



# Printable Grocery List: Gut Glow-Up Essentials

💖 Download and take this to your next shopping trip for glowing skin, a happy gut, and more energy!



## Probiotic-Rich Foods

(These feed your gut with beneficial bacteria)

- Plain Greek yogurt (with “live and active cultures”)
- Kefir (unsweetened)
- Sauerkraut (raw/unpasteurized)
- Kimchi
- Miso paste
- Tempeh
- Pickled vegetables (naturally fermented, no vinegar)



## Prebiotic-Rich Foods

(Feed the good bacteria in your gut)

- Garlic
- Onions (red or white)
- Leeks
- Asparagus
- Green bananas
- Oats (steel-cut or rolled)
- Apples
- Jerusalem artichokes

## **Anti-Inflammatory & Collagen-Boosting Foods**

(To repair gut lining and nourish skin/hair)

- Bone broth (homemade or store-bought, organic)
- Wild-caught salmon
- Sardines
- Chia seeds
- Flaxseeds
- Walnuts
- Turmeric root or powder
- Leafy greens (spinach, kale, arugula)
- Avocados
- Blueberries
- Raspberries
- Citrus fruits (oranges, lemons)
- Red bell peppers

## **Optional Gut-Beauty Supplements**

*(Check with your healthcare provider)*

- Probiotic supplement (multi-strain, including Lactobacillus & Bifidobacterium)
- Prebiotic fiber (inulin, FOS)
- Collagen peptides (grass-fed)
- L-glutamine powder
- Omega-3 capsules (fish oil or algae oil)

## **Bonus Add-Ons for Gut Support**

- Herbal teas (peppermint, chamomile, ginger)
- Lemon (for morning detox water)
- Epsom salts (for relaxing baths)
- Apple cider vinegar (raw, with the “mother”)
- Dark chocolate (min. 70% cacao – moderation!)