

## 📅 30-Day Gut Transformation™

“Powered by daily Star Gut support, clean eating, movement, and consistency.”

Support digestion, gut balance, energy, lighter eating habits, and daily wellness with simple routines + daily Star Gut support.

### 📅 MORNING ROUTINE

📅 1 glass room temperature water

📅 Light stretching

📅 5–10 minute walk

✦ STAR GUT MORNING ROUTINE

✓ 2–4 oz Star Gut before breakfast OR 1 full 8 oz bottle as your morning gut routine

📅 Gut Support • ✨ Energy Support • 📅 Digestive Comfort • 📅 Gut-Brain Connection

📅 If Star Gut feels too potent or strong for you, simply mix it with a little water and adjust to your preference.

📅 Suggested maximum daily use: No more than 24 oz per day.

### 📅 BREAKFAST (Gut-Friendly)

OPTION 1: 📅 Eggs • 📅 Avocado • 📅 Sourdough toast • 📅 Berries • 🍵 Green tea or coffee

OPTION 2: 📅 Greek or coconut yogurt • 📅 Chia seeds • 📅 Banana • 📅 Honey drizzle

OPTION 3: 📅 Oatmeal • 📅 Almond butter • 📅 Blueberries • ✦ Cinnamon

### 📅 MORNING MOVEMENT

📅 Beginner: Fast walk • Incline treadmill • Mobility stretching

📅 Intermediate: Weight training • Pilates • Bike ride • Core workout

✨ Advanced: Gym workout • HIIT • Sports training

✦ STAR GUT PRE-WORKOUT: Take 2 oz before workouts to help support digestion before carbs/meals.

### 📅 LUNCH (Clean + Filling)

OPTION 1: 📅 Grilled chicken bowl • 📅 Rice or sweet potato • 📅 Cucumbers + greens • 📅 Olive oil + lemon

OPTION 2: 📅 Salmon • 📅 Quinoa • 📅 Roasted vegetables

OPTION 3: ☑ Turkey wrap • ☑ Hummus • ☑ Side salad

### ☑ DINNER (Light + Easy Digesting)

OPTION 1: ☑ Salmon or chicken • ☑ Steamed vegetables • ☑ Rice or potatoes

OPTION 2: ☑ Grass-fed burger bowl • ☑ Avocado • ☑ Roasted vegetables

OPTION 3: ☑ Soup + protein • ☑ Sourdough toast • ☑ Side salad

### ★REALISTIC BALANCE & ENJOYMENT

☑ Enjoy a small treat 1–2 times per week in moderation.

Better Treat Options: Gluten-free cookies • Dark chocolate • Coconut-based desserts • Fruit + dark chocolate • Healthier low-sugar snacks • Protein snacks

Consistency > perfection.

### ★SIMPLE GUT TRANSFORMATION RULES

✓ Drink more water

✓ Eat slower

✓ Prioritize protein + whole foods

✓ Sleep 7–8 hours

✓ Daily movement

✗ Reduce excess sugar, fried foods, alcohol overload, and ultra-processed snacks

### ✦SAMPLE STAR GUT SCHEDULE

☑ Morning — 2–4 oz or 8 oz bottle

☑ Before Workout — Optional 2 oz

☑ Before Lunch — 2 oz

☑ Before Dinner — 2 oz

☑ As Needed — At first signs of reflux/discomfort

☑ Suggested maximum daily use: 24 oz per day.

### ★WHAT PEOPLE OFTEN NOTICE

Week 1–2: Less bloating • Better digestion • Feeling lighter

Week 3–4: More consistency • Better wellness habits • Better energy balance

★ “Consistency is where the real gut transformation happens.”

☑☑ Made in USA ✓ Glass Bottled ☑ Vegan ✦ Only 1g Sugar ☑ Dairy Free ☑ Kosher