

## **THE GUT REBUILD GROCERY LIST:**

**ALL THE FOOD YOU NEED TO HEAL FROM THE INSIDE OUT**

You can't rebuild your gut if every grocery trip adds to the problem.

Here's exactly what to buy and what to ditch to calm inflammation, feed the microbiome, and support digestion.

No fluff. Just real shit.

# THE GREEN ZONE: Gut Healers (Always Buy)

These feed the microbiome, calm inflammation,  
and regulate digestion

- Grass-fed beef, wild salmon, sardines
- Organic eggs
- Avocado, olive oil, ghee, coconut oil
- Root veggies (carrots, beets, sweet potato)
- Squash, zucchini, cucumber
- Cooked greens (spinach, kale, chard)
- White rice, jasmine rice, gluten-free oats
- Bone broth, collagen, gelatin
- Fermented foods (sauerkraut, kimchi, kefir if tolerated)
- Fresh herbs + spices (ginger, turmeric, oregano, basil)
- Pink salt, sea salt, lemon, apple cider vinegar

## **THE YELLOW ZONE:**

**Proceed With Awareness (Moderate)**

**Foods that are healing in context but can stress a dysregulated gut**

- **Cruciferous veggies (broccoli, cauliflower, cabbage fine when cooked soft)**
- **Beans & lentils (if tolerated, soaked overnight)**
- **Nuts & seeds (limit to small handfuls, raw or sprouted)**
- **High-fiber fruits (apples, pears, berries, rotate these)**
- **Protein powders (only isolate, minimal ingredients)**
- **Gluten-free breads or pastas (occasionally)**
- **Coffee (1 cup, mid-morning, not on empty stomach)**

# **THE RED ZONE:**

## **Gut Wreckers (Avoid While Rebuilding)**

**Inflammatory, microbiome-disrupting, or  
bile blocking foods**

- **Seed oils (canola, soybean, safflower, sunflower)**
- **Ultra-processed snacks + cereals**
- **Artificial sweeteners (aspartame, sucralose)**
- **Sugar alcohols (erythritol, maltitol, sorbitol)**
- **Gluten & highly processed grains**
- **Dairy from conventional cows (swap for A2 or goat if tolerated)**
- **Alcohol (especially beer & wine with sulfites)**
- **Tap water (chlorine kills microbiome, use a filter)**

## **Bonus Section:**

### **My Personal Supplement Stack While Rebuilding**

- **Ox bile: bile support for fat digestion & detox**
- **Zinc carnosine & glutamine: lining repair (only if no biofilms are present)**
- **Colostrum: mucosal immunity**
- **Magnesium Lotion : nervous system calm**
- **Betaine HCL: stimulate natural acid & bile flow**
- **Vitamin C & NAC: immune support & detox synergy**

**This list will help you clean up your gut.**

**Working with me will change your life.**

**I rebuild bodies that have been stuck, inflamed,  
and underperforming for years.**

**If you're ready to stop guessing and fix your gut  
for good, DM me "REBUILD."**

**I'll show you exactly how my clients go from  
broken to thriving.**