

# Phase One – Gut Health

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Midday	Midday	Midday	Midday	Midday	Midday	Midday
Evening	Evening	Evening	Evening	Evening	Evening	Evening
Activity	Activity	Activity	Activity	Activity	Activity	Activity

Notes:

# Phase Two – Healthy ketosis

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Midday	Midday	Midday	Midday	Midday	Midday	Midday
Evening	Evening	Evening	Evening	Evening	Evening	Evening
Activity	Activity	Activity	Activity	Activity	Activity	Activity

Notes:

## Phase Three – Portion fit

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Midday	Midday	Midday	Midday	Midday	Midday	Midday
Evening	Evening	Evening	Evening	Evening	Evening	Evening
Activity	Activity	Activity	Activity	Activity	Activity	Activity

Notes: