



Nutrition plan for a healthy gut: Delicious recipes for a strong microbiome

Fruit, vegetables, herbs, legumes, and more—scientists recommend 25 different plant-based foods per week. This variety provides our gut microbiome with a wide range of valuable vitamins, trace elements, secondary plant substances, and, above all, fiber. Fiber serves as food for the bacteria living in the gut and is broken down by them. The resulting short-chain fatty acids are then available as a source of energy for the intestinal cells. A strong intestinal mucosa and a large number of lactic acid bacteria make it more difficult for pathogenic germs to settle in the large intestine and weaken the immune system, 70 percent of which is located in the gut.

The more varied our diet, the more we promote the diversity of our gut flora and thus our intestinal health..

But the positive effects of a healthy and balanced diet are not limited to the gut. The gut is the health center of our body, and its condition also affects the health of all other organs, tissues, and bodily fluids. Even our well-being and mood are controlled by the gut via the gut-brain axis.

Therefore, it makes sense to eat at least 25 different plant-based foods per week.

Do you find it difficult to come up with 25 different foods?

As a little help, we have put together a **daily plan with 3 different meals** and recipe suggestions for you. This way, you already cover **25 plant-based foods** in a single day!

As you can see, it is not that difficult to reach this target. Be creative and simply add some nuts, fruits, herbs, or vegetables to your meals. The effort is small, but the impact on your health is great.



Our tip:

Occasionally shop at a different supermarket. These often have a different selection and varieties, so you won't automatically reach for the same products out of habit.

We wish you lots of fun trying out and cooking the recipes. For more gut-healthy recipe inspiration, feel free to browse our pages in the LaVita Magazine or in the LaVita App.

Your LaVita Team



Breakfast: Power Yogurt

Ingredients for 1 serving:

- 200 g plain yogurt
- 1 handful of strawberries
- 1 handful of blueberries
- 1 kiwi
- ½ banana
- 30 g granola or oat, spelt, or millet flakes
- 1 tbsp chia seeds
- 1 tbsp cashews
- 1 tbsp almonds
- 1 tbsp dried fruit (raisins)
- Optional: 1 tsp honey



Preparation:

1. Place the yogurt in a bowl and stir in the honey for extra sweetness.
2. Wash the berries, peel the banana and kiwi, and cut them into bite-sized pieces.
3. Top the yogurt with the fruit and the remaining ingredients, and enjoy.



Lunch: Rainbow Bowl

Ingredients for 1 serving:

- 80 g bulgur
- 50 g Jerusalem artichoke
- ½ bell pepper
- ½ avocado
- 50 g red cabbage
- 1 handful cherry tomatoes
- 20 g walnuts
- 1 spring onion
- A little lemon juice, sesame seeds, flaxseeds



Dressing: 50 g hummus, 1–2 tbsp sesame oil, 1 tsp mustard, 1 tsp honey, 1 dash of lemon juice, salt, pepper, a little water

Preparation:

1. Prepare the bulgur according to the package instructions.
2. Meanwhile, halve the avocado, scoop out the flesh, and slice it. Peel the Jerusalem artichoke and cut it into slices. Wash the remaining vegetables. Halve the tomatoes, dice the bell pepper, and finely chop the spring onion and red cabbage. Chop the walnuts.
3. Mix the dressing from hummus, sesame oil, mustard, honey, and lemon juice. Season with salt and pepper, and adjust the consistency with water as desired.
4. Arrange the bulgur and vegetables in a bowl, drizzle with lemon juice, and pour over the dressing.
5. Add the spring onion, walnuts, flaxseeds, and sesame seeds, and enjoy.



Dinner: Sweet Potato Toast

Ingredients for 1 serving:

- 250 g sweet potato
- 4–5 tbsp cream cheese
- 50 g chickpeas (cooked, e.g., from a can)
- ½ bell pepper
- 50 g tomatoes
- ½ avocado
- A little cress
- Lemon juice
- Salt, pepper
- Flaxseed oil



Preparation:

1. Wash the sweet potato and cut it into slices about 1 cm thick, then toast for 3–5 minutes. Alternatively, you can bake the slices on a baking sheet lined with parchment paper in the oven at 180 °C (fan) for about 15 minutes.
2. Meanwhile, wash and halve the tomatoes. Halve the avocado, scoop out the flesh, and slice it. Wash, core, and slice the bell pepper. Optionally, roast the chickpeas with the bell pepper in the oven.
3. Season the sweet potato slices with salt and pepper and top them in two ways: spread cream cheese on some slices and top with chickpeas, tomatoes, and cress; top the others with bell pepper, avocado, and cress. Season the slices again with salt and pepper and drizzle with lemon juice and a little oil.

Sweet version:

For a sweet variation, you can spread yogurt on the sweet potato slices, top with banana and fig slices, and finish with a teaspoon of honey, a sprinkle of cinnamon, and some pecans.



Looking for even more inspiration?
Then check out our LaVita Magazine or the free LaVita App and get inspired by our many delicious recipe ideas.



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