

Food-First Microbiome Support Checklist

| Check | Notes |
|--|-------|
| Stable meals are in place | |
| One new tolerated plant-food lane chosen | |
| Fiber increase is gradual rather than stacked | |
| Fermented foods are optional and portion-aware | |
| Probiotic expectation is specific and modest | |
| Symptoms are readable enough for a new test | |