

7-Day Detox PLAN

HAPPY GUT®

www.HappyGutLife.com

Days 1 - 7

HAPPY GUT[®] 7-Day Detox

Breakfast



Cleanse Shake



Detox 1 (x1)



Detox 2 (x2)



Revive (x1)

Lunch



Happy Gut
Approved Meal

Dinner



Cleanse Shake



Detox 1 (x1)



Detox 2 (x2)

Days 2 - 28

HAPPY GUT[®] 7-Day Detox

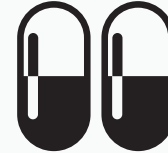
Breakfast



Happy Gut
Approved Meal



Detox 1 (x1)



Detox 2 (x2)



Revive (x1)

Lunch



Happy Gut
Approved Meal

Dinner



Happy Gut
Approved Meal



Detox 1 (x1)



Detox 2 (x1)

Duration

HAPPY GUT[®] 7-Day Detox

	7 Days	28 Days
Cleanse Shake	✓	✗
Approved Happy Gut Meals	✓	✓
Detox 1	✓	✓
Detox 2	✓	✓
Revive	✓	✓

Weaning off coffee

HAPPY GUT[®]
7-Day Detox

Day 1



Day 2



Day 3



Day 4



Day 5



Cups of coffee

**From 3 cups daily*

Weaning off coffee

HAPPY GUT[®]
7-Day Detox

Day 1



Day 2



Day 3



Day 4



Day 5



Cups of coffee

**From 2 cups daily*

Weaning off coffee

HAPPY GUT[®]
7-Day Detox

Day 1



Day 2



Day 3



Day 4



Day 5



Cups of coffee

**From 1½ cups daily*

Approved Meals

HAPPY GUT[®] 7-Day Detox

What's In:

- Fresh vegetables
- Dark, leafy greens
- Quinoa
- Brown rice
- Sweetpotatoes
- Ghee (clarifiedbutter)
- Green and/or herbal teas
- Fermented foods (kimchi,sauerkraut)
- Nuts, seeds, and nutbutters
- Avocado
- Coconut, coconut oil
- Fresh or frozenberries
- Wildfish
- Grass-fedmeats
- Wildgame

What's Out:

- Wheat/gluten
- Processed or artificial sugar
- Lentils,beans
- White rice
- White potatoes
- Dairy/butter
- Coffee
- Alcohol
- Corn
- Soy
- Hydrogenated oils, trans-fats
- Almost all fruits
- Farm-raised fish
- Grain-raised meats
- Non-organiceggs*

**Organic, free-range eggs are allowed during the Reintroduction Phase: Phase II after the 28 days.*