









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		ROAST PUMPKIN & SWEET POTATO SOUP		LOADED FRIES WITH CHICKEN & PESTO
RISE & SHINE		TIME FOR TEA ETERNITEA		LOVE YOUR GUT SMOOTHIE Pg 128	
MEETING THE MORNING & LEMON WATER					
		+ KOMBUCHA 100MLS			




Day 2.

ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	CARROT APPLE SAUTÉ		HEALING BOWL		SALMON STUFFED SWEET POTATO
RISE & SHINE		TIME FOR TEA LUMINOSITEA		LOVE YOUR GUT SMOOTHIE	
MEETING THE MORNING & LEMON WATER					
		+ KOMBUCHA 100MLS			



Day 3.

ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	GUT HEALING BREKKIE		HEALING BOWL		ONE PAN CHICKEN & SAUERKRAUT
RISE & SHINE		TIME FOR TEA BEAUTEA		LOVE YOUR GUT SMOOTHIE	
MEETING THE MORNING & LEMON WATER					
		+ KOMBUCHA 100MLS			



Day 4.

ON RISING RITUAL	BREAKFAST	MID AM RITUAL	LUNCH	MID PM RITUAL	DINNER
	GUT HEALING BREKKIE		HEALING BOWL		ROAST PUMPKIN & SWEET POTATO SOUP
RISE & SHINE	RITUAL	TIME FOR TEA PURITEA		LOVE YOUR GUT SMOOTHIE	
MEETING THE MORNING & LEMON WATER	DRY BRUSHING & BATHING				
		+ KOMBUCHA 100MLS			



Day 5.

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

Day 6.

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

Day 7.

ON RISING RITUAL	BREAKFAST	MID AM RITUALS	LUNCH	MID PM RITUAL	DINNER
	CARROT APPLE SAUTÉ		HEALING BOWL		LEMON HERB ROAST CHICKEN
RISE & SHINE	RITUAL	TIME FOR TEA LUMINOSITEA		LOVE YOUR GUT SMOOTHIE	RITUALS
MEETING THE MORNING & LEMON WATER	DRY BRUSHING				BLESSINGS
	BREATHING				MEDITATION
			+ KOMBUCHA 100MLS		

BESTOW RITUALS KEY



RISE & SHINE



BATHING/DRY BRUSHING



MEDITATION



TIME FOR TEA



BLESSINGS



HEALING SMOOTHIE



BREATHING