

RESET YOUR GUT

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NUTRITION STRATEGIES FOR A HEALTHIER MICROBIOME

After an indulgent holiday season, it's no wonder the most common New Year's Resolutions tend to be geared towards making healthier habits. The most sustainable resolutions include slow and incremental changes. The foods and drinks we enjoy over the holidays can take a toll on our bodies. One way to start feeling better is to reset your gut. Your gut is home to trillions of microorganisms that influence digestion, immunity, and even mood. When this ecosystem becomes imbalanced, you may experience bloating, fatigue, or food sensitivities. The good news? You can reset your gut naturally by making a few simple changes.



*Greek Yogurt, Lemon, Garlic & Turmeric
Marinated Chicken Breast Kabobs*

See last page for recipe

Why Gut Health Matters

- Supports nutrient absorption
- Regulates inflammation
- Strengthens the gut barrier
- Boosts energy and mental clarity

Nutrition Tips to Reset Your Gut

- Start with a Reset Phase: Focus on soothing, nutrient-rich foods for 5-7 days: Bone broth, steamed vegetables, lean proteins, fermented foods (sauerkraut, kefir).
- Add Prebiotics and Fiber: Introduce fiber-rich foods like oats, cooked apples, and legumes like beans and lentils to feed good bacteria.
- Include Probiotics: Yogurt, kimchi, and kombucha restore microbial diversity. Pair with polyphenol-rich foods (berries, green tea) for added benefits.
- Avoid Irritants: Limit processed sugars, fried foods, and excessive alcohol as they disrupt the microbiome.
- Lifestyle Counts: Sleep, hydration, and stress management are essential for gut health.



Citrus and Your Gut

Citrus fruits—like oranges, lemons, and grapefruits—are more than vitamin C boosters. They provide:

- Fiber: Supports regularity and feeds beneficial bacteria
- Flavonoids: Plant compounds that reduce gut inflammation

Studies suggest citrus intake can increase beneficial bacteria linked to better gut health and mood. Tip: Add citrus to your diet through fresh fruit, zest, or a squeeze of lemon in water.

Bottom Line

Resetting your gut isn't about extreme cleanses. It's about consistent, gentle changes. Focus on whole foods, fiber, probiotics, and hydration. Over time, these habits restore balance, improve digestion, and enhance overall well-being.

INGREDIENTS

(4 SERVINGS)

- 1 ½ lbs (680 g) boneless, skinless chicken breasts, cut into 1-inch cubes
- 1 cup plain Greek yogurt
- 2 tbsp lemon juice (preferably fresh)
- 1 tsp lemon zest (or lemon pepper)
- 3 cloves garlic, minced
- 1 tsp ground turmeric
- 1 tsp ground cumin
- ½ tsp smoked paprika
- 1 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- Wooden or metal skewers (if wooden, soak in water for 30 minutes)

OPTIONAL FOR SERVING: FRESH PARSLEY OR CILANTRO, LEMON WEDGES, WARM PITA BREAD OR RICE

INSTRUCTIONS

Prepare the Marinade: In a large bowl, whisk together Greek yogurt, lemon juice, lemon zest, garlic, turmeric, cumin, paprika, olive oil, salt, and pepper until smooth.
Marinate the Chicken: Add chicken cubes to the bowl and coat thoroughly. Cover and refrigerate for 1 to 3 hours.

Assemble Kabobs: Thread marinated chicken onto skewers, leaving space between pieces for even cooking.

Cook: Grill on medium-high heat for 10–12 minutes, turning occasionally, until chicken reaches 165°F. Or bake at 425°F for 15–18 minutes, turning halfway.

Serve: Garnish with fresh herbs and lemon wedges. Pair with whole wheat pita bread, brown rice, or a crisp salad.

Note: You can skip skewering the chicken and make a sheet pan meal with onions, peppers, and zucchini as a quick dinner. If you want even more of a protein and probiotic boost, the chicken goes great with a garlicky yogurt dip!