

30-day Gut Healing Program

BEGINNER

SMOOTHIE 1



Recipe:

- 1/2 can coconut milk
- 1 scoop ML Protein
- 1/4 c frozen organic blueberries

SMOOTHIE 2



Recipe:

- 1/2 can coconut milk
- 1 scoop ML Protein
- 1/4 c frozen organic raspberries

SMOOTHIE 3



Recipe:

- 1/2 can coconut milk
- 1 scoop ML Protein
- 1/4 c frozen organic blackberries

SMOOTHIE 4



Recipe:

- 1/2 can coconut milk
- 1 scoop ML Protein
- 1/4 c frozen organic strawberries

DAILY MEAL ROUTINE FOR 30 DAYS

Breakfast = Pick a smoothie

Lunch = Advanced Plan Meal*

Dinner = Advanced Plan Meal*

*Refer to the **Maximized Living Nutrition Plans** book or visit MaximizedLiving.com/recipes

DAILY SUPPLEMENT ROUTINE FOR 30 DAYS

- **Cell Detox: 2** in AM before first meal
- **Body Detox: 2** in PM before sleeping
- **MaxGi: 15 min** before lunch & dinner
- **VitaminD3 + Probiotics: 1** with lunch
- **Protein: See** smoothie recipes
- **Maximized Living Nutrition Plans Book**

