



HEAL YOUR GUT

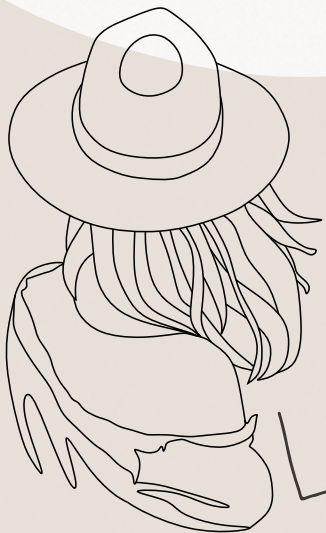
and your mood

BY CARON PROCTOR LIFE COACH



Welcome to wellness, darling

Taking care of our gut can be a total game-changer! Not only does it improve our nutrient absorption, but it also boosts our immune system, lifts our mood, reduces inflammation, and promotes overall wellness. A happy gut equals a happy life!



Love Caron



Your Gut, Your Cheerleader

So, why settle for ordinary snacking when you can turn it into a celebration?

By choosing snacks that pamper your gut with essential nutrients, fiber, probiotics, and anti-inflammatory goodness, you're not just snacking; you're indulging in a wellness ritual.

Get ready to savour every bite and say cheers to your gut's newfound happiness!



caronproctor@me.com
www.lifecoachnelson.co.nz



Easy Peasy

Your gut is like the ultimate backstage manager of your body, responsible for making sure everything goes smoothly, from digestion to nutrient absorption to mood regulation. But just like any other manager, it needs proper care and nourishment in order to perform at its best. Ignoring your gut health can lead to some seriously unfun outcomes, like nutritional deficiencies, a weakened immune system, and feeling moody and sluggish.

So, let's make taking care of your gut fun and easy.

I've put together a list of yummy and healthy snack options that your gut will love. Say goodbye to boring and hello to happy, healthy snacking!



Healthy snacks to pamper your gut

These are a guide, you may have low tolerance, so you choose for yourself babe,

- Fresh Fruit:
 - Apples
 - Berries (strawberries, blueberries, raspberries)
 - Grapes
 - Oranges
 - Bananas
- Vegetables with Hummus:
 - Carrot sticks
 - Cucumber slices
 - Bell pepper strips
 - Cherry tomatoes
- Nuts and Seeds:
 - Almonds
 - Walnuts
 - Pistachios
 - Sunflower seeds
 - Chia seeds
- Rice Cakes with Nut Butter:
 - Rice cakes
 - Almond butter or peanut butter (if tolerated)



Healthy snacks to pamper your gut

These are a guide, you may have low tolerance, so you choose for yourself babe,

- Fresh Fruit:
 - Apples
 - Berries (strawberries, blueberries, raspberries)
 - Grapes
 - Oranges
 - Bananas
- Vegetables with Hummus:
 - Carrot sticks
 - Cucumber slices
 - Bell pepper strips
 - Cherry tomatoes
- Nuts and Seeds:
 - Almonds
 - Walnuts
 - Pistachios
 - Sunflower seeds
 - Chia seeds
- Rice Cakes with Nut Butter:
 - Rice cakes
 - Almond butter or peanut butter (if tolerated)



Popcorn:

- Air-popped popcorn seasoned with herbs or nutritional yeast

Dried Fruit:

- Apricots
- Raisins
- Mango slices
- Apple chips (ensure no added sugars)

Greek Yogurt Alternatives:

- Coconut milk yogurt
- Almond milk yogurt
- Cashew milk yogurt

More mega yumness ideas

Smoothie Bowl:

- Blend frozen fruits with dairy-free milk and top with seeds or nuts

Guacamole with Veggie Chips:

- Avocado dip with gluten-free veggie chips or tortilla chips

Rice Paper Rolls:

- Filled with vegetables, shrimp, or tofu, and dipped in a gluten-free sauce



Edamame:

- Steamed edamame sprinkled with sea salt

Chia Pudding:

- Chia seeds soaked in almond milk with fruit toppings

Roasted Chickpeas:

- Crunchy and flavorful, make your own with various seasonings

Coconut Chips:

- Toasted coconut chips for a sweet and satisfying snack

Rice and Bean Salad:

- Mix cooked rice, black beans, corn, and salsa for a quick salad

Energy Bites:

- Make your own with oats, nut butter, seeds, and a touch of honey

Seaweed Snacks:

- Crispy seaweed sheets for a low-calorie, nutrient-rich snack

Baked Sweet Potato Fries:

- Slice sweet potatoes into fries, toss with olive oil, and bake until crispy

Dark Chocolate:

- Choose high-quality dark chocolate (look for dairy-free options)

Homemade Trail Mix:

- Combine mixed nuts, seeds, and dried fruits for a customizable mix





Taking care of our gut can be a total game-changer! Not only does it improve our nutrient absorption, but it also boosts our immune system, lifts our mood, reduces inflammation, and promotes overall wellness. A happy gut equals a happy life!

I'M RIGHT HERE FOR YOU, SO PLEASE GET IN TOUCH. MY PASSION IS YOUR HAPPINESS



Love & peace, Caron xx

caronproctor@me.com
www.lifecoachnelson.co.nz