiome—only fungus.

When talking about the microbiome and how to keep it optimized, we typically spend time discussing probiotic supplements and foods that help build up good bacteria. However, we tend to overlook the reality that your gut contains both bacteria and fungi and that they work together. Your microbiome also contains a mycobiome, which is your body's fungal community. As a result, many supplements are lacking in what they can do for your digestive health, since they only focus on maintaining bacterial balance instead of also achieving a healthy balance of fungi.



It's time to meet the fungi living in your gut.

So why does fungi get a bad rap? Well, candida overgrowth is one of the most common microbiome health problems. Candida albicans is a type of fungus that is found in small amounts in healthy gastrointestinal systems, but problems occur when it starts to run rampant in your gut, growing out of control. Scientists have also discovered that bad bacteria and fungi in your gut protect themselves by creating digestive plaque, which acts as a protective barrier, allowing them to stick around and wreak havoc. Despite this, it's time to recognize that we can't judge all fungi on the activities of one or two bad guys; Just like bacteria, there are plenty of friendly fungi in the gut as well. And that's where probiotics come in. In order for probiotics to really be powerful and effective, they need to be able to break down this plaque to reach and control the bad bacteria and fungi.



DID YOU KNOW...

Your microbiome is made up of **100 trillion** living microbes.

80% of your immune system is located in your microbiome.

95% of your happy neurotransmitter serotonin is produced and stored in your microbiome.

A GUT-FRIENDLY SHOPPING LIST

Non-Starchy Vegetables:

These plant foods feed your healthy gut bacteria and fungi and provide essential nutrients. Expert tip: Steaming or cooking these vegetables breaks them down for your gut, making them easier on your digestion.

- Artichoke
- Asparagus
- Broccoli
- Broccoli sprouts
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Mushrooms
- Radish
- Zucchini
- Leafy greens
 - Dandelion
 - Endive
 - Field greens
 - Kale
 - Mustard greens
 - Spinach
 - Swiss chard
 - Watercress



Herbs & Spices:

These food medicines calm inflammation and help support gut health.

- Dandelion tea
- DGL licorice root tea
- Ginger
- Marshmallow root tea
- Peppermint
- Turmeric

Probiotic Foods:

These probiotic foods contain healthy bacteria that promote balance in your gut.

- Almond yogurt
- Coconut kefir
- Coconut yogurt
- Sauerkraut
- Kimchi
- Kvass
- Water kefir



Healing Fats:

Healthy fats like these are needed for calming inflammation and nourishing your gut.

- Avocados
- Avocado oil
- Coconut meat
- Coconut oil
- Grass-fed ghee
- Macadamia nut oil
- Olives
- Olive oil

Omega Fats & Protein:

These healthy fats and proteins are essential for calming inflammation and building a healthy gut.

Plants sources:

- Almonds
- Chia seeds
- Flaxseeds
- Macadamia nuts
- Walnuts

Meat and fish sources:

- Anchovies
- Grass-fed beef
- Mackerel
- Organic bone broth
- Pasture-raised eggs
- Wild-caught Salmon
- Organic chicken (not a major source of healthy fats but an option for protein)

Starchy Vegetables:

Real-food fiber in the form of starchy vegetables aids your body's detox pathways and feeds your healthy gut bacteria and fungi, promoting healthy digestion and a strong immune system.

- Beets
- Carrots
- Parsnips
- Pumpkin
- Squash
- Sweet potatoes
- Turnips
- Yams



Gut-Optimizing Supplements:

These supplements will give your body the extra support it needs for great digestion, optimal energy levels, and a healthy microbiome.

- Probiotics
- Collagen
- DGL
- Glutamine
- Marshmallow root

Natural Sweeteners:

These natural sweeteners should be used sparingly, since excess sugar will feed inflammation and bacterial and fungal imbalances in your gut.

- Applesauce (unsweetened)
- Coconut nectar
- Monk fruit (luo han guo)
- Pure maple syrup
- Raw honey
- Stevia
- Xylitol





Gut Health Avoid List:

If you want to achieve optimal gut health, cross some (or all!) of these items off your grocery list.

- Artificial sweeteners
- Alcohol
- Dairy
- Grains (gluten containing and gluten-free grains)
- Inflammatory cooking oils (canola, peanut, soy, corn, vegetables)
- Legumes (unless soaked or pressure cooked in limited amounts)
- Nightshades (tomatoes, peppers, white potatoes, eggplants)
- Processed foods
- Refined sugar

A DAY OF GUT HEALING RECIPES

BREAKFAST:

Soothing Smoothie

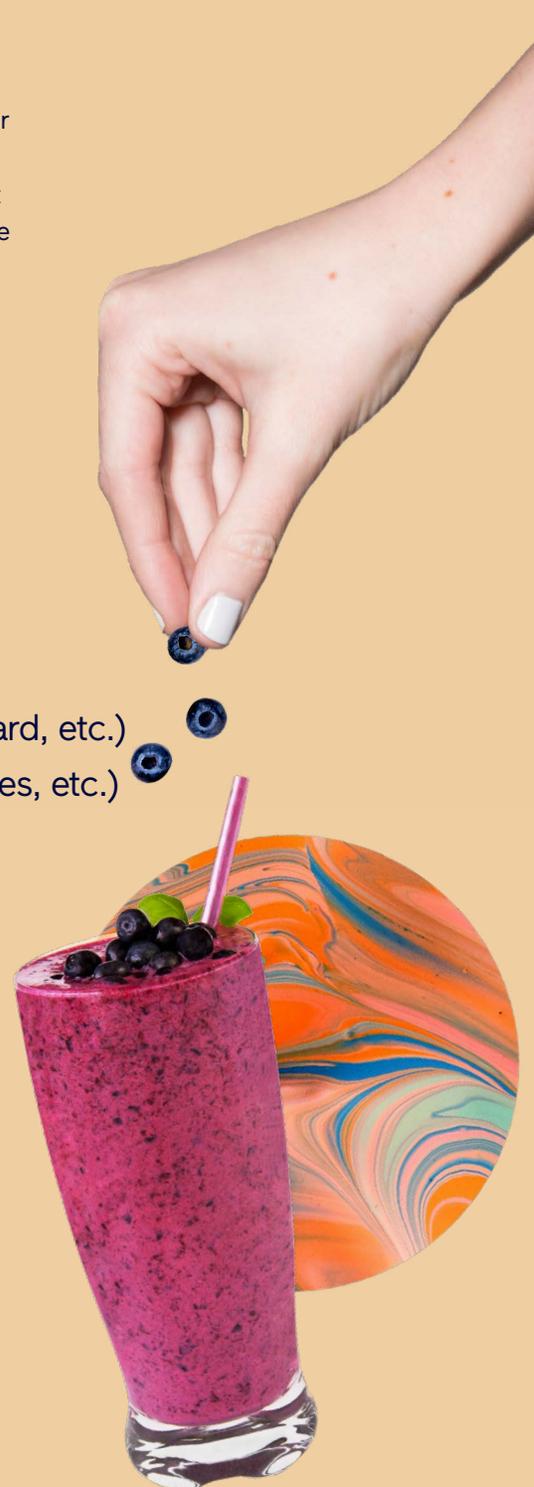
This morning smoothie will be easy on even the most sensitive gut. Plus, your digestive system will not have to work as hard to break down the ingredients since they are already blended. Collagen and L-glutamine are both important gut medicines, in fact, L-glutamine is actually fuel for the enterocytes that line your digestive tract and regenerate to heal your gut lining.

INGREDIENTS:

- 1 cup full-fat coconut milk
- 2 tablespoons grass-fed collagen powder
- 1 tablespoon coconut oil
- 1 teaspoon deglycyrrhizinated licorice (DGL)
- 1 tablespoon L-glutamine powder
- 2 cups dark leafy greens of choice (spinach, kale, chard, etc.)
- ½ cup frozen organic berries (blueberries, blackberries, etc.)

METHOD:

Combine all ingredients together in a blender and blend until fully mixed.





LUNCH:

Probiotic Steak Salad

With this salad, you'll be getting in a ton of anti-inflammatory fats like CLA and omegas from the grass-fed steak, as well as good bacteria from the sauerkraut. Turkey tail adaptogenic mushrooms are very beneficial for bacterial overgrowth.

INGREDIENTS:

- ½ pound grass-fed flank steak
- 2 cups dark leafy greens of choice or mixture
- ½ cup drained organic sauerkraut
- ¼ cup onions, chopped
- 1 garlic clove, chopped
- ½ cup turkey tail mushrooms
- 2 tablespoons coconut oil
- Balsamic vinegar + extra-virgin olive oil

METHOD:

1. Slice steak into desired size strips.
2. Heat one tablespoon coconut oil over medium heat and cook steak to desired doneness. Remove from pan and set aside.
3. Heat second tablespoon of coconut oil over medium heat and sauté onions, garlic, and mushrooms together until cooked through.
4. Mix together one-part balsamic vinegar and one-part oil together to make dressing. Use more balsamic for a more tangy flavor.
5. Chop up desired greens and place in large bowl. Top with steak, sauerkraut, mushroom mixture, and dressing.

SNACK:

Sweet Potato Chips with Guacamole

The sweet potatoes in this recipe provide your gut with important fiber that feeds your healthy gut bacteria. This fiber also helps support your body's detox pathways, accompanying the detoxifying powers of cilantro. Plus, we can't forget about the healthy fats from the avocado!

INGREDIENTS:

- 1 to 2 tablespoons melted coconut oil
- 1 large sweet potato
- 1 medium avocado
- ½ lime, juiced
- ½ teaspoon garlic powder
- Very small bunch cilantro, chopped (optional)
- Sea salt and pepper to taste

METHOD:

1. Preheat oven to 375 degrees F.
2. Peel sweet potato and thinly slice into chips.
3. Line baking sheet with foil.
4. Toss sweet potato chips with melted coconut oil, sea salt, and pepper.
5. Spread out on baking sheet and cook for 10 minutes. Flip and cook for another 10. The thinner your chips are the quicker they will cook. Check after the first 5 minutes.
6. While chips are cooking, slice open, remove pit, and spoon out avocado into large bowl.
7. Mix together with sea salt, pepper, garlic, lime juice, and optional cilantro.
8. Remove chips from oven and enjoy them dipped in guac.



DINNER:

Turmeric + Ginger Chicken Soup

The natural blend of glucosamine, gelatin, glycine, and other minerals found in bone broth can help alleviate digestive issues. If you have histamine intolerance I recommend cooking the bones for a shorter amount of time. The turmeric has intensive anti-inflammatory properties that are increased by the piperine found in black pepper, which will also work to calm your gut.

BONE BROTH INGREDIENTS:

- Whole organic chicken
- 6 cloves garlic
- 1 onion, chopped
- 1 inch of ginger root, chopped

BONE BROTH METHOD:

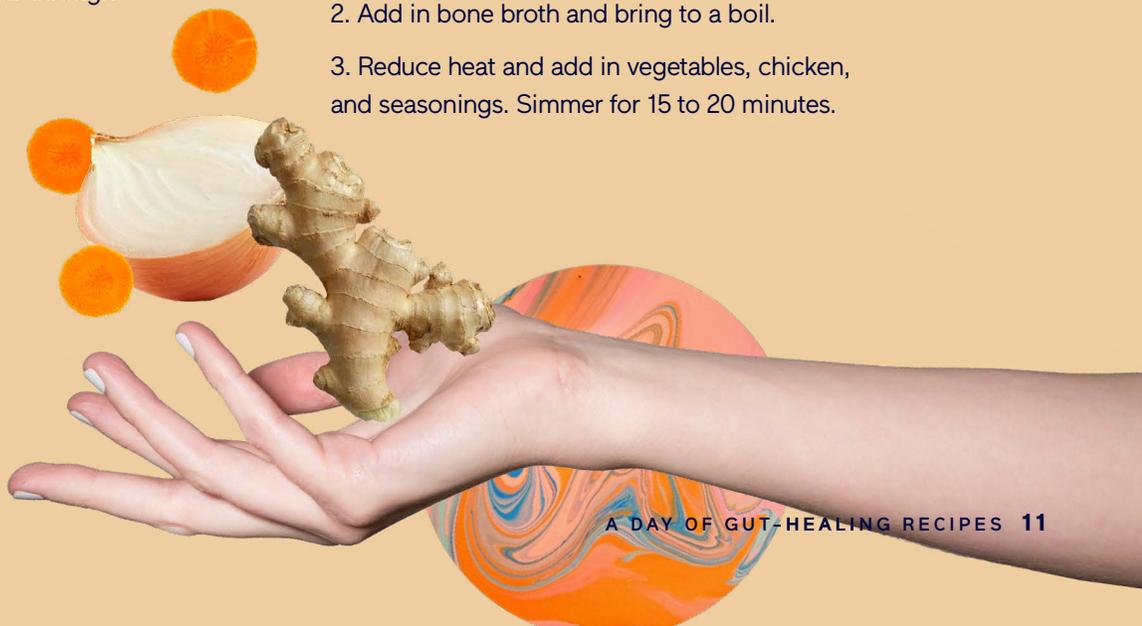
1. Clean chicken and place in crockpot.
2. Fill crockpot $\frac{3}{4}$ full with water and add in vegetables, ginger, and garlic.
3. Cook on low for 8 hours or until chicken is cooked through.
4. Remove chicken from crockpot, remove meat from the bones and return bones to the crockpot.
5. Continue to cook on low between 8 and 48 hours.
6. Allow to cool, then pour through a strainer.

SOUP INGREDIENTS:

- 6 cups chicken bone broth
- 2 tablespoons coconut oil
- 1 onion, chopped
- 2 cups carrots, chopped
- 1 cup celery, chopped
- 2 cups shredded chicken (leftover from broth)
- 2 garlic cloves, diced
- 1 tablespoon turmeric
- 1 teaspoon ginger
- $\frac{1}{2}$ teaspoon black pepper
- Sea salt to taste

SOUP METHOD:

1. In a big pot, sauté the onions, garlic, carrots, and celery together with coconut oil until soft.
2. Add in bone broth and bring to a boil.
3. Reduce heat and add in vegetables, chicken, and seasonings. Simmer for 15 to 20 minutes.



Food Journal

Keeping a food journal can be incredibly helpful when determining what food(s) bother your gut and make you feel sick. Use this 3-day food journal to kickstart your gut-healing journey.

BREAKFAST



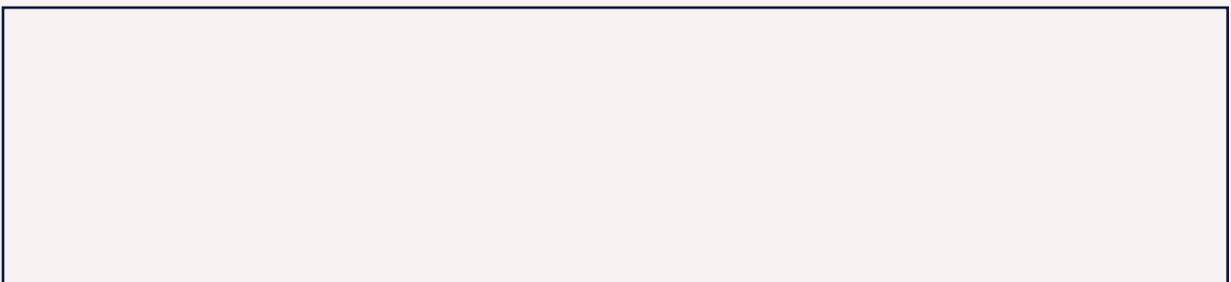
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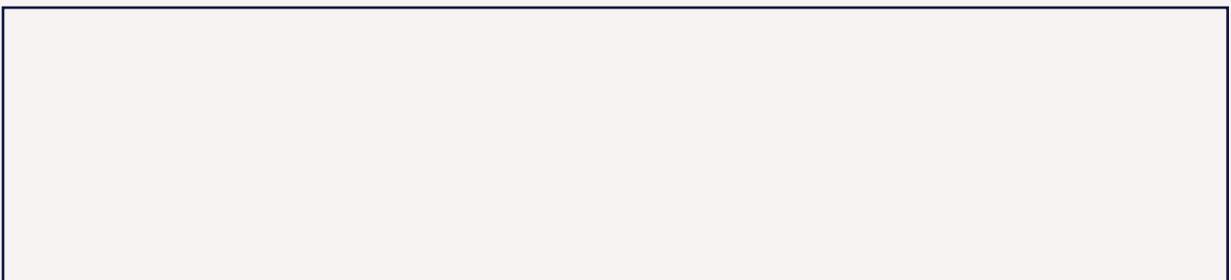
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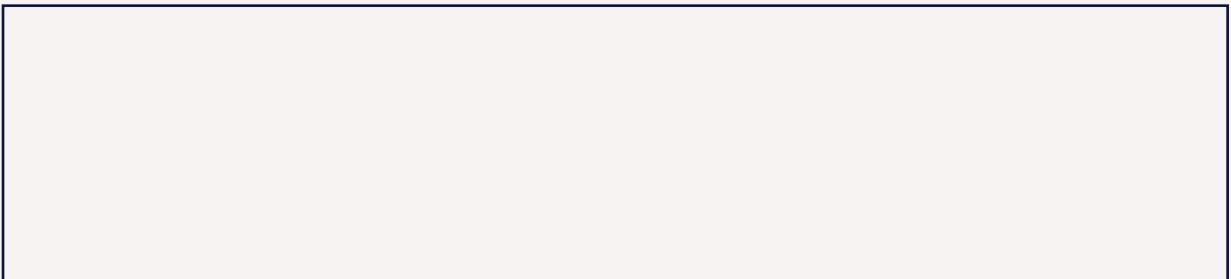
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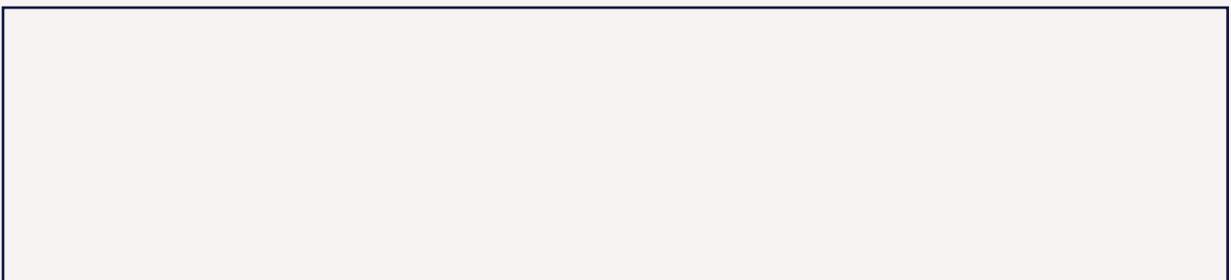
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