YOUR 7-DAY

GUT RESET PLAN

A surgeon-designed, food-first reset to calm bloating, ease digestion and rebuild a healthy gut — in just one week.

Designed by
Dr. Sujeeth Kumar Bashetty
Laparoscopic & Robotic Surgeon, Hyderabad
20+ years experience | Apollo Hospitals

Why this plan works

Your gut is the engine of your immunity, energy and mood. Modern eating — processed snacks, late dinners, low fibre, irregular meals — irritates the gut lining and disturbs the microbiome. This 7-day reset is built on three simple principles I share with my patients before and after surgery:

- **Remove** common irritants — refined sugar, deep-fried foods, alcohol, excess caffeine.
- **Repair** the gut lining with warm, home-cooked, fibre-rich Indian meals.
- **Repopulate** good bacteria with curd, buttermilk, fermented foods and prebiotic vegetables.

Before you start — a quick check

If you have diabetes, kidney disease, IBD, are pregnant, or take regular medication, please run this plan past your treating doctor. This is a general wellness guide, not a prescription. If you have alarming symptoms — blood in stool, persistent vomiting, severe pain, unexplained weight loss — see a doctor first.

For educational use only. Not a substitute for personalised medical advice.

The 7 Daily Rules

Follow these every single day of the reset. They matter more than the exact recipes.

1. Hydrate first.	2.5–3 litres of water daily. Start with 1–2 glasses of warm water on waking.
2. Eat in a 12-hour window.	Finish dinner by 7:30 pm. Breakfast no earlier than 7:30 am. This gives the gut a real rest.
3. Chew, don't gulp.	20–30 chews per bite. Half of digestion happens in the mouth.
4. Fibre at every meal.	Vegetables, fruit, millets, dals, whole grains. Aim for 30+ grams of fibre a day.
5. One fermented food daily.	Curd, buttermilk, idli, dosa batter, kanji, pickled vegetables (low salt).
6. Move after meals.	10-minute walk after lunch and dinner. Non-negotiable.
7. Sleep 7–8 hours.	The gut repairs at night. No screens 30 minutes before bed.

What's IN and what's OUT

Category	EAT FREELY	AVOID THIS WEEK
Grains	Millets (ragi, jowar, bajra), red or brown rice, oats, whole wheat	Maida, white bread, instant noodles, biscuits
Proteins	Dals, sprouts, paneer, eggs, fish, skinless chicken, tofu	Processed meats, deep-fried non-veg, sausages
Vegetables	All seasonal vegetables, leafy greens, gourds, onion, garlic, ginger	Excess raw salad late at night
Fruits	Papaya, banana, apple, pear, guava, pomegranate, citrus	Packaged fruit juices, canned fruit
Dairy & Ferment	Curd, buttermilk, ghee (1–2 tsp/day), homemade pickle (small)	Sweetened yogurt, flavoured milk, cheese spreads

For educational use only. Not a substitute for personalised medical advice.

Category	EAT FREELY	AVOID THIS WEEK
Drinks	Water, jeera water, coconut water, herbal tea, 1 cup coffee or tea max	Soft drinks, energy drinks, alcohol, sweetened lassi
Cooking	Cold-pressed groundnut, sesame or coconut oil, ghee	Reused oil, vanaspati, deep-fried street food

For educational use only. Not a substitute for personalised medical advice.

Your Day-by-Day Plan

Indian-friendly meals. Swap freely within the same food group based on what is fresh and local. Portion sizes are moderate — eat till you are 80% full.

DAY 1	CLEANSE & HYDRATE
On waking	Warm water + soaked methi seeds (1 tsp), 5 min walk
Breakfast	Vegetable poha with peanuts + 1 small bowl papaya
Mid-morning	Coconut water + 5 soaked almonds
Lunch	1 cup brown rice + moong dal + lauki sabzi + 1 bowl curd + cucumber salad
Evening	Green tea + roasted chana (small fistful)
Dinner (by 7:30 pm)	Vegetable khichdi (moong dal + rice + carrot + beans) + buttermilk
Before bed	Chamomile or jeera tea. Lights dim 1 hr before sleep.

Today's gut focus: Flush out residue from processed food. Expect a few extra trips to the bathroom — that is normal.

Surgeon's tip: *Drink a glass of warm water 20 minutes before each meal. It primes digestion.*

For educational use only. Not a substitute for personalised medical advice.

DAY 2 — ADD FIBRE

On waking	Warm water + soaked methi seeds (1 tsp), 5 min walk
Breakfast	2 ragi dosas + tomato chutney + 1 boiled egg (or paneer bhurji)
Mid-morning	1 apple with skin
Lunch	2 jowar rotis + palak dal + bhindi sabzi + onion-cucumber raita
Evening	Buttermilk with jeera + roasted makhana
Dinner (by 7:30 pm)	Mixed vegetable soup + 1 multigrain roti + paneer bhurji
Before bed	Chamomile or jeera tea. Lights dim 1 hr before sleep.

Today's gut focus: Soluble + insoluble fibre to feed good bacteria and bulk stools.

Surgeon's tip: *If you feel bloated, walk 10 minutes — don't lie down.*

DAY 3 — REPAIR THE LINING

On waking	Warm water + soaked methi seeds (1 tsp), 5 min walk
Breakfast	Oats porridge with banana, flax seeds & 1 tsp ghee
Mid-morning	Tender coconut water
Lunch	1 cup red rice + rasam + drumstick sabzi + curd + beetroot salad
Evening	Herbal tea + 2 dates
Dinner (by 7:30 pm)	Moong dal cheela + mint chutney + sautéed spinach
Before bed	Chamomile or jeera tea. Lights dim 1 hr before sleep.

Today's gut focus: Ghee, glutamine-rich foods (cabbage, dal, eggs) help heal the gut wall.

Surgeon's tip: *Avoid painkillers (NSAIDs) this week if not essential — they irritate the gut lining.*

For educational use only. Not a substitute for personalised medical advice.

DAY 4 — PROBIOTIC POWER

On waking	Warm water + soaked methi seeds (1 tsp), 5 min walk
Breakfast	2 idlis + sambar + coconut chutney
Mid-morning	1 glass plain buttermilk + jeera
Lunch	Curd rice (homemade) + carrot pickle (small) + boiled egg / dal
Evening	Roasted chana + green tea
Dinner (by 7:30 pm)	Vegetable upma (rava or millet) + 1 bowl curd
Before bed	Chamomile or jeera tea. Lights dim 1 hr before sleep.

Today's gut focus: Live cultures from idli, dosa, curd and buttermilk seed your microbiome.

Surgeon's tip: *Use full-fat dahi set at home — store-bought sweetened yogurt does not count.*

DAY 5 — ANTI-INFLAMMATORY

On waking	Warm water + soaked methi seeds (1 tsp), 5 min walk
Breakfast	Vegetable oats upma + 1 boiled egg + ginger tea
Mid-morning	Pomegranate (1 small bowl)
Lunch	2 phulkas + methi dal + lauki kofta (steamed, not fried) + raita
Evening	Turmeric milk (haldi doodh, low sugar)
Dinner (by 7:30 pm)	Grilled fish or paneer tikka + sautéed vegetables + small bowl rice
Before bed	Chamomile or jeera tea. Lights dim 1 hr before sleep.

Today's gut focus: Turmeric, ginger, garlic, omega-3s calm low-grade inflammation.

Surgeon's tip: *A pinch of black pepper with turmeric increases its absorption 20-fold.*

For educational use only. Not a substitute for personalised medical advice.

DAY 6 — LIGHT & LIVE

On waking	Warm water + soaked methi seeds (1 tsp), 5 min walk
Breakfast	Smoothie: banana + curd + chia + 1 tsp honey + a few berries
Mid-morning	Cucumber sticks + hummus
Lunch	Quinoa or millet pulao with mixed vegetables + raita
Evening	Green tea + 4 walnuts
Dinner (by 7:30 pm)	Clear vegetable soup + 1 millet roti + dal
Before bed	Chamomile or jeera tea. Lights dim 1 hr before sleep.

Today's gut focus: Lighten the load. Today should feel easy on the stomach.

Surgeon's tip: *Stop eating 3 hours before sleep — reflux and poor sleep both improve.*

DAY 7 — RESET & REFLECT

On waking	Warm water + soaked methi seeds (1 tsp), 5 min walk
Breakfast	Besan chilla with onion & coriander + mint chutney + 1 fruit
Mid-morning	Buttermilk + roasted seeds (pumpkin / sunflower)
Lunch	2 rotis + rajma (soaked overnight) + cabbage sabzi + salad
Evening	Fruit bowl: papaya + pomegranate + a few almonds
Dinner (by 7:30 pm)	Khichdi + ghee (1 tsp) + steamed beetroot
Before bed	Chamomile or jeera tea. Lights dim 1 hr before sleep.

Today's gut focus: Notice the changes — energy, bloating, sleep, skin, mood, bowel habit.

Surgeon's tip: *Write down 2 habits from this week you will keep forever. That is your real reset.*

For educational use only. Not a substitute for personalised medical advice.

After the 7 Days — keep the gains

A reset only works if it changes habits. Carry these 5 forward — they are the highest-yield gut habits I see in healthy patients of every age.

Eat dinner early.	Finish by 7:30–8:00 pm at least 5 days a week. This single habit reduces reflux, improves sleep and steadies blood sugar.
One fermented food a day.	Curd, buttermilk, idli, dosa batter, kanji. Indian kitchens are naturally rich in these — use them.
Half your plate = vegetables.	At lunch and dinner. Cooked, raw, or in dal — the form does not matter, the volume does.
Walk 10 minutes after meals.	Lowers post-meal blood sugar by up to 30% and helps gas clear faster.
Sleep is a gut treatment.	7–8 hours, in a cool dark room. The microbiome resets at night.

When to see a doctor — don't delay

Persistent bloating beyond 2 weeks, blood in stool, change in bowel habit lasting more than 3 weeks, unexplained weight loss, severe pain, vomiting, or difficulty swallowing — these are not 'gut reset' problems. Get them evaluated. Early evaluation is almost always simpler than late evaluation.

Have ongoing gut concerns?

Book a consultation with Dr. Sujeeth Kumar Bashetty.
Apollo Hospitals, Jubilee Hills | Apollo Clinic, Manikonda
drsujeeth.com | Instagram & YouTube: **@dr.sujeeth**

Disclaimer: This guide is for general education and is not a substitute for individual medical advice, diagnosis or treatment. Consult your doctor before making significant dietary changes, especially if you have a medical condition or take regular medication.

For educational use only. Not a substitute for personalised medical advice.