



**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

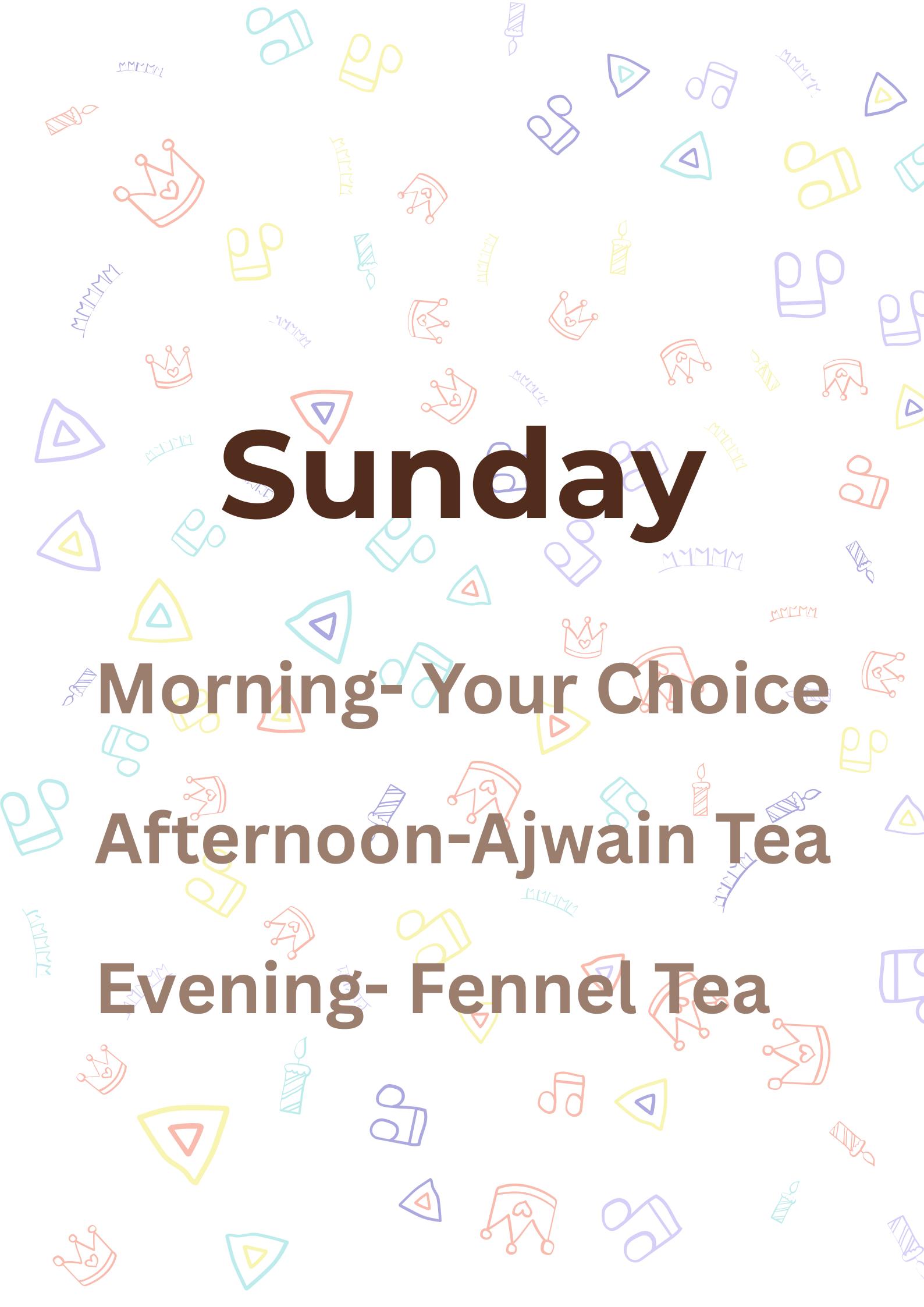
Evening- Licorice Tea

Saturday

Morning- Ginger Tea

Afternoon- Ajwain Tea

Evening- Mint Tea



Sunday

Morning- Your Choice

Afternoon- Ajwain Tea

Evening- Fennel Tea