

# 7-Day Gut Cleansing Diet Plan

## Day 1:

### Morning (8 AM):

- A glass of lukewarm water on an empty stomach with a teaspoonful of Psyllium Husk.
- Porridge - briefly roast a good handful of oatmeal in the pan without fat, add a little water, and, if you like, a pinch of salt

### Noon (12 AM):

- Vegetable soup with potatoes and carrots, seasoned with a pinch of sea salt and cumin.

### Evening(8 PM):

- Sweet potatoes with Yogurt dip

### Snacks (Between Meals/2 PM & 4 PM):

- Herbal tea or mineral water.
- Eat 1 apple or pear, make sure you chew each bite several times.

## Day 2:

### Morning (8 AM):

- Eat oatmeal muesli with probiotic yogurt, an apple and psyllium as on day 1

### Noon (12 AM):

- Vegetable soup with easily digestible vegetables of your choice like celery and potatoes

### Evening(8 PM):

- Potatoes with low-fat Paneer. Cook the potatoes in their skins, peel them, season the low fat paneer with fresh herbs.

### Snacks (Between Meals/2 PM & 4 PM):

- Herbal tea or mineral water.
- Eat 1 apple or pear, make sure you chew each bite several times.

## **Day 3:**

### **Morning (8 AM):**

- Psyllium husk, oatmeal cereal with yogurt and banana.

### **Noon (12 AM):**

- Porridge with vegetables.

### **Evening(8 PM):**

- Vegetable soup made from carrots and potatoes

### **Snacks (Between Meals/2 PM & 4 PM):**

- Herbal tea or mineral water.
- Eat 1 apple or pear, make sure you chew each bite several times.

## **Day 4:**

### **Morning (8 AM):**

- Oatmeal muesli with seasonal berries such as blueberries, strawberries after Psyllium husk.

### **Noon (12 AM):**

- Beans with potatoes in a little butter and fresh herbs. Eat with yogurt.

### **Evening(8 PM):**

- Warm vegetable salad with cream cheese.

### **Snacks (Between Meals/2 PM & 4 PM):**

- 1/2 liter of buttermilk.
- Eat 1 apple or pear, make sure you chew each bite several times.

## Day 5:

### Morning (8 AM):

- Cereal of your choice, yogurt, fruit after psyllium husk.

### Noon (12 AM):

- Pasta with paneer and coriander. Cook pasta with only salt and no spices. Cut Paneer into strips and add to it. Season it with salt, stir in a little sour curd and eat.

### Evening(8 PM):

- Sandwich - Make sandwich cream with a crushed avocado or banana, stir with a little yogurt, season with lemon juice and salt and eat with whole grain bread. Chew slowly.

### Snacks (Between Meals/2 PM & 4 PM):

- Herbal tea or mineral water.
- Eat 1 apple or pear, make sure you chew each bite several times.

## Day 6:

### Morning (8 AM):

- Banana porridge made from oatmeal. Briefly boil the oatmeal in saltwater, let it cool, add some yogurt, and mashed banana. Eat after taking Psyllium husk.

### Noon (12 AM):

- Whole Grain pasta with vegetables and cheese.

### Evening(8 PM):

- Sweet potato. Cut sweet potatoes into fine slices and put them in a frying pan. Add vegetables like carrots or celery and season with salt.

### Snacks (Between Meals/2 PM & 4 PM):

- Herbal tea or mineral water.
- Eat 1 apple or pear, make sure you chew each bite several times.

## **Day 7:**

### **Morning (8 AM):**

- Porridge and fruits with a few walnuts after Psyllium husk.

### **Noon (12 AM):**

- Carrots Chop the carrots and saute in a little oil with a little salt. Season the paneer with salt and lemon, fry them in a coated pan with a little fat, and add to the carrots. Close the lid and let it simmer for another five minutes. Garnish with fresh parsley and, if desired, eat with boiled and mashed potatoes.

### **Evening(8 PM):**

- Beetroot salad with cottage cheese. Boil the beetroot, cut it into pieces, and add a little lemon and salt. Crumble the cottage cheese over it and eat.

### **Snacks (Between Meals/2 PM & 4 PM):**

- Herbal tea or mineral water.
- Eat 1 apple, banana or pear, make sure you chew each bite several times.