



**Cheers to your gut health
— one cup at a time**

A 7-Day Gut Reset Challenge





Monday

Morning- Ginger Tea

After Lunch- CCF Tea

Evening- Mint Tea



Tuesday

Morning- Mint Tea

Afternoon- Ajwain Tea

Evening- Licorice Tea



Wednesday

Morning- Ginger Tea

Afternoon-CCF Tea

Evening- Fennel Tea



Thursday

Morning- CCF Tea

Afternoon-Ajwain Tea

Evening- Mint Tea



Friday

Morning- Mint Tea

Afternoon-CCF Tea

Evening- Licorice Tea



Saturday

Morning- Ginger Tea

Afternoon-Ajwain Tea

Evening- Mint Tea



Sunday

Morning- Your Choice

Afternoon-Ajwain Tea

Evening- Fennel Tea