

7-Day Polyphenol Starter Checklist

A simple food-first reset for adding more polyphenol-rich foods without turning your week into a nutrition project.

Use this checklist if you want a practical gut-health upgrade that feels repeatable.

This Week's Goal

Add a few polyphenol-rich food habits in a way your real routine can hold.

Checklist

- Add berries or another colorful fruit to one breakfast this week
 - Swap one sugary or ultra-processed drink for tea on at least two days
 - Use extra virgin olive oil in one normal meal you already make
 - Add cocoa or a modest dark-chocolate portion once or twice instead of a more processed dessert
 - Include one more colorful plant food than usual at dinner
 - If your gut is sensitive, test only one new food pattern at a time
 - Pay attention to what feels sustainable, not just what sounds impressive
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Quick Reflection

1. Which of these habits felt easiest?
 2. Which food actually fit your daily rhythm?
 3. Did any healthy food need a smaller portion or different context?
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Keep the Framing Simple

- Variety beats perfection.
 - Whole foods beat hype.
 - Tolerance still matters.
 - A repeatable pattern matters more than a miracle food.
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This checklist is for informational purposes only and does not constitute medical advice.

Source: yourfitnature.com/blog/polyphenol-foods-for-gut-health