

# Plant-Based Gut Fit Checklist

Use this before deciding that plant-based eating is either perfect for your gut or impossible for you.

## 1. Name the Current Goal

- Long-term variety
- Flare simplification
- Constipation support
- Bloating and gas reduction
- Low-FODMAP restriction
- Vegetarian or vegan protein planning
- Upper-GI heaviness reduction

## 2. Check the Meal

- Main protein:
- Main starch or grain:
- Legumes included: yes / no
- Raw cruciferous vegetables included: yes / no
- Nuts, seeds, avocado, or heavy oil included: yes / no
- Added fibers, sugar alcohols, or protein powder included: yes / no
- Fermented food or drink included: yes / no

## 3. Find the Loudest Lever

- Serving size
- Fiber jump
- FODMAP stacking
- Raw volume
- Plant-fat load
- Bowel pattern before the meal
- Caffeine, carbonation, or alcohol
- Packaged product ingredients

## 4. Choose One First Change

- Cook the vegetables
- Lower the legume serving
- Use firm tofu, tempeh, eggs, or lactose-free dairy if used
- Keep fat moderate for the test meal
- Change one grain or starch
- Remove one packaged product variable
- Repeat the same meal before adding another new food