

30-Day Kimchi Diet Plan

Printable Companion — Phase Overview, Shopping Lists & Tracking Log

This companion sheet covers everything you need to follow the plan without your phone: the 4-phase kimchi dose schedule, weekly shopping lists across 6 categories, and a fill-in weekly tracking log. For full recipes, the research behind this plan, and the interactive "What Do I Eat Today?" tool, see the full guide at kimchiguide.com/30-day-kimchi-diet-plan/.

Medical Disclaimer: This plan is for informational purposes only and isn't medical or nutritional advice. Talk to your doctor or a registered dietitian before starting any new eating plan, especially if you have a medical condition, take medication, or are pregnant or breastfeeding.

The 4-Phase Structure

Phase	Days	Kimchi Dose	Focus
1 — Introduction	1-7	100g/day	Kimchi as a dinner side only; mild gas is normal
2 — Escalation	8-14	200g/day	Kimchi at lunch and dinner; record starting weight
3 — Full Habit	15-23	300g/day	Kimchi at every meal; weekly waist measurement
4 — Consolidation	24-30	200-300g/day	Settle into a sustainable level; final weigh-in

Calorie Targets

	Sedentary	Lightly Active	Moderately Active
Women	1,350-1,450 kcal	1,450-1,550 kcal	1,550-1,700 kcal
Men	1,650-1,750 kcal	1,750-1,900 kcal	1,900-2,100 kcal

Note on the research: No study has tested eating 100-300g of real kimchi daily as part of a full diet. A 2024 observational study (115,726 people) found men eating more kimchi had somewhat lower obesity rates; a separate small trial found concentrated kimchi powder reduced body fat over 12 weeks. This plan is a practical, research-informed eating pattern, not a replication of either study. Full citations and details: kimchiguide.com/30-day-kimchi-diet-plan/#research-check

Weekly Shopping Lists

Quantities are for one person. Always buy refrigerated, unpasteurized kimchi.

Kimchi & Fermented	Grains & Carbs
☐ Ripe kimchi (week 1) (700g)	☐ Brown rice (2kg)
☐ Ripe kimchi (week 2) (1.4kg)	☐ Soba noodles (250g)
☐ Ripe kimchi (weeks 3-4) (2.1kg/wk)	☐ Rolled oats (500g)
☐ Doenjang (200g)	☐ Quinoa (500g)
☐ Gochujang (200g)	☐ Wholegrain bread (1 loaf)
Protein	Vegetables
☐ Eggs (12/wk)	☐ Spinach (300g)
☐ Firm tofu (3 x 400g)	☐ Cucumber (3-4)
☐ Salmon (2 x 150g)	☐ Carrot (500g)
☐ Chicken thighs (500g)	☐ Avocado (3-4/wk)
☐ Chickpeas (2 x 400g)	☐ Sweet potato (2-3)
Korean Pantry	Other
☐ Gochugaru (200g)	☐ Oat milk (1L)
☐ Sesame oil (250ml)	☐ Chia seeds (200g)
☐ Sesame seeds (100g)	☐ Tahini (300g)
☐ Soy sauce / tamari (500ml)	☐ Edamame (400g)
☐ Rice vinegar (500ml)	☐ Nori sheets (1 pack)

Tip: Making your own kimchi at the start of the month means it reaches a well-fermented, flavorful stage right around week 2-3 when the plan's portions increase. Full recipe: kimchiguide.com/how-to-make-kimchi-from-scratch/

Weekly Tracking Log

Fill this in once a week, same day and time. Scale weight alone misses most of what actually changes on this plan — track all four metrics.

Week	Date	Weight	Waist (in/cm)	Energy (1-10)	Digestion / Notes
Week 1 — Introduction					
Week 2 — Escalation					
Week 3 — Full Habit					
Week 4 — Consolidation					

Daily Kimchi Dose Quick-Check

Days	Target Dose	Check Off Each Day
1-7	100g/day	M T W T F S S (x1)
8-14	200g/day	M T W T F S S (x1)
15-23	300g/day	M T W T F S S (x1) + M T
24-30	200-300g/day	W T F S S (x1)

Quick Reference

The essentials from the full guide, condensed for a fast look-up.

Common Mistakes to Avoid

Mistake	Why It Matters
Jumping straight to 300g/day	Causes real bloating and gas. Follow the 4-phase ramp-up.
Only tracking scale weight	Sodium-driven water retention masks progress. Track waist, energy, digestion too.
Cooking all your kimchi	Heat kills live bacteria. Always pair a cooked dish with a raw kimchi side.
Buying pasteurized kimchi	Shelf-stable kimchi has no live bacteria. Buy refrigerated, unpasteurized only.
Ignoring calorie targets	Kimchi supports the plan but doesn't override a calorie surplus.

Realistic Expectations — Before and After

There's no reliable "before and after" number this plan can promise. Weight change depends on your calorie deficit, not on kimchi specifically. What people most consistently report by day 30: a settled digestion, kimchi feeling like a normal part of meals rather than an effort, and steadier energy — not a specific number of pounds or a dramatic before/after photo. Track the four metrics on page 3 for a realistic picture of your own progress.

Missed a Week? Restart Guide

Pick back up at whatever phase matches how your body feels right now — don't double your dose to "catch up." If 200g/day feels comfortable again rather than 300g, restart there and ramp back up over a few days.

After Day 30: Maintain 200-300g of kimchi daily as an ongoing habit, explore more kimchi varieties, or build out a wider recipe rotation. See kimchiguide.com/30-day-kimchi-diet-plan/#after-day-30

More From KimchiGuide

- 7-Day Kimchi Diet Plan (gentler starter week) — kimchiguide.com/7-day-kimchi-diet-plan/
- Kimchi and Boiled Egg Bowl (15-minute recipe) — kimchiguide.com/kimchi-and-boiled-egg-diet/
- Best Store-Bought Kimchi Brands — kimchiguide.com/best-store-bought-kimchi-brands/
- How to Make Kimchi From Scratch — kimchiguide.com/how-to-make-kimchi-from-scratch/

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