



# STEP 1: ACTIVATE YOUR 72-HOUR DIGESTIVE RESET



## What's the goal?

To reduce internal stress, ease inflammation, and bring your gut back to rhythm, with warmth, simplicity, and consistency.





No extremes. No detox gimmicks. Just real nourishment.

## Your Digestive Reset Rules (3 Days Only):

- All meals = warm, soft, and easy to digest
- No raw vegetables, cold smoothies, or processed foods
- Minimal ingredients per plate (2-4 max)
- No snacking between meals, give your gut real rest
- Drink supportive fluids throughout the day

## Meal Builder — What to Eat

Each meal should have 3 components:

-  1 Cooked Vegetable
-  1 Easy-to-digest Carb (or fruit in the morning)
-  1 Gentle Protein Source
-  + 1 Spoon of Fat (olive oil, ghee, tahini...)

Pick your favorites from each list and plan your 3 core meals:

### ◆ Cooked Vegetables (Choose 1-2/meal)

- Steamed carrots
- Roasted zucchini
- Sautéed spinach
- Fennel
- Pumpkin or squash
- Green beans
- Mushrooms

## ◆ Starches / Soft Carbs

- White rice
- Rice noodles
- Mashed sweet potato
- Well-cooked oats
- Banana (breakfast only)
- Stewed apple with cinnamon

## ◆ Gentle Proteins

- Soft-boiled or scrambled eggs
- Chicken (poached, shredded)
- White fish (steamed, grilled)
- Lentils or red lentil soup
- Silken tofu or tempeh
- Greek yogurt (unsweetened, if tolerated)

## ◆ Fats

- 1 tsp olive oil
- 1 tsp ghee
- 1 tbsp tahini
- A few crushed walnuts or pumpkin seeds

## Plan Your Own Meals

### Breakfast Example:

- Oats with stewed apple + tahini
- Rice porridge + mashed banana + ghee

### Lunch Example:

- Steamed carrots + white fish + white rice + olive oil
- Red lentil soup + zucchini + sourdough toast

### Dinner Example:

- Mashed pumpkin + sautéed spinach + poached egg + tahini
- Chicken broth + rice noodles + shredded chicken + green beans

### Now your turn:

#### Breakfast Idea I'll use:

→ \_\_\_\_\_

Lunch Idea I'll use:

→ \_\_\_\_\_

Dinner Idea I'll use:

→ \_\_\_\_\_

## 💧 Daily Gut-Soothing Fluids (Pick 2-4 per day)

You can rotate or repeat these:

- Warm water with lemon (morning)
- Chamomile or peppermint tea (after lunch)
- Fennel or cumin tea (afternoon)
- Bone broth or veggie broth (before dinner)
- Ginger + turmeric infusion (evening)
- Warm almond milk with cinnamon (optional treat)

→ Check or highlight them in the PDF, or just pick intuitively.

## 💡 Tips to Stay on Track

- Prep 2 meals in advance, always have something warm and ready
- Keep ingredients simple and repeat if needed
- Eat slowly, without screens
- Take 3-5 calm breaths before and after each meal
- If bloated or heavy after a meal, reduce portions and simplify ingredients



# Step 2: Use Your Digestive Energy Tracker

## 🧠 What's the goal?

To help you notice how your body responds to each meal, not with numbers, but with sensations.

This isn't about tracking perfectly.

It's about learning your body's patterns:

- What foods energize you?
- What meals make you feel heavy or foggy?
- When does digestion feel light, smooth, and clear?

This is your internal compass, not for control, but for awareness.

## ✓ How to Use the Tracker

After each main meal (breakfast, lunch, dinner), take 1 minute to reflect:  
Write down...

- What you ate (simply)
- How you felt 30–60 minutes later:
  - 💡 Energy — Low / Stable / Boosted
  - 🌫️ Clarity — Clear / Meh / Foggy
  - 🍽️ Digestion — Light / Full / Bloating

And finally:

- Any small insight or adjustment you want to make next time

## 📝 Example Entry

Lunch:

→ Red lentil soup + zucchini + sourdough toast

Energy: Stable

Clarity: Clear

Digestion: Slight bloat

Insight: Maybe less bread next time

## 👉 Now You — Fill In After Each Meal

Take 1–2 minutes after each meal to reconnect with your body's feedback.

Don't overthink it, just be honest, quick, and curious.

Use the space in your PDF to complete:

**Meal (what you ate — ingredients or full plate):**

→ Example: Steamed zucchini + white fish + rice + olive oil

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**Energy (30–60 min after eating):**

→ Did you feel tired, stable, or energized?

- Low / Sluggish
- Stable / Neutral
- Boosted / Focused

Circle one or write your own:

**Mental Clarity (1h after):**

→ How clear or foggy was your mind?

- Clear / Present
- Distracted / Scattered
- Foggy / Heavy

Add a quick note if needed:

**Digestion (physical sensation in your belly):**

→ How did your stomach feel?

Light / Smooth

Full but okay

Bloating / Tight

**Note what you noticed (gas, cramps, or nothing):**

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**One micro-adjustment for next time:**

→ Ex: "Try less oil" / "Chew more" / "Simplify ingredients"

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## Step 3 — Observe Your Natural Food Rhythm

During these 72 hours, your goal isn't to follow a perfect schedule, it's to notice your real patterns, and how your body responds to simplicity. Use this page to capture your discoveries day by day.

### 1. When do you feel real, physical hunger?

Not cravings. Not boredom.

Just that true, calm signal: "I'm ready for food."

Day 1: -----

Day 2: -----

Day 3: -----

→ Does a rhythm appear naturally? (ex: every 4h?)

### 2. When do you digest best?

After which meals do you feel light, stable, and energized, not bloated or sleepy?

Best-digested meal(s):

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Worst-digested meal(s):

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→ Any patterns? (Time of day, meal size, food type?)

### ⚡ 3. Where are your energy dips or peaks?

Be honest. What hours feel the most sluggish... and which feel focused?

Energy crash moments (hour):

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Natural energy peaks (hour):

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→ Did your food timing affect these?

What would you shift next time?

## Step 4 — Set Your Gentle Goals (72h Focus)

You don't need to overhaul everything.

You just need a few clear intentions, to keep you grounded, consistent, and focused on what matters.

Below, choose 1 small goal per category.

Make it simple. Make it doable. Make it yours.

### FOOD GOAL

What's one realistic change you can stick to during these 72h?

- Example: "No raw veggies after 4pm"
- Example: "Warm breakfast each day"
- Example: "Only eat seated and without screens"

My food goal:

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### HYDRATION GOAL

How will you support digestion with fluids?

- Example: "1 herbal tea after lunch each day"
- Example: "Start each morning with warm lemon water"
- Example: "No ice-cold drinks during meals"

My hydration goal:

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## NERVOUS SYSTEM GOAL

How will you help your body switch into “rest and digest” mode?

- Example: “1 minute of deep breathing before meals”
- Example: “No rushing during meals”
- Example: “Stretch or step outside after dinner”

My calm goal:

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## RHYTHM GOAL

What daily rhythm do you want to gently explore?

- Example: “Dinner before 8pm”
- Example: “Leave 12 hours between dinner and breakfast”
- Example: “Eat at the same 3 times each day”

My rhythm goal:

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These goals aren’t rules.

They’re invitations to stability.

Small actions, done consistently, send powerful metabolic signals.

## Step 5 — 72h Check-In & Reset Reflection

This is where things shift from doing to understanding.

You’ve completed 72 hours of nourishment, rhythm, and calm.

Now, let’s step back and ask:

What actually changed, inside and out?


This isn’t a test. It’s a conversation with your body.

Take 5 minutes. Be honest. No overthinking.

### What did you notice most clearly?

(Choose one or write your own)

- “My digestion felt smoother.”
- “I wasn’t bloated after meals.”
- “I actually felt more calm and grounded.”
- “I had fewer cravings than usual.”
- “My energy dipped less throughout the day.”
- Other:

 In your own words — how did your body feel compared to before?

→ \_\_\_\_\_

→ \_\_\_\_\_

 What do you want to keep from this phase — even just one thing?

(Ex: warm meals, herbal teas, less food mixing, breathing before eating...)

→ \_\_\_\_\_

→ \_\_\_\_\_

 What would you adjust or do differently next time?

(Ex: earlier dinner, more broth, more structure...)

→ \_\_\_\_\_

→ \_\_\_\_\_