



meal plan

welcome to the

30•DAY GUTRESET

We're so excited that you are committing to begin your journey to a healthier, happier you (and gut!).

The following meal plan is designed as a suggested tool to help empower you and maximise results.

*The contents of this website and other material are intended for informational and educational purposes only, and not for the purpose of rendering medical advice. The contents are not intended to substitute for professional medical advice, diagnosis, or treatment. Before starting any new diet or exercise program, please check with your doctor to clear any dietary or exercise changes. These meal plan suggestions were not created by doctors, nutritionists, or registered dietitians. We do not claim to help cure any condition or disease. Product recommendations are not intended to diagnose, treat, cure, or prevent any disease.



30-DAY GUT RESET

your daily routine

Meals	Routine	Sample Menu
breakfast 7-10 am 07:00-10:00	<ul style="list-style-type: none"> • Begin with a glass of warm lemon water to stimulate digestion, followed by 1 mixed serving of IT WORKS! Simply Aloe. • 2 servings of protein from fermented sources, like kefir or yogurt, which contain probiotics • 1 healthy fat serving from sources high in omega-3, like chia seeds or flaxseeds, to reduce inflammation • 1 serving of complex carbs from sources like oats or sourdough bread, which can help good bacteria growth 	Greek yogurt parfait with oats and chia seeds
lunch 12-2 pm 12:00-14:00	<ul style="list-style-type: none"> • 1 serving of protein from easily digested list • 2 servings of prebiotic-rich veggies, like garlic, onions, and leeks, to nourish beneficial bacteria • 1 serving of low-sugar fruit, like berries, which are high in antioxidants • 1 serving of healthy fat from extra virgin olive oil or avocado 	Grilled shrimp over mixed greens with oil-based dressing and a side of berries
afternoon snack 3-4 pm 15:00-16:00	<ul style="list-style-type: none"> • 1 serving of protein with probiotic-rich foods, like a small serving of Greek yogurt • 1 serving of IT WORKS! Super Greens 	Protein shake
dinner 5-7 pm 17:00-19:00	<ul style="list-style-type: none"> • 1 serving of protein from easily digested list • 2 servings of steamed fibrous veggies, like brussels sprouts or carrots, to ease digestion • 1 serving of complex carbs from sources like sweet potatoes or butternut squash • Take 2 FLAT capsules with your meal.¹ 	Sheet pan salmon with sweet potatoes, brussels sprouts, and carrots

GIVE YOUR RESULTS A SUPER-BOOST

Kick off each month with a gentle **IT WORKS! Cleanse™**. Use it twice daily (1 bottle before breakfast and 1 bottle before dinner) for 2 consecutive days to help rebalance your system.

Deluxe System Upgrade

¹FLAT should be taken with your largest meal of the day. If you are prone to nighttime urination and sleep disturbance, take 2 FLAT capsules at lunch rather than dinner.

 <p>Breakfast 30-Day Gut Reset Products Mix 1 TBSP (15 mL) IT WORKS! Simply Aloe with 4 fl. oz. of a beverage of your choice and sip each morning before your meal.</p>	 <p>Lunch</p>	 <p>Snack 30-Day Gut Reset Products Enjoy 1 serving of IT WORKS! Super Greens as a mid-afternoon pick-me-up that helps with healthy digestion!</p>	 <p>Dinner 30-Day Gut Reset Products Take 2 FLAT capsules with dinner or your largest meal of the day!</p>
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Meal Plan Recommendations				
OPTION 1	Greek yogurt parfait with oats and chia seeds	Grilled shrimp over mixed greens with oil-based dressing and a side of berries	Protein shake Tip: Blend in your Super Greens!	Sheet pan salmon with sweet potatoes, brussels sprouts, and carrots
OPTION 2	Avocado toast with poached egg on top	Mixed greens salad with chickpeas, avocado, and a side of strawberries	Greek yogurt	Tofu stir-fry with brown rice and mixed vegetables
OPTION 3	Smoothie bowl with granola and shaved coconut	Quinoa salad with fermented vegetables, tofu, and a side of mixed berries	Hummus and veggies	Baked cod with mashed sweet potatoes and mixed greens
OPTION 4	Protein pancakes topped with nut butter	Veggie and lentil soup with a side of blueberries	Cottage cheese with a few berries	Fried rice with shrimp, broccoli, and carrots
OPTION 5	Mushroom and bell pepper omelette with sourdough toast	Salmon with roasted veggies and an apple as a side	Apple slices with nut butter	Lentil and vegetable curry with quinoa
OPTION 6	Sourdough toast with nut butter and bananas	Egg salad on mixed greens with a side of kiwi	Kefir smoothie	Salmon with pesto, cauliflower, and whole-grain pasta
OPTION 7	Egg and veggie breakfast wrap	Lemon garlic shrimp with veggies and a side of pomegranate	Chia seed pudding with strawberries	Black bean burgers with mixed greens

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30 DAY GUT RESET

Recommended Food List

Easily Digested Protein

1 Serving =



6–8 oz fish
1 egg
¼ cup beans
1 cup plain kefir

10–12 shrimp
3–6 oz tofu
1 cup plain Greek yogurt

Vegetables

1 Serving =



1 artichoke
1 cup swiss chard
½ cup kimchi
1 cup carrots
1 cup mixed greens
1 cup cauliflower
1 cup mushrooms

1 cup leeks
1 cup kale
1 cup asparagus
1 cup brussels sprouts
1 cup zucchini
1 cup bell peppers

Fruit

1 Serving =

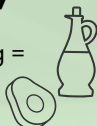


½ pomegranate
1 cup blueberries
1 apple
1 cup melon

1 cup strawberries
1 cup raspberries
1 kiwi
1 banana

Healthy Fats

1 Serving =



2 TBSP coconut oil
or shredded coconut
2 TBSP nut butter
1 TBSP olive oil or 6–8 olives
2 TBSP chia seeds

⅓ avocado
1 cup full-fat cottage cheese
¼ cup walnuts
¼ cup seeds
2 TBSP flaxseeds

Complex Carbs

1 Serving =



3 oz brown rice
3 oz lentils
1 cup butternut squash
3 oz whole-grain pasta
⅓ cup granola

3 oz quinoa
1 sweet potato
3 oz chickpeas
4 oz oats
1 slice sourdough bread

TIPS

- Incorporate fermented foods into each meal to introduce more beneficial bacteria.
- Include ginger or peppermint in your diet, which can help ease digestion.
- Chew food thoroughly to aid in the breakdown of food and absorption of nutrients.
- Drink less with meals and more water in-between.
- Avoid fried and processed foods.
- Avoid processed sugar.
- Drink at least 8 glasses of water a day.
- Aim to eat your last meal 4 hours before bed.

