



Gut Thrive Weekly Action Items

Gut Thrive in 5 uses therapeutic foods, healing practices, and supporting education to help ensure a successful outcome. The following charts will include action items that are strongly suggested through the course of the program. Please read through this handout in its entirety before embarking on this phase of the program.

The following charts will include action items that are strongly suggested through your Getting Started period and Step 1: The Diet and Slashing Inflammation.

These are in addition to our guidelines for watching recommended videos that you will find within the member portal, as well as the recommendations in your Dietary Guidelines and Supplement Protocol handouts.

Do your best to follow these suggestions as closely as possible as you progress through the program.

Below are links taking you directly to each Steps/Week's Action Item list.

- [Getting Started: Week 1](#)
- [Step 1 - Slashing Inflammation: Weeks 2-3](#)

Getting Started: Week 1

Recommendation	Quantity/Notes	Frequency
Fill in your Goals Sheet See Goals Sheet handout		As often as needed
Complete your Physical Symptom Wheel See Physical Symptom Wheel handout		Once



Gut THRIVE in 5

Lemon Water See Hydration handout	12-16 oz. purified water, with juice of 1/2 lemon Note: If you are not able to tolerate juice from 1/2 lemon well, start with 1/2 tsp. and gradually increase the amount once it is better tolerated. 1 tsp of chlorella powder or chlorella caps may also be substituted.	Daily, upon rising
Plan H Apple Cider Vinegar (ACV) Water See Hydration handout	12-16 oz. purified water, With 1-2 tsp of ACV	
Cumin, Coriander and Fennel Tea (CCF Tea) See CCF Tea handout	1-2 cups	Daily
Gradually reduce caffeine, sugar, gluten and dairy See Decreasing Caffeine handout		Throughout the week
Do NOT consume fruit and starch together See Basic Food Combining handout		Begin this practice now and continue throughout the program



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Consume protein with healthy fat, within 1 hour of waking See Prep Week Breakfast Ideas handout	Example: 30 g. high quality protein powder with coconut oil and coconut milk or almond milk	Daily and continue throughout the program
Increase your intake of leafy greens See Increasing Greens handout	2 servings (1 cup cooked or 2 cups raw)	Daily and continue throughout the program
Castor Oil Packs See Castor Oil Pack handout	Increase water intake on these days	3 (or more) times during Week 1
Check pH of urine and saliva Record your results See pH Testing handout		Daily, for 6 days in a row
Read the Primary Food Defined handout List your top 5 "Primary Foods"		Once

Step 1 - Slashing Inflammation: Weeks 2-3

Recommendation	Quantity/Notes	Frequency
Lemon Water	12-16 oz. purified water, with juice of 1/2 lemon	Daily, upon rising
Plan H Apple Cider Vinegar (ACV) Water	12-16 oz. purified water, With 1-2 tsp. of ACV	
Cumin, Coriander and Fennel Tea (CCF Tea) See CCF Tea handout	1-2 cups	Daily
Turmeric Ginger Lemonade	1-2 cups	Daily
Castor Oil Packs See Castor Oil Pack handout	Increase water intake on these days	1-3 times per week Can be continued in Step 2, if desired
Plan S Chamomile or peppermint tea after dinner Fennel seeds may be chewed with or after meals	1 cup of tea	Daily
If you're not making your own bone broth and want to have it shipped, order HERE at least one week before starting the Pathogen Purge.		