







MY BESTOW LOVE YOUR GUT PREP PLAN *at a glance...*

PREP DAY	TASK	REQUIRED	<input checked="" type="checkbox"/>
	Make Pumpkin Soup	Lunch day 1 Dinner day 4	
	Make Turmeric Cauliflower Rice	Dinner day 1 Lunch day 2	
	Make Carrot & Apple Saute	Breakfst day 1 Breakfast day 2	
	Make Chicken Bone Broth	Lunch day 1,4 Breakfast day 3 Breakfast day 4 Dinner day 3,4,5	
	Prepare frozen bananas (4) for smoothies		
	Make Coriander Pesto	Dinner day 1 Lunch day 2	

TIPS: Do your shopping in the morning so you have time for prep in the afternoon / Prep as much as you can to make your week easy / Prep your lunch for tomorrow.

DAY 1	TASK	REQUIRED	<input checked="" type="checkbox"/>
	Make Bestow Herb Dressing	Dinner day 2 Lunch day 3	



TIPS: Make your Bestow Love Your Gut Smoothie and take with you in sealed container / Prep your lunch for tomorrow.

DAY 2	TASK	REQUIRED	<input checked="" type="checkbox"/>
	Defrost 3 cups of Bone Broth Defrost 1 cup of cooked chicken	Breakfast day 3 Breakfast day 4 Dinner day 3	

TIPS: Make your Bestow Love Your Gut Smoothie and take with you in sealed container / Prep your lunch for tomorrow. Boil one sweet potato for brekkie.

DAY 3	TASK	REQUIRED	<input checked="" type="checkbox"/>
	Defrost Pumpkin Soup	Dinner day 4	

TIPS: Make your Bestow Love Your Gut Smoothie and take with you in sealed container / Prep your lunch for tomorrow.

DAY 4	TASK	REQUIRED	<input checked="" type="checkbox"/>
	Make Chicken Meatballs	Dinner day 5 Lunch day 6	
	Pre-cook root veges (boil or roast)	Dinner day 6	
	Make Carrot & Apple Saute	Breakfst day 6 Breakfast day 7	
	Make Coconut Dressing	Breakfast day 5 Lunch day 5	
	Make Sweet Potato & Broccoli Fritters	Breakfast day 5 Lunch day 5	
	Defrost 2 cups of Bone Broth	Dinner day 5	

TIPS: Make your Bestow Love Your Gut Smoothie and take with you in sealed container / Prep your lunch for tomorrow.

DAY 5	TASK	REQUIRED	<input checked="" type="checkbox"/>
	Make Beetroot Whip	Lunch day 6	
	Make Coriander Pesto	Dinner day 6 Lunch day 7	

TIPS: Make your Bestow Skin Essentials Smoothie and take with you in sealed container / Prep your lunch for tomorrow

DAY 6 & 7	TASK	REQUIRED	<input checked="" type="checkbox"/>
NO PREP REQUIRED :)			

TIPS: Make your Bestow Love Your Gut Smoothie and take with you in sealed container / Prep your lunch for tomorrow