

## Day 1

Breakfast: Greek yogurt with blueberries, chia seeds, and a drizzle of honey

Lunch: Grilled tempeh wrap with sauerkraut and mixed greens

Dinner: Baked salmon with quinoa and steamed broccoli

Snack: Kombucha and a banana

## Day 2

Breakfast: Overnight oats with flaxseeds and kefir

Lunch: Miso soup with tofu and seaweed, side of fermented pickles

Dinner: Stir-fried vegetables with kimchi and brown rice

Snack: Apple slices with almond butter

## Day 3

Breakfast: Smoothie with spinach, banana, kefir, and flaxseed

Lunch: Chickpea and avocado salad with a side of fermented beets

Dinner: Grilled chicken with lentils and sautéed greens

Snack: Raw carrots and hummus

## Day 4

Breakfast: Tofu scramble with kimchi and sourdough toast

Lunch: Tempeh and veggie stir fry over wild rice

Dinner: Roasted root veggies and baked cod with sauerkraut

Snack: Goat cheese and gluten-free crackers

### Day 5

Breakfast: Miso broth with soft-boiled eggs and spinach

Lunch: Probiotic-rich salad with yogurt dressing and pickled onions

Dinner: Grilled tofu with quinoa and cabbage slaw

Snack: Plain kefir with cinnamon

### Day 6

Breakfast: Goat milk yogurt parfait with oats and berries

Lunch: Sweet potato and kale bowl with tahini dressing

Dinner: Baked trout with brown rice and kimchi

Snack: Fermented carrot sticks

### Day 7

Breakfast: Avocado toast with fermented radish

Lunch: Lentil and sauerkraut soup with a side salad

Dinner: Vegetable curry with tempeh and basmati rice

Snack: Kombucha and nuts

### Shopping List

- Greek yogurt, Kefir, Goat milk yogurt
- Chia seeds, Flaxseeds, Oats
- Blueberries, Bananas, Apples, Berries
- Tempeh, Tofu, Salmon, Cod, Trout, Chicken
- Miso paste, Kimchi, Sauerkraut, Fermented pickles
- Broccoli, Spinach, Carrots, Beets, Kale, Root vegetables
- Quinoa, Brown rice, Basmati rice, Wild rice
- Sourdough bread, Crackers (gluten-free)
- Nuts, Almond butter, Tahini
- Kombucha, Cinnamon, Honey, Avocado