




MY BESTOW LOVE YOUR GUT PLAN AT A GLANCE...

Day 1.

ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	CARROT APPLE SAUTÉ Pg 36		ROAST PUMPKIN & SWEET POTATO SOUP Pg 60		LOADED FRIES WITH CHICKEN & PESTO Pg 79
RISE & SHINE		TIME FOR TEA ETERNITEA Pg 193		LOVE YOUR GUT SMOOTHIE Pg 128	
MEETING THE MORNING & LEMON WATER Pg 191					

+ KOMBUCHA
100MLS

Day 2.

ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	CARROT APPLE SAUTÉ Pg 36		HEALING BOWL Pg 55		SALMON STUFFED SWEET POTATO Pg 98
RISE & SHINE		TIME FOR TEA LUMINOSITEA Pg 193		LOVE YOUR GUT SMOOTHIE Pg 128	
MEETING THE MORNING & LEMON WATER Pg 191					



+ KOMBUCHA
100MLS

Day 3.

ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	GUT HEALING BREKKIE Pg 38		HEALING BOWL Pg 51		ONE PAN CHICKEN & SAUERKRAUT Pg 86
RISE & SHINE		TIME FOR TEA BEAUTEA Pg 193		LOVE YOUR GUT SMOOTHIE Pg 128	
MEETING THE MORNING & LEMON WATER Pg 191					



+ KOMBUCHA
100MLS

Day 4.

ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	GUT HEALING BREKKIE Pg 38		HEALING BOWL Pg 53		ROAST PUMPKIN & SWEET POTATO SOUP Pg 60
RISE & SHINE Pg 191	RITUAL	TIME FOR TEA PURITEA Pg 193		LOVE YOUR GUT SMOOTHIE Pg 128	
MEETING THE MORNING & LEMON WATER	DRY BRUSHING & BATHING Pg 197				





+ KOMBUCHA
100MLS

Day 5.

ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	SWEET POTATO & BROCCOLI FRITTERS Pg 45		HEALING BOWL Pg 50		MIGHTY MEATBALL BROTH Pg 80
RISE & SHINE	RITUAL	TIME FOR TEA GENEROSITEA Pg 193		LOVE YOUR GUT SMOOTHIE Pg 128	RITUAL
MEETING THE MORNING & LEMON WATER	DRY BRUSHING Pg 197				BLESSINGS Pg 199
			+ KOMBUCHA 100MLS		

Day 6.

ON RISING RITUAL	BREAKFAST	MID AM RITUALS	LUNCH	MID PM RITUAL	DINNER
	CARROT APPLE SAUTÉ Pg 36		CHICKEN MEATBALL LETTUCE WRAPS Pg 63		ROAST VEG TRAY BAKE Pg 101
RISE & SHINE	RITUAL	TIME FOR TEA ETERNITEA Pg 193		LOVE YOUR GUT SMOOTHIE Pg 128	RITUAL
MEETING THE MORNING & LEMON WATER Pg 191	DRY BRUSHING Pg 197				BLESSINGS Pg 199
	BREATHING Pg 201				
			+ KOMBUCHA 100MLS		

Day 7.

ON RISING RITUAL	BREAKFAST	MID AM RITUALS	LUNCH	MID PM RITUAL	DINNER
	CARROT APPLE SAUTÉ Pg 36		HEALING BOWL Pg 52		LEMON HERB ROAST CHICKEN Pg 85
RISE & SHINE	RITUAL	TIME FOR TEA LUMINOSITEA Pg 193		LOVE YOUR GUT SMOOTHIE Pg 128	RITUALS
MEETING THE MORNING & LEMON WATER Pg 191	DRY BRUSHING Pg 197				BLESSINGS Pg 199
	BREATHING Pg 201				MEDITATION Pg 203
			+ KOMBUCHA 100MLS		

BESTOW RITUALS KEY



RISE & SHINE



BATHING/DRY BRUSHING



MEDITATION



TIME FOR TEA



BLESSINGS



HEALING SMOOTHIE



BREATHING