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# Your Gut-Friendly Shopping List

A simple guide to nourishing your gut with whole, real foods.

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# Fibre-Rich Fruits & Veg

Berries (blueberries, raspberries)

Leafy greens (spinach, kale)

Bananas & apples

Artichokes & asparagus

Sweet potatoes

# Whole Grains

Oats & oat bran

Quinoa

Brown rice

Barley

Buckwheat

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## Legumes

Lentils (red, green, black)

Chickpeas

Black beans

Kidney beans

Split peas

## Healthy Fats

Extra virgin olive oil

Avocados

Walnuts & almonds

Flaxseeds & chia seeds

Oily fish (salmon, sardines)

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# Fermented Foods

Natural yoghurt (live cultures)

Kefir

Sauerkraut

Kimchi

Miso & tempeh

# Beneficial Herbs & Spices

Ginger

Turmeric

Peppermint

Fennel seeds

Garlic (prebiotic)

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# Your Printable Shopping List

Tick off as you shop — keep it on your fridge or in your phone.

- Blueberries & raspberries
- Leafy greens
- Bananas & apples
- Sweet potatoes
- Oats
- Quinoa
- Brown rice
- Lentils
- Chickpeas
- Black beans
- Olive oil
- Avocados
- Walnuts & almonds
- Flaxseeds & chia seeds
- Natural yoghurt
- Kefir
- Sauerkraut
- Ginger & turmeric
- Garlic
- Peppermint

