



Foods to Eat For Microbiome

Wild Salmon and grass-fed meat.

Fermented vegetables, such as sauerkraut and kimchi.

Non-starchy vegetables, such as asparagus, carrots, garlic, artichokes, leeks, onions, and radishes. (Might need to remove Night Shade Vegetables)

Non-starchy fruits, such as tomatoes, avocado, apples, cherries, grapefruit, kiwi, oranges, nectarines, rhubarb, and coconut.

Nuts, seeds, and their butter.

Sunflower and olive oils.

Chickpeas and lentils. (Depending on Leaky Gut Factor)

Monk fruit as a sweetener

Herbs and Spices