

14-Day Gut Reset Plan

(Weight Loss Edition for Beginners)

Goal: A simple plan to reduce bloating, balance gut bacteria, improve digestion, boost energy and kickstart weight loss.



DAILY GUIDELINES (Follow all 14 days)

- Drink **8–10 glasses of water**
- Avoid: sugar, fried food, sodas, packaged snacks, white bread, dairy (if bloated), heavy spices
- Add: probiotics, fiber, detox drinks, herbal teas
- Sleep 7–8 hours
- Walk 20–30 minutes daily

Disclaimer

This meal plan is for informational purposes only. Results may vary. Consult a healthcare professional if you have medical conditions, are pregnant, or on medication.

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✨ INTRODUCTION — Why Your Gut Needs a Reset

Your gut is the center of your health. When your digestion is weak, you feel bloated, sluggish, tired, and heavy. Modern lifestyle—stress, processed food, sugar, oily meals, irregular sleep—disrupts the gut microbiome.

A **14-Day Gut Reset** helps your body:

- eliminate toxins
- reduce inflammation
- balance good bacteria
- jumpstart metabolism
- improve nutrient absorption

This reset is **not a diet** — it's a gentle cleanse that restores your gut naturally through hydration, clean eating, probiotics, fiber, and anti-inflammatory foods.



■ How to Use This Guide

This **14-Day Gut Reset Plan** is designed to be simple, flexible, and easy to follow, even if you are just starting your health or weight-loss journey.

Who this plan is for:

This plan is ideal for beginners who want to reduce bloating, improve digestion, support gut health, and kick-start healthy weight loss. It is suitable for people with busy lifestyles who prefer clean, home-friendly meals without complicated recipes. If you have medical conditions, are pregnant, or are on medication, consult a healthcare professional before starting.

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How to follow the days sequentially:


Follow the plan **day by day, in order**, from Day 1 through Day 14. Each day is structured to gradually heal and reset your gut using hydration, fiber, probiotics, and gentle meals. Skipping days may reduce the overall effectiveness, so consistency is key. If you miss a day, simply continue from where you left off.

Can meals be swapped?

Yes, meals can be swapped **within the same day** or between days if needed, as long as you maintain similar calorie levels and nutritional focus (for example, swapping one protein-rich lunch with another protein-rich option). Avoid replacing meals with processed or sugary foods, as this may slow gut healing.

Hydration & portion flexibility:

Drink **8–10 glasses of water daily** and include herbal teas or detox water as suggested. Portion sizes are flexible and can be adjusted based on hunger levels, activity, and body needs. Focus on eating until comfortably full—not overeating—and listen to your body's signals throughout the plan.

 ***Consistency, hydration, and mindful eating are the keys to getting the best results from this guide.***

BENEFITS OF A GUT RESET

- ✓ Reduced bloating
- ✓ Better digestion & regular bowel movements
- ✓ Faster metabolism — supports weight loss
- ✓ Clearer skin
- ✓ Higher energy levels
- ✓ Stronger immunity
- ✓ Less inflammation
- ✓ Better mood (gut-brain connection)


HOW THE 14-DAY PLAN WORKS

Every day uses **hydration, fiber, probiotics, soups, herbal teas** and **simple meals** that give your gut rest and nourishment.

You'll drink detox water, avoid heavy food, and increase plant-based nutrients.

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14-Day Gut Reset Meal Plan (With Calories & Nutrition)

Daily calorie range: ~1200–1400 kcal

Focus: gut healing, low inflammation, high fiber, probiotics



Week 1: Gut Reset Plan

DAY 1 – Hydration & Reset

Meal	Food	Calories	Nutritional Focus
Breakfast	Oats + chia seeds + banana	280 kcal	Fiber, prebiotics
Lunch	Moong dal + steamed vegetables	320 kcal	Plant protein, digestion
Snack	Apple + 5 almonds	150 kcal	Fiber, healthy fats
Dinner	Vegetable soup (carrot, spinach)	220 kcal	Gut soothing
Total		~970–1050 kcal	Light detox day

Portion Guidance

- Oats: ½ cup cooked
- Chia seeds: 1 tablespoon
- Moong dal: 1 medium bowl (¾–1 cup cooked)
- Steamed vegetables: 1–2 cups
- Vegetable soup: 1–1½ cups
- Apple: 1 medium
- Almonds: 5 pieces

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DAY 2 – Fiber Boost Day

Meal	Food	Calories	Nutritional Focus
Breakfast	Greek yogurt + berries + chia	300 kcal	Probiotics, fiber
Lunch	Brown rice + mixed vegetables	350 kcal	Complex carbs
Snack	Orange	90 kcal	Vitamin C
Dinner	Grilled chicken / chickpeas + salad	320 kcal	Protein, gut repair
Total		~1060 kcal	Fiber & balance

Portion Guidance

- Greek yogurt: $\frac{1}{2}$ – $\frac{3}{4}$ cup (plain, unsweetened)
- Berries: $\frac{1}{2}$ cup
- Brown rice: $\frac{1}{2}$ cup cooked
- Mixed vegetables: 1–2 cups
- Chicken: 100–120 g cooked (palm-size)
- Chickpeas: $\frac{3}{4}$ cup cooked
- Orange: 1 medium



DAY 3 – Probiotic Day

Meal	Food	Calories	Nutritional Focus
Breakfast	Boiled egg + cucumber	220 kcal	Protein
Lunch	Rice + yogurt + sautéed spinach	360 kcal	Probiotics
Snack	Coconut water	80 kcal	Hydration
Dinner	Lentil soup	280 kcal	Easy digestion
Total		~940 kcal	Gut bacteria support

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Portion Guidance

- Eggs: **2 whole eggs**
- Cucumber: **1 cup sliced**
- Rice: **½ cup cooked**
- Yogurt: **½ cup**
- Spinach (cooked): **1 cup**
- Lentil soup: **1–1½ cups**

DAY 4 – Anti-Inflammatory Day

Meal	Food	Calories	Nutritional Focus
Breakfast	Green smoothie (spinach + banana)	260 kcal	Antioxidants
Lunch	Grilled fish/tofu + green salad	350 kcal	Omega-3 / plant protein
Snack	Pear	100 kcal	Fiber
Dinner	Khichdi (moong dal + rice)	320 kcal	Gut healing
Total		~1030 kcal	Inflammation control

Portion Guidance

- Smoothie: **1 glass (250–300 ml)**
- Spinach: **1 cup**
- Banana: **½–1 small**
- Fish/Tofu: **100–120 g cooked**
- Salad: **1 large bowl**
- Khichdi: **1 medium bowl (1 cup)**
- Pear: **1 medium**



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DAY 5 – Detox & Cleanse

Meal	Food	Calories	Nutritional Focus
Breakfast	Fruit bowl (papaya, apple, pomegranate)	280 kcal	Enzymes
Lunch	Quinoa + chickpeas	360 kcal	Fiber & protein
Snack	Mixed nuts (small handful)	150 kcal	Healthy fats
Dinner	Vegetable stew	250 kcal	Detox
Total		~1040 kcal	Gentle cleanse

Portion Guidance

- Fruit bowl: **1–1½ cups mixed fruit**
- Quinoa: **½ cup cooked**
- Chickpeas: **¾ cup cooked**
- Mixed nuts: **Small handful (8–10 nuts)**
- Vegetable stew: **1–1½ cups**



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DAY 6 – Low-Carb Clean Eating

Meal	Food	Calories	Nutritional Focus
Breakfast	Scrambled eggs + tomato	280 kcal	Protein
Lunch	Chicken/chickpea salad	320 kcal	Lean protein
Snack	Green tea + 2 dates	120 kcal	Antioxidants
Dinner	Stir-fried vegetables	260 kcal	Fiber
Total		~980 kcal	Fat burning support

Portion Guidance

- Scrambled eggs: **2 whole eggs (1 tsp oil)**
- Tomato: **1 medium**
- Chicken: **100–120 g cooked**
- Chickpeas (if vegetarian): **¾ cup cooked**
- Dates: **2 small**
- Stir-fried vegetables: **1–2 cups**

DAY 7 – Gut Healing & Balance


Meal	Food	Calories	Nutritional Focus
Breakfast	Oats + yogurt smoothie	300 kcal	Pre + probiotics
Lunch	Rice + yogurt + cucumber	330 kcal	Cooling digestion
Snack	Herbal tea + 1 apple	120 kcal	Gut calm
Dinner	Light vegetable soup	220 kcal	Healing
Total		~970 kcal	Restore balance

Portion Guidance

- Oats: **½ cup cooked**
- Yogurt: **½ cup**
- Rice: **½ cup cooked**
- Cucumber: **½–1 cup**
- Apple: **1 medium**
- Vegetable soup: **1–1½ cups**

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Week 2: Gut Reset Continuation Plan

DAY 8 – Gut Repair & Balance

Meal	Food	Calories	Nutritional Focus
Breakfast	Greek yogurt + chia seeds	260 kcal	Probiotics
Lunch	Grilled chicken + steamed veggies	320 kcal	Lean protein
Snack	Apple + green tea	120 kcal	Fiber
Dinner	Vegetable soup	240 kcal	Gut soothing
Total		~940 kcal	Digestive balance

Portion Guidance

- Greek yogurt: $\frac{1}{2}$ – $\frac{3}{4}$ cup
- Chia seeds: **1 tablespoon**
- Chicken: **100–120 g cooked**
- Steamed vegetables: **1–2 cups**
- Apple: **1 medium**
- Vegetable soup: **1–1½ cups**

DAY 9 – Fiber & Detox Day


Meal	Food	Calories	Nutritional Focus
Breakfast	Oats + cinnamon	280 kcal	Fiber
Lunch	Quinoa + mixed vegetables	350 kcal	Gut cleansing
Snack	Orange	90 kcal	Vitamin C
Dinner	Stir-fried vegetables	260 kcal	Detox
Total		~980 kcal	Colon cleanse

Portion Guidance

- Oats: $\frac{1}{2}$ cup cooked
- Quinoa: $\frac{1}{2}$ cup cooked
- Mixed vegetables: **1–2 cups**
- Orange: **1 medium**

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DAY 10 – Probiotic Boost

Meal	Food	Calories	Nutritional Focus
Breakfast	Yogurt smoothie + banana	300 kcal	Probiotics
Lunch	Rice + yogurt + cucumber	330 kcal	Cooling digestion
Snack	Coconut water	80 kcal	Hydration
Dinner	Lentil soup	280 kcal	Easy digestion
Total		~990 kcal	Gut bacteria support

Portion Guidance

- Yogurt smoothie: **1 glass (250–300 ml)**
- Banana: **½–1 small**
- Rice: **½ cup cooked**



DAY 11 – Anti-Inflammatory Focus

Meal	Food	Calories	Nutritional Focus
Breakfast	Spinach smoothie	260 kcal	Antioxidants
Lunch	Grilled fish/tofu + salad	350 kcal	Omega-3
Snack	Pear	100 kcal	Fiber
Dinner	Khichdi (moong dal + rice)	320 kcal	Gut healing
Total		~1,030 kcal	Inflammation control

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Portion Guidance

- Smoothie: **1 glass (250–300 ml)**
- Fish/Tofu: **100–120 g cooked**
- Salad: **1 large bowl**
- Khichdi: **1 medium bowl**

DAY 12 – Low-Carb Clean Eating

Meal	Food	Calories	Nutritional Focus
Breakfast	Boiled eggs + cucumber	260 kcal	Protein
Lunch	Chicken/chickpea salad	320 kcal	Lean protein
Snack	Green tea + 2 dates	120 kcal	Antioxidants
Dinner	Stir-fried vegetables	260 kcal	Fiber
Total		~960 kcal	Fat burning

Portion Guidance

- Boiled eggs: **2 whole eggs**
- Cucumber: **1 cup**
- Chicken: **100–120 g cooked**
- Chickpeas: **¾ cup cooked**
- Dates: **2 small**
- Stir-fried vegetables: **1–2 cups**



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● DAY 13 – Gentle Detox Day

Meal	Food	Calories	Nutritional Focus
Breakfast	Fruit bowl (papaya + apple)	280 kcal	Digestive enzymes
Lunch	Moong dal + vegetables	320 kcal	Plant protein
Snack	Nuts (small handful)	150 kcal	Healthy fats
Dinner	Vegetable stew	240 kcal	Detox
Total		~990 kcal	Gut cleansing

🍽️ Portion Guidance

- Fruit bowl: **1–1½ cups**
- Moong dal: **1 medium bowl**
- Vegetables: **1–2 cups**
- Nuts: **Small handful**

● DAY 14 – Gut Healing & Restore

Meal	Food	Calories	Nutritional Focus
Breakfast	Oats + yogurt smoothie	300 kcal	Pre + probiotics
Lunch	Rice + yogurt	330 kcal	Gut calm
Snack	Herbal tea + apple	120 kcal	Digestion
Dinner	Light vegetable soup	220 kcal	Healing
Total		~970 kcal	Restore gut balance

🍽️ Portion Guidance

- Oats: **½ cup cooked**
- Yogurt: **½ cup**
- Rice: **½ cup cooked**
- Herbal tea: **1 cup**
- Apple: **1 medium**
- Vegetable soup: **1–1½ cups**

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🔍 Nutritional Breakdown (Daily Average)

- **Calories:** 1,000–1,200 kcal
- **Fiber:** High (25–30g/day)
- **Protein:** Moderate (lean & plant-based)
- **Sugar:** Very low
- **Processed food:** Zero
- **Probiotics:** Daily inclusion
- **Greek yogurt** (or coconut yogurt) + berries + chia



Portions may be adjusted slightly based on hunger, activity level, and body needs. Eat slowly and stop when comfortably full.

♥ LIFESTYLE HABITS FOR GUT HEALTH

- Chew food slowly
- No drinking water during meals (only after 30 min)
- Add fermented foods 2–3 times per week
- Avoid late-night eating
- Add 1 tbsp flax seeds daily

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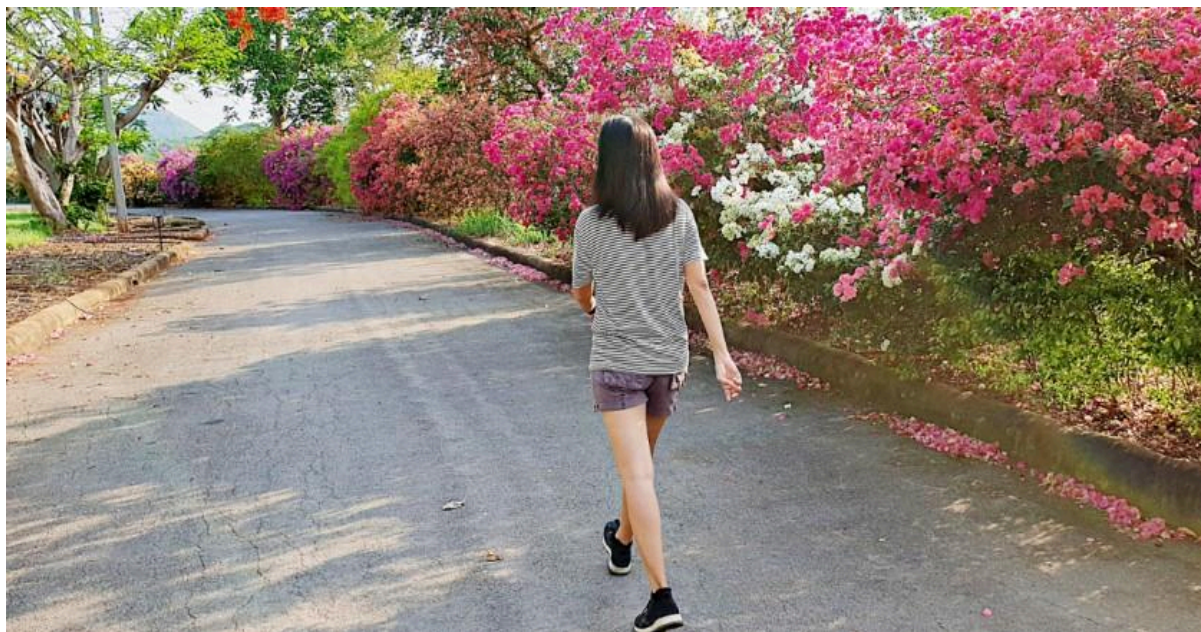
Grocery List

Fresh items you'll need:

Vegetables	Fruits	Staples
Spinach	Banana	Oats
Mint	Apple	Brown rice
Carrots	Orange	Moong dal
Zucchini	Pear	Quinoa
Cucumber	Papaya	Chickpeas
Tomatoes	Pomegranate	Chia seeds
Mixed greens		Honey
Ginger		Turmeric

Some simple kitchen tools can make your gut-reset journey easier—especially for preparing smoothies, soups, detox drinks, and clean meals.

For convenience, you can explore recommended [kitchen essentials](#) used in this plan here.



Lifestyle Tips

- Eat slowly, chew properly
- Avoid water with meals
- Avoid late-night eating
- Walk 20–30 minutes daily
- Sleep 7–8 hours

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Final Thoughts

Completing this gut reset plan is a powerful step toward better digestion, improved energy, and long-term wellness. Remember, gut health is not built in a single week—it's a lifestyle. By continuing to eat clean, staying hydrated, managing stress, and including probiotic- and fiber-rich foods in your daily routine, you can maintain a healthy, balanced gut and support sustainable weight loss. Listen to your body, stay consistent, and make small, mindful choices every day. Your gut will thank you with better digestion, clearer skin, improved mood, and overall vitality.

♥ **Eat food as medicine — a healthy gut means a healthier you.**



Read More & Useful Resources

If you want to continue improving your gut health and weight-loss journey, explore more helpful content and tools curated by Charming Health.

🌿👉 [Read Related Blog Posts](#)

Discover practical tips, healthy recipes, and lifestyle guidance on gut health, digestion, and sustainable weight loss.

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14-Day Gut Reset – Progress Tracker

<u>Day</u>	<u>Water (8–10 glasses)</u>	<u>Meals Followed ✓</u>	<u>Energy Level (1–5)</u>	<u>Bloating Level (1–5)</u>	<u>Digestion (Good / OK / Poor)</u>	<u>Activity (Steps / Walk)</u>	<u>Notes</u>
<u>Day 1</u>							
<u>Day 2</u>							
<u>Day 3</u>							
<u>Day 4</u>							
<u>Day 5</u>							
<u>Day 6</u>							
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<u>Day 8</u>							
<u>Day 9</u>							
<u>Day 10</u>							
<u>Day 11</u>							
<u>Day 12</u>							
<u>Day 13</u>							
<u>Day 14</u>							

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