

## **Plant-Rich Rebuild Ladder**

Use this ladder to keep nutrition quality while lowering IBS symptom noise.

1. Return to the simplest stable meal pattern.
2. Keep meal timing steady for one week.
3. Add one plant-food category at a time.
4. Prefer cooked vegetables before large raw salads if raw volume is noisy.
5. Increase fiber gradually.
6. Keep rich fats moderate while testing fiber.
7. Use plain foods before bars, powders, or gut-friendly products.
8. Review the signal before adding the next change.

## **Stop and Get Help**

Seek medical guidance for severe, progressive, bloody, unexplained, or dehydrating symptoms, or if restriction keeps expanding.