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— NO PERFECTION. JUST PROGRESS. —

FREE GUIDE

The 3-Day BLOAT *Reset*

Feel lighter.
Feel more comfortable.
Feel like yourself again.



A SIMPLE 3-DAY PLAN
TO HELP REDUCE BLOATING,
SUPPORT DIGESTION,
AND BUILD HEALTHIER HABITS.



3-DAY
MEAL PLAN



GROCERY
LIST



DAILY
TRACKER



SIMPLE
HABITS



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No Perfection. Just Progress.

FREE GUIDE

3-DAY BLOAT RESET

*Feel lighter, less uncomfortable,
and more confident in just 3 days*

WHAT'S INSIDE:

Why you feel bloated after 40

3-day meal plan with simple, delicious meals

Anti-bloat grocery list

10 daily habits that actually help

Printable 3-day bloat tracker

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WHY YOU FEEL BLOATED

Why Bloating Happens — Especially After 40

Bloating is one of the most commonly reported and least discussed concerns among women in their forties and beyond. It is not simply about what you ate. It is about a combination of hormonal, digestive, and lifestyle factors that converge in ways that make the gut more reactive than it used to be.

Hormonal Changes

Estrogen and progesterone directly influence gut motility — the speed at which food moves through the digestive tract. As these hormones fluctuate and decline during perimenopause and menopause, digestion becomes less consistent. Fluctuating estrogen also affects water retention, which contributes to the bloated feeling that arrives without an obvious dietary trigger.

Slower Digestion

Digestive enzyme production decreases with age. When enzyme activity declines, food is broken down less completely — which means more undigested material reaches the large intestine, where gut bacteria ferment it and produce gas. The result is bloating, discomfort, and the sense that certain foods that were previously well-tolerated are suddenly causing problems.

Food Sensitivities

New or worsened food sensitivities are common after 40. Lactose, gluten, certain high-FODMAP vegetables, carbonated beverages, and sugar alcohols found in many diet foods are among the most common culprits. These sensitivities often develop gradually and may go unrecognized for months because the connection between the food and the symptom isn't always immediate.

Stress and Lifestyle Factors

The gut and the brain are directly connected through the vagus nerve. Chronic stress elevates cortisol, which slows digestion and alters the gut microbiome in ways that increase bloating. Eating quickly, skipping meals, insufficient hydration, inadequate sleep, and a sedentary lifestyle all compound the problem.

The good news: Most bloating caused by these factors responds well to targeted, short-term dietary and lifestyle changes. This 3-day reset addresses all of them.

THE RESET RULES

The 3-Day Reset — Simple Guidelines

This reset is not a detox, a fast, or a restrictive diet. It is three days of intentional, supportive eating and lifestyle choices that give your gut a chance to calm down, reduce inflammation, and restore its natural rhythm.

Hydration Goal

- Aim for at least 64 oz (8 cups) of water daily
- Start each morning with a full glass of warm water with lemon
- Herbal teas — ginger, peppermint, and fennel — count toward your goal
- Limit sparkling water, which can introduce excess gas

Foods to Focus On

- Lean proteins: chicken, fish, eggs, Greek yogurt
- Cooked vegetables: easier to digest than raw during the reset
- Low-FODMAP fruits: bananas, blueberries, strawberries, cantaloupe
- Whole grains in moderate portions: oats, brown rice, quinoa
- Anti-inflammatory fats: olive oil, avocado, walnuts

Foods to Temporarily Reduce

- High-sodium processed foods and packaged snacks
- Carbonated beverages including sparkling water
- High-FODMAP vegetables: onions, garlic, broccoli, cauliflower, beans
- Sugar alcohols found in sugar-free products
- Alcohol, which disrupts gut microbiome and increases inflammation

Daily Movement

- A 20-30 minute walk after your largest meal to support digestion
- Gentle yoga or stretching — especially poses that support digestion
- Avoid intense exercise during the reset — it can increase cortisol

Sleep Target

- Aim for 7-8 hours each night
- Poor sleep increases cortisol, which worsens bloating
- A consistent bedtime helps regulate the digestive rhythm

DAY 1

Day 1 — Calm & Cleanse

- Reduce digestive stress
- Simplify meals — fewer ingredients, easier digestion
- Eliminate excess sodium and processed foods
- Start the hydration habit

Today's Meals

Breakfast	Warm oatmeal made with water or oat milk. Top with sliced banana, a drizzle of almond butter, and a sprinkle of cinnamon. Add a glass of warm lemon water.
Lunch	Simple chicken and rice bowl. Grilled chicken breast over brown rice with steamed zucchini and a drizzle of olive oil and lemon. Season with herbs — avoid garlic and onion today.
Dinner	Baked salmon with roasted sweet potato and steamed green beans. Keep seasoning simple — olive oil, lemon, salt, and fresh dill. A cup of ginger tea after dinner supports digestion.
Snacks	A small handful of walnuts. Sliced cucumber with 2 tbsp hummus. A banana if hungry between meals.

Day 1 Checklist

☐ Drank at least 64 oz of water
☐ Started the morning with warm lemon water
☐ Avoided processed foods and excess sodium
☐ Avoided carbonated beverages
☐ Took a 20-30 minute walk
☐ Ate slowly and without distraction
☐ Was in bed by a consistent time
☐ Logged meals and how I felt in the tracker

DAY 2

Day 2 — Restore & Rebalance

- Introduce fiber intentionally from well-tolerated sources
- Support the gut microbiome with probiotic-rich foods
- Balance protein at every meal for stable blood sugar
- Notice what improved from Day 1

Today's Meals

Breakfast	Greek yogurt parfait: plain full-fat Greek yogurt layered with blueberries and strawberries. Top with a tablespoon of ground flaxseed and a small drizzle of honey. Greek yogurt provides natural probiotics alongside protein.
Lunch	Large salad with spinach, grilled chicken or canned tuna, sliced cucumber, shredded carrot, and cherry tomatoes. Dress with olive oil and apple cider vinegar. Add a slice of sourdough bread.
Dinner	Turkey stir-fry with bok choy, bell peppers, and brown rice. Season with low-sodium tamari, fresh ginger, and sesame oil. Ginger is particularly effective at reducing bloating.
Snacks	A small bowl of plain kefir with berries. A hard-boiled egg. A few rice crackers with avocado.

Day 2 Checklist

☐ Drank at least 64 oz of water
☐ Included a probiotic-rich food (Greek yogurt or kefir)
☐ Ate a fiber-rich vegetable at lunch and dinner
☐ Included quality protein at every meal
☐ Took a 20-30 minute walk after the largest meal
☐ Noticed improvement from Day 1 — what changed?
☐ Avoided high-FODMAP foods and carbonated beverages
☐ Logged meals and how I felt in the tracker

Gut health note: If you have FFF Daily Essentials Women's Probiotic 60B, today is a good day to start taking it consistently with breakfast. A high-quality probiotic supports the microbiome recovery that reduces bloating long-term.

DAY 3

Day 3 — Maintain & Feel Your Best

- Build habits that prevent the bloat cycle from returning
- Reintroduce foods mindfully — notice what works for your body
- Create a simple daily routine you can sustain beyond today
- Celebrate what you noticed across the three days

Today's Meals

Breakfast	Two-egg veggie scramble with spinach, cherry tomatoes, and a small amount of feta cheese. Serve with half an avocado and a slice of sourdough toast. Protein, healthy fat, and fiber together for stable digestion.
Lunch	Lentil and vegetable soup (homemade or low-sodium canned) with a side of mixed greens dressed with olive oil and lemon. Lentils are high in fiber and plant protein and gentle on the gut when cooked soft.
Dinner	Grilled white fish (cod or tilapia) with roasted asparagus and quinoa. Asparagus is a natural prebiotic that feeds beneficial gut bacteria. Finish with a cup of fennel or chamomile tea.
Snacks	An apple with almond butter. A small handful of pumpkin seeds. Plain rice cakes with a thin layer of avocado and a pinch of sea salt.

Day 3 Checklist

☐ Drank at least 64 oz of water throughout the day
☐ Ate protein at every meal
☐ Included a prebiotic or probiotic food
☐ Took a 20-30 minute walk
☐ Ate slowly and without screens at the table
☐ Noticed how I feel compared to Day 1
☐ Identified 2-3 habits I want to carry forward
☐ Completed the full 3-day tracker

Moving forward: The habits that worked best across these three days are the ones worth keeping permanently. Hydration, protein at every meal, daily movement, and gut-supportive foods produce cumulative benefit over weeks and months.

GROCERY LIST

The Anti-Bloat Grocery List

Stock these items before you begin. Everything on this list is affordable, widely available, and chosen specifically because it is easy on digestion, anti-inflammatory, and gut-supportive.

PROTEINS	VEGETABLES	FRUITS
• Chicken breast	• Spinach	• Bananas
• Salmon	• Zucchini	• Blueberries
• White fish (cod, tilapia)	• Green beans	• Strawberries
• Eggs	• Cucumber	• Cantaloupe
• Canned tuna (water-packed)	• Bok choy	• Apples
• Turkey breast	• Bell peppers	• Lemons
• Plain Greek yogurt	• Cherry tomatoes	
• Plain kefir	• Asparagus	
• Lentils	• Carrots	
	• Sweet potato	

HEALTHY FATS	GRAINS & PANTRY	BEVERAGES
• Avocados	• Rolled oats	• Still water (not sparkling)
• Extra virgin olive oil	• Brown rice	• Ginger tea
• Walnuts	• Quinoa	• Peppermint tea
• Almonds	• Sourdough bread	• Fennel tea
• Almond butter	• Rice crackers	• Chamomile tea
• Pumpkin seeds	• Low-sodium canned lentil soup	• Warm lemon water
• Sesame oil	• Low-sodium tamari	
	• Apple cider vinegar	
	• Ground flaxseed	

Shopping tip: Buy fresh vegetables and proteins in quantities for 3 days. Grains and pantry items carry forward into your regular routine — which is exactly the point.

DAILY HABITS

10 Daily Habits That Help Reduce Bloating

These habits address the underlying mechanisms of bloating — not just the symptoms. Practiced consistently, they produce cumulative improvement that goes well beyond anything a three-day reset can achieve on its own.

1. Eat Slowly and Chew Thoroughly

Digestion begins in the mouth. Eating quickly means swallowing larger food particles and excess air — both of which increase gas and bloating. Aim for 20-30 chews per bite and put the fork down between bites.

2. Walk After Meals

A 15-20 minute walk after eating significantly improves gastric emptying — reducing the time food sits and ferments. Even a short walk makes a measurable difference in gas and bloating.

3. Prioritize Protein at Every Meal

Protein stabilizes blood sugar, reduces cravings, and supports consistent, comfortable digestion. A palm-sized protein portion at breakfast, lunch, and dinner is the most impactful single nutritional habit for digestive stability.

4. Start the Day With Warm Water

A glass of warm water with or without lemon first thing in the morning supports the digestive system's natural morning activation, promotes bowel regularity, and begins the hydration habit before caffeine or food.

5. Manage Stress Actively

Cortisol slows digestion and alters gut microbiome composition. Even five minutes of extended-exhale breathing — inhaling for 4 counts, exhaling for 6-8 counts — activates the parasympathetic nervous system and reduces cortisol measurably.

6. Limit Sodium

Excess sodium causes the body to retain water, contributing to the full, uncomfortable feeling of bloating. The primary sources are processed foods, restaurant meals, and condiments. Cooking at home with herbs makes a significant difference.

7. Include a Probiotic or Fermented Food Daily

Plain Greek yogurt, kefir, sauerkraut, kimchi, miso, or a high-quality probiotic supplement support the gut microbiome diversity that underlies consistent, comfortable digestion. Consistency matters more than quantity.

8. Hydrate Consistently — Not All at Once

Drinking large amounts of water quickly can worsen bloating. Sipping water consistently throughout the day supports digestion, prevents constipation, and reduces water retention without overwhelming the gut.

9. Identify Your Personal Trigger Foods

Common triggers include high-FODMAP vegetables, lactose, gluten, carbonated beverages, and sugar alcohols. Your triggers may be different. A simple food diary — noting what you ate and how you felt two hours later — reveals

patterns within two to three weeks.

10. Prioritize Sleep

Poor sleep elevates cortisol, disrupts gut microbiome composition, slows digestion, and increases inflammatory markers that worsen bloating. Seven to eight hours of consistent sleep is not a luxury for gut health. It is a prerequisite.

BLOAT TRACKER

Your 3-Day Bloat Tracker

Use this tracker each day to note how you feel, spot patterns, and build the self-awareness that makes your reset more effective and more sustainable beyond these three days.

Day	How I Feel	Energy (1-10)	Digestion (1-10)	Water Oz	Meals Logged
Day 1					
Day 2					
Day 3					

Daily Notes

Day 1

What I noticed:	
Biggest win today:	
One thing to adjust:	

Day 2

What I noticed:	
Biggest win today:	
One thing to adjust:	

Day 3

What I noticed:	
Biggest win today:	
One thing to adjust:	

After Day 3: Look back at your tracker. What correlates with feeling better? What correlates with feeling worse? Those patterns are more valuable than any generic advice — because they are specific to your body.

You Did Something Good for Yourself.

Three days of intentional choices. Three days of paying attention. Three days of treating your body as something worth supporting rather than something to push through.

"Your body is not failing you — it may just need the right support."

What to Do Next

The habits that helped most across these three days are worth keeping. Not as a permanent restrictive reset, but as a sustainable daily foundation that compounds over weeks and months into meaningfully better digestion, more consistent energy, and a body that feels like yours again.

- Keep the hydration habit going — 64 oz daily as a consistent baseline
- Protein at every meal — the most impactful long-term dietary change
- A walk after your largest meal — five minutes is enough to make a difference
- One probiotic or fermented food daily — the microbiome builds gradually
- Notice your personal trigger foods — your body has been telling you all along

Want to Go Deeper?

This guide is part of the Fit Firm & Fabulous Free Library — built for women who want real, evidence-based information about their health without the noise.

If you are navigating the hormonal, digestive, and metabolic changes that come with this life stage, the Fit Firm & Fabulous Menopause Reset covers gut health, nutrition, metabolism, sleep, mood, and every other system this transition affects — in 25 complete chapters with a companion workbook that no other menopause guide includes.

The Menopause Reset — Book + Companion Workbook Bundle

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This guide is for general educational and informational purposes only and does not constitute medical advice. Always consult a qualified healthcare professional before making changes to your diet or health routine.

Feel Better Starts With *Small Changes.*



This 3-day reset is your first step toward feeling lighter, more comfortable, and more like yourself again.

The habits inside this guide are simple. The results come from consistency.

You have everything you need to take care of you—one day at a time.

DISCOVER MORE FREE WELLNESS RESOURCES



Morning Wellness Routine



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