



Nutrition Coaching 4U

## Gut Health & Weight Management

### A Supportive Guide from Joni and Allison at Nutrition Coaching 4U

#### Support Your Gut. Support Your Weight Loss.

Your gut plays a powerful role in digestion, appetite regulation, inflammation, and metabolism. Supporting gut health doesn't require detoxes or extreme diets—it's about consistent, nourishing habits that help your body work with you, not against you.

This guide will help you build gut-friendly habits that support **sustainable weight management**.

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#### Gut Health Checklist

Use this checklist as a supportive guide—not a strict rulebook.

- Eat regular meals to support digestion and blood sugar balance
  - Include fiber-rich foods most days (vegetables, fruits, whole grains, beans, nuts)
  - Prioritize protein at meals to support fullness and gut hormone signaling
  - Stay hydrated to support digestion and bowel regularity
  - Move your body regularly—walking counts
  - Aim for consistent, adequate sleep
  - Practice stress management (stress directly impacts the gut–brain connection)
  - Include fermented foods if tolerated (yogurt, kefir, sauerkraut)
  - Eat a variety of plant foods throughout the week
  - Avoid detoxes, cleanses, and extreme restriction
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#### Gut-Friendly Meal Examples

These meals support gut health *and* weight management by combining protein, fiber, and nourishing carbohydrates. These are ideas, not intending for you to eat this exact menu.

##### Breakfast

- Greek yogurt with berries and chia, ground flax, or nuts
- Eggs with vegetables and whole-grain toast

##### Lunch

- Grain bowl with quinoa, roasted vegetables, and chickpeas or chicken
- Whole-grain wrap with turkey or hummus, leafy greens, and veggies



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### **Dinner**

- Salmon with roasted vegetables and sweet potato
- Stir-fry with tofu or chicken, mixed vegetables, and brown rice

### **Snacks**

- Apple or Celery with peanut butter
  - Cottage cheese or yogurt with berries
  - Carrots with hummus
  - Trail mix with nuts and seeds
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### **A Gentle Reminder**

Supporting gut health doesn't require perfection. Small, consistent habits—like eating regularly, adding fiber, and managing stress—can improve digestion, appetite regulation, and long-term weight outcomes.

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### **Want Personalized Support?**

If digestion, bloating, or weight loss feels harder than it should, personalized nutrition support can help.

**Nutrition Coaching 4U** offers evidence-based, compassionate nutrition coaching—no extremes required.

Visit <https://nutritioncoaching4u.com/> to learn more or schedule a consultation.