

Short on Time? Try These Fast Gut-Friendly Meals

These meals feature foods that can help regulate bowel movements and promote gut-health.
(They also feature gluten-free ingredients—if you have celiac disease check specific ingredients to verify.)
(Salt and pepper to taste.)

Curried Tuna Salad

2 rice cakes + ½ can (2 oz) tuna + 1 shredded carrot + 1½ tbsp mayo + ¾ tsp curry powder + 1 tbsp raisins (or raisins) + ¼ cup diced pineapple



provides 460 calories, 17 grams fat (3 grams saturated), 61 grams carb, 4 grams fiber, 15 grams protein

Rice Buddha Bowl

½ cup brown rice + ¼ cup chickpeas + 2 tbsp sunflower seeds + 5 walnuts + 2 tbsp feta + ½ whole roasted red pepper + ½ cup diced cucumber + handful mint/cilantro + ½ tsp olive oil + splash of vinegar or citrus



provides 450 calories, 27 grams fat (5 grams saturated), 45 grams carb, 9 grams fiber, 14 grams protein

Savory Thai Oatmeal

1 cup oatmeal + ¼ cup peanuts + cilantro + scallions (green part) + 1 tbsp ginger (1/3 tsp ground) + 2 tbsp coconut milk



provides 440 calories, 26 grams fat (7 grams saturated), 40 grams carb, 7 grams fiber, 16 grams protein

Chicken Tacos

2 corn tortillas + 6 slices deli chicken (or leftover cooked chicken) + pickled green beans + 1 radish + scallions (green part) + 10 olives + 2 tbsp mashed avocado + lime/tomato + 2 tbsp sour cream



provides 410 calories, 22 grams fat (6 grams saturated), 29 grams carb, 8 grams fiber, 30 grams protein

Loaded Breakfast Baked Potato

Large baked potato (flesh only) + fried egg + 2 slices deli ham + ¼ cup shredded cheese + ½ cup arugula + chives



provides 390 calories, 14 grams fat (5 grams saturated), 34 grams carb, 3 grams fiber, 22 grams protein

Finish with Dessert

- 1 cup grapes
- 1 cup blueberries or strawberries
- 1 cup pineapple
- 1 small banana
- 2 kiwi or clementines
- 1 cup kefir
- ¼ cup chocolate covered peanuts
- Lactose-free yogurt
- Granola bar (e.g. 88 Acres)
- 1 tbsp chocolate nut butter on rice crackers