



RESET YOUR GUT

SHOPPING LIST

CONDIMENTS

Kimchi
Sauerkraut
Pickles
Miso paste
Bone broth

PROTEINS

Wild salmon
Grass-fed meat

OILS/FATS

Olive oil
Nuts, seeds and their butter

GRAINS + LEGUMES

Beans
Lentils
Cous cous
Brown rice

DAIRY

Kefir
Yoghurt (with live bacteria)

PRODUCE

Raspberries
Oranges
Bananas
Apples
Onions
Asparagus
Leeks
Green peas
Broccoli
Kale
Carrots, parsnips and other
root vegetables

DRINKS

Kombucha
Chai Tea

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NIMBUS CLINICS