

The Gut-Supportive Meal Builder™

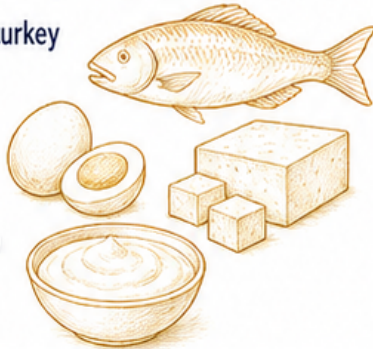
Build satisfying meals while adjusting texture, portion and fiber to match how your digestion feels today.

Choose one or more options from each step. Start with foods you already tolerate.

1 Choose a Gentle Protein

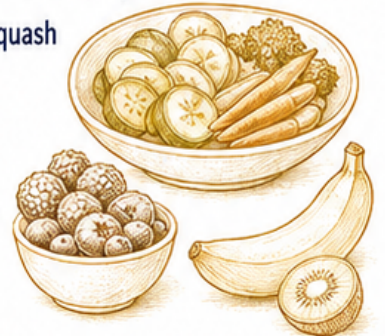
Fish or seafood • Chicken or turkey
Eggs • Tofu or tempeh
Yogurt or cottage cheese
Beans or lentils if tolerated

Keep preparation simple when digestion feels sensitive.



2 Add Plants Your Way

Cooked greens • Carrots or squash
Zucchini or mushrooms
Green beans
Berries, kiwi or banana
Raw vegetables if comfortable
Cooked, peeled or blended plants may feel gentler than large raw portions.



3 Include a Tolerated Carbohydrate

Rice • Oats • Quinoa
Potato or sweet potato
Sourdough or whole-grain toast
Barley

Choose the type and portion that feels satisfying without excessive fullness.



4 Finish with Flavor & Fat

Extra-virgin olive oil • Avocado
Tahini • Fresh herbs
Ginger • Lemon if tolerated

Use a comfortable amount. Very rich meals may worsen fullness or reflux for some women.



Adjust for How You Feel Today



Comfortable

Include variety, color and familiar fiber-rich foods.



Bloated or Full

Try smaller portions, cooked plants and a slower pace.



Reflux-Prone

Keep meals lighter, avoid lying down and notice personal triggers.

Make Digestion Part of the Meal



Sit down



Slow the pace



Chew comfortably



Stop before overly full

Martine's Midlife Wellness Tip

A gut-supportive meal does not need to be bland or perfect. Begin with familiar foods and adjust one piece at a time.



Adjust for allergies, digestive conditions, medications and guidance from your healthcare provider. Persistent symptoms deserve individualized evaluation.

