



The 5-Day Gut Reset

A science-informed, plant-forward reset
for women

by Layla Al-Dorani · aldorani.com

Why This Guide Exists

Your gut is the control room

Your gut isn't just a digestive organ, it's the control room. It produces 90% of your serotonin, trains your immune system, and communicates directly with your nervous system. When it's inflamed or dysbiotic, everything downstream suffers: energy, mood, skin, sleep, appetite, hormones.

This 5-day reset doesn't starve you or sell you supplements. It removes what's disrupting the gut environment, adds what rebuilds it, and gives your nervous system a reason to stand down. Simple, plant-forward, and designed for a real kitchen, the way I approach everything at aldorani.com.



Day 1: Remove

Remove the disruptors from your plate



For the next 5 days, remove these five: **refined sugar** (feeds pathogenic bacteria), **processed seed oils** (pro-inflammatory at the gut lining), **gluten** (triggers zonulin release), **alcohol** (disrupts mucosal lining within 24 hours), and **ultra-processed foods** (emulsifiers directly harm the mucus layer).

What to eat today: Keep it simple. Whole grains (rice, oats, quinoa), steamed or roasted vegetables, legumes, olive oil, lemon, fresh herbs.

Recipe: Warm quinoa bowl with roasted sweet potato, wilted greens, tahini dressing, and a sprinkle of pumpkin seeds.

Day 2: Feed

Feed the microbiome with prebiotic



Add **prebiotic fibre**, the food your gut bacteria ferment into short-chain fatty acids like butyrate, which heals the gut lining. Top sources: garlic & onion, leeks & asparagus, slightly underripe bananas, oats, and lentils & chickpeas. Aim for 25 to 35g of fibre today.

Recipe: Lentil soup with leeks, garlic, turmeric, and a swirl of good olive oil, a plant-forward take on a dish from my Qatari kitchen.

Most people eat 12 to 15g of fibre daily. Increase slowly if you're not used to it.

Day 3: Ferment

Reintroduce live cultures to seed the gut



Add **fermented foods** containing live bacteria: coconut yogurt (unsweetened, with live cultures), kimchi, raw sauerkraut, unpasteurised miso, and water kefir or kombucha (low-sugar). Start with 1 to 2 tablespoons per meal, too much too fast can cause temporary bloating.

Recipe: Green smoothie bowl with coconut yogurt, frozen mango, spinach, flaxseed, and a side of kimchi.

The microbiome shifts gradually, consistency matters more than quantity.

Day 4: Calm

Calm the gut-brain axis



The vagus nerve runs from your brainstem to your gut. Chronic stress keeps the nervous system in sympathetic mode, shunting blood away from digestion, slowing motility, and increasing intestinal permeability. You cannot fully heal the gut without addressing the nervous system.

Today's practices: Eat without screens. Box breathing before meals (4 in, 4 hold, 4 out, 4 hold). Walk after eating, even 10 minutes. Cold water on face or wrists activates the dive reflex.

Supportive foods: dark leafy greens, pumpkin seeds, chia, flax, walnuts, nutritional yeast.

Day 5: Heal

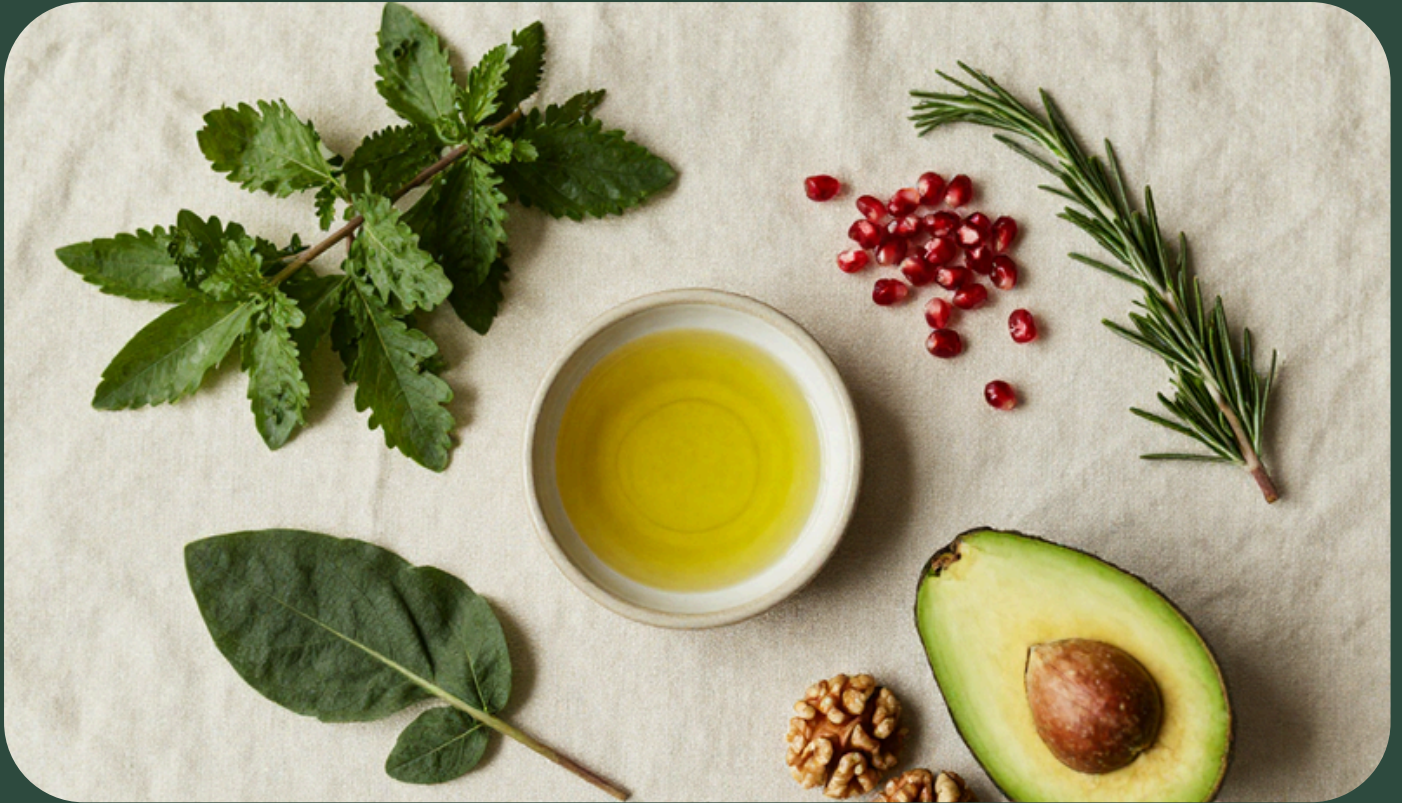
Hydrate, heal, and hold



The mucosal lining renews every 3 to 5 days. Support it with: **aloe vera juice** (inner fillet, food grade), **slippery elm powder** in smoothies, mushroom broth for glycine and collagen support, **ginger tea** (anti-inflammatory, pro-motility), and **fennel tea** (reduces bloating and spasm).

Hydration target: 35ml per kg of body weight, plus extra in heat.

What to notice after 5 days: less bloating, improved energy by mid-morning, clearer skin, more regular digestion, less brain fog, better sleep, improved mood stability.



What Comes Next

Go deeper with the 90-Day Reset and Twist cookbook

This 5-day reset is the foundation. My 90-Day Reset programme goes deeper: restructuring your gut environment, nervous system regulation, and eating patterns over three months, with personalised support.

And my cookbook, *Twist: Qatari Cuisine, Reimagined Plant-Based*, gives you the recipes to make this sustainable and delicious, built around the ingredients and flavours of this region.

Visit aldorani.com to join the waitlist for both.

Layla Al-Dorani

DHA Doctoral Candidate | eCornell Plant-Based Nutrition

IIN Integrative Nutrition Coach | 500hr Ashtanga Yoga Teacher

Founder of Raw Middle East (2010) and Nosh Cravings (2019)

Based in Doha, Qatar



Your 5 Day Meal Plan

Simple, plant-forward meals for each day of the reset

Day 1

Breakfast: Oat porridge, banana, flaxseed

Lunch: Quinoa salad, roasted veg, tahini

Dinner: Sweet potato, lentil bowl

Day 2

Breakfast: Green smoothie, spinach, mango, oat milk

Lunch: Lentil soup, leeks, garlic, sourdough

Dinner: Chickpea stew, brown rice

Day 3

Breakfast: Coconut yogurt bowl, berries, granola

Lunch: Buddha bowl with kimchi

Dinner: Miso soup, veggie stir-fry

Day 4

Breakfast: Overnight oats, chia, almond butter

Lunch: Big green salad, avocado, lemon

Dinner: Roasted cauliflower, tahini

Day 5

Breakfast: Smoothie with slippery elm, banana

Lunch: Fennel salad, white beans, olive oil

Dinner: Warming vegetable soup, ginger

A Note

I am a nutritionist and doctoral candidate in health administration. This is general guidance, not medical advice. If you are pregnant, managing a condition, or taking medication, please check with your clinician first. I hope these five days help you feel the difference. The gut responds quickly when you give it the right conditions.