

GUT-BRAIN 21-DAY RESET

WORKBOOK



 DONNA MARIE

THE BLUEPRINT

**STEP 1
REMOVE**

**STEP 2
REPLACE**

**STEP 3
REINOCULATE**

**STEP 4
REPAIR**

**STEP 5
REBALANCE**

**STEP 6
REGULATE**



REMOVE

Problematic Foods

- Gluten (wheat)
- Casein (Dairy)
- High Fructose Corn Syrup
- Refined Sugar
- Processed Foods
- Inflammatory Oils
- Eggs
- Soy (unless fermented)
- Alcohol
- Non-organic Foods





FOODS TO REMOVE

Gluten

Wheat, barley, rye, spelt, kamut, durum, semolina, triticale

High Fructose Corn Syrup

Sodas, bottled juices, and in many processed foods...

CHECK THE LABEL.

Dairy (especially cow's milk) and Eggs

Instead use nut milk or other plant based milk. You can make your own almond or cashew milk.

Refined Sugar

So many foods... CHECK THE LABEL FOR CANE SUGAR, ETC.

Processed Foods

Snacks, desserts, etc. Foods in a box, can, bag, etc.

Inflammatory Oils

Sunflower, Safflower, and Canola oils are highly inflammatory when consumed.

Non-Organic Foods

Pesticides, herbicides, and other chemicals can cause inflammation.

Soy

Check ingredients... Soy sauce, tamari, edamame, etc.

HIDDEN SOURCES OF GLUTEN

Adjusting to a gluten-free lifestyle can be challenging and even overwhelming. You may find that what was gluten-free today may not be gluten-free tomorrow – mainly because manufacturers can change their recipes, suppliers, or production methods. To make matters even more difficult, you'll begin to realize that gluten is 'hidden' in foods. Thankfully, congress now requires companies to list all ingredients that have previously been disguised, such as 'vegetable protein' or 'food starch'.

HIDDEN SOURCES OF GLUTEN INCLUDE:

Medications	Sauces / Sauce packets
Supplements	Gravy (packaged and bottled)
Oats	Salad dressing
Most processed food unless it says gluten-free	Soy sauce
Grains like rye, barley	Teriyaki sauce
Spices and extracts for cooking	Beer
Packaged pre-made foods (like sandwiches, seasoned tofu etc)	Ale
Barbeque sauce	Packaged lunch meat
Breaded fish, chicken, shrimp, scallops, mushrooms, etc.	Candy bars
Bread (rolls, muffins, etc.)	Farina
Canned Soups	5/7/9-Grain cereal
Dried Soups	Flours
Cereals	Ice cream cones
Cookies	Ice cream that contains cookie dough or candies
Cakes	Imitation bacon bits
Couscous	Imitation crab meat
Crackers	Malt vinegar
Flavored potato chips	Grain-sweetened chocolate
Frozen foods	Marinades (check for soy sauce)
Pasta (all wheat based, semolina, durum)	Pretzels
Pie	Sausages
Rice mixes	Seitan
	Soba noodles (unless 100% buckwheat)
	Stuffing

...

REPLACE

Foods with key digestive factors.

- Fiber
- Foods Rich in Nutrients
- Water
- Digestive Enzymes





FIBER

SOLUBLE FIBER FOODS

- Psyllium husk
- Flaxseeds
- Passion fruit
- Whole grains
- Lentils and other legumes
- Beans
- Tempeh (fermented soy)
- Avocado
- Cruciferous veggies
- Sweet potato
- Asparagus
- Turnips
- Dried figs, prunes, apricots and dates
- Oranges and nectarines
- Pears
- Apples
- Peaches
- Carrots
- Corn
- Macadamia nuts

INSOLUBLE FIBER FOODS

- Beans, lentils and legumes
- Berries
- Whole grains
- Turnips
- Green peas
- Okra
- Spinach
- Radishes
- Rutabaga
- Coconut
- Apples with skin
- Pears with skin
- Flaxseeds
- Avocado
- Sunflower seeds
- Potatoes and sweet potatoes
- Dried apricots, prunes, raisins, dates and figs
- Almonds AND Walnuts
- Passionfruit



NUTRIENT DENSE FOODS

Fermented Foods

Yogurt (non-dairy and no sugar), pickled fruits and vegetables, kimchi, sauerkraut.

Lots of Veggies, Herbs, and Spices

Non-starchy, starchy, leafy greens. (See Food Combining Guide for list.)

Whole Foods

Leafy greens and lettuce, collards, spinach, broccoli, kale, chard, cabbage, onions, mushrooms, cauliflower, brussels sprouts, artichoke, alfalfa, sprouts, green beans, celery, bok choy, radishes, watercress, turnip, asparagus, garlic, leek, fennel, shallots, scallions, ginger, jicama, parsley, water chestnuts, lentils, chickpeas, and other beans/legumes.

Low-sugar Fruit

Avocado, blueberries, bell peppers, cucumber, tomato, zucchini, squash, pumpkin, eggplant, lemons, limes.

Healthy Fat

Extra-virgin, olive oil, sesame, oil, coconut oil, homemade almond milk, avocados, coconuts, olives, walnuts, other nuts, flaxseed, sunflower, seeds, pumpkin seeds, sesame seeds, chia seeds.

Non-gluten grains

Oats, buckwheat, amaranth, millet, quinoa, rice (brown, wild, white), sorghum, teff.

FOOD COMBINING GUIDE



GOOD COMBOS

FRUIT + PROTEIN FATS
 FRUIT + LEAFY GREENS
 PROTEIN + NON-STARCHY VEG
 PROTEIN FATS + NON STARCHY VEG
 STARCHY VEG + NON-STARCHY VEG
 VEGETABLES (ANY) + GRAINS
 LEAFY GREENS + ANYTHING
 STARS + ANYTHING



BAD COMBOS

FRUIT + PROTEIN
 FRUIT + GRAINS
 FRUIT + STARCHY VEG
 FRUIT + NON-STARCHY VEG
 PROTEIN + STARCHY VEG
 PROTEIN FATS + STARCHY VEG
 SUGAR + ANYTHING

PROTEIN

- beef
- chicken
- eggs
- fish
- lamb
- turkey

PROTEIN FATS

- nuts (+ butters & flours)
- seeds (+ butters & flours)
- avocado
- coconut
- olives
- yogurt (almond or coconut)

GRAINS

- amaranth
- buckwheat
- millet
- quinoa
- sorghum

FRUIT

- blackberries
- blueberries
- cranberries
- grapefruit
- raspberries
- strawberries

NON-STARCHY VEG

- artichokes
- asparagus
- bamboo shoots
- bell peppers
- broccoli
- brussels sprouts
- cabbages
- carrots
- cauliflower
- celeriac
- celery
- eggplant
- fennel
- hearts of palm
- leeks
- jicama
- mushrooms
- okra
- onions
- radishes
- sea vegetables
- shallots
- sprouts
- water chestnuts

STARCHY VEG

- butternut squash
- pumpkin
- sweet potatoes
- potatoes (red-skinned)

LEAFY GREENS

- arugula
- beet greens
- bok choy
- chard
- collard greens
- dandelion greens
- endive
- kale
- lettuces
- mustard greens
- radish greens
- spinach
- turnip greens

STARS

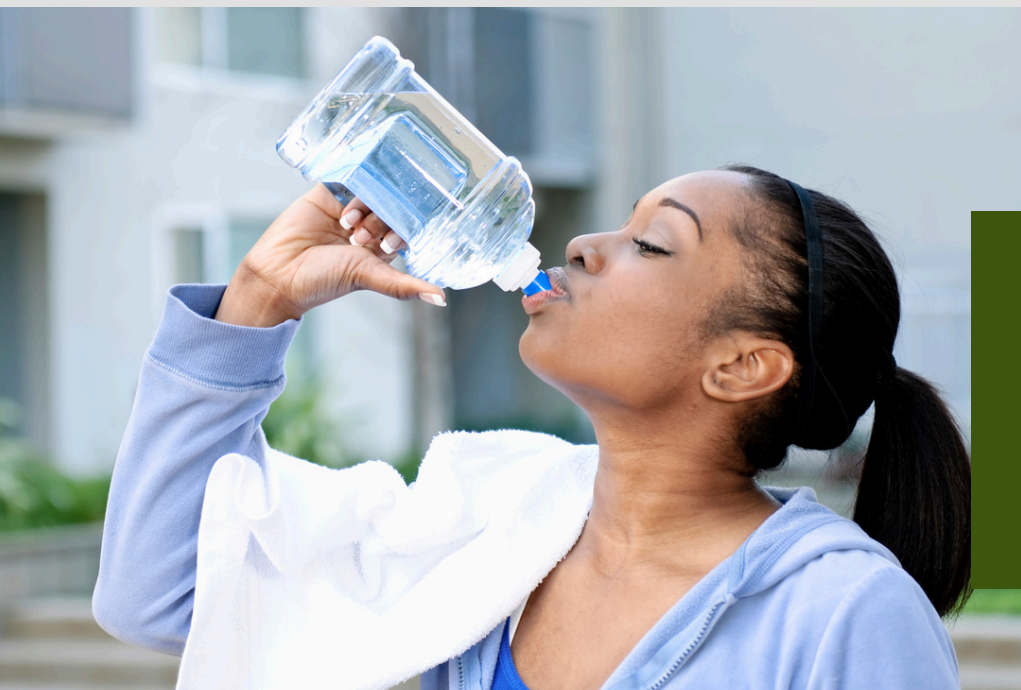
- algae (spirulina, chlorella)
- avocado
- bell peppers
- herbs
- spices
- cucumber
- lemon
- leafy greens
- lettuces
- lime
- salt
- summer squashes
- tomato
- wheatgrass
- zucchini

This chart and information was adopted from Tess Masters's Skinny60 Kickstart program.

PROTEIN BOOSTERS

PLANT PROTEIN			SERVING	PROTEIN	PLANT PROTEIN			SERVING	PROTEIN
HEMP SEEDS			1.5 TBSP	5G	TAHINI			2 TBSP	(5.1G)
			2/3 CUP COOKED	5G				1/4 CUP	5G
			3 TBSP	(5.7G)				3 TBSP	(5.7G)
ALMOND BUTTER			1.5 TBSP	5G	ANIMAL PROTEIN			SERVING	PROTEIN
CHIA SEEDS			2.5 TBSP	(5.5G)	FRESH SALMON			1.5 OZ	10G
NUTRITIONAL YEAST			2.5 TBSP	5G		<p>Know Your Numbers, Get Your Better Protein Range</p> <p>There is no one perfect number when it comes to health, nutrition, and likewise, your daily protein intake, but there is a better protein range and getting it is about to get really easy for you. Let's do some math!</p> <p>YOUR CURRENT WEIGHT (in lbs.) X .36 = YOUR STARTING PROTEIN NUMBER (in grams)</p> <p>For example, if your weight is 150lbs your starting protein number is 54 grams.</p>			
PINE NUTS			1/4 CUP	(4.6G)					
PUMPKIN SEEDS			2 TBSP	(4.9G)					
SESAME SEEDS			3 TBSP	(4.8G)					
SUNFLOWER SEEDS			3 TBSP	5G					

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WATER

How much?

- The optimal amount of daily water intake is half your body weight in ounces.
- If you weigh 160 pounds, then your target is 80 ounces per day.
- Make it easy by drinking 4, 20-ounce glass bottles of water.

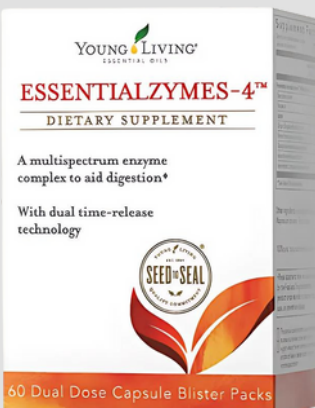




DIGESTIVE ENZYMES

Carbohydrates, proteins, and fats need enzymes.

- Raw foods are an excellent source of digestive enzymes.
- Heat, and therefore cooking, immediately destroys the enzymes.
- Supplementation with digestive enzymes are highly recommended.



REINOCULATE

Internal Military Recruiting...

- Fermented Foods
- Probiotics
- Prebiotics
- Post-Biotics



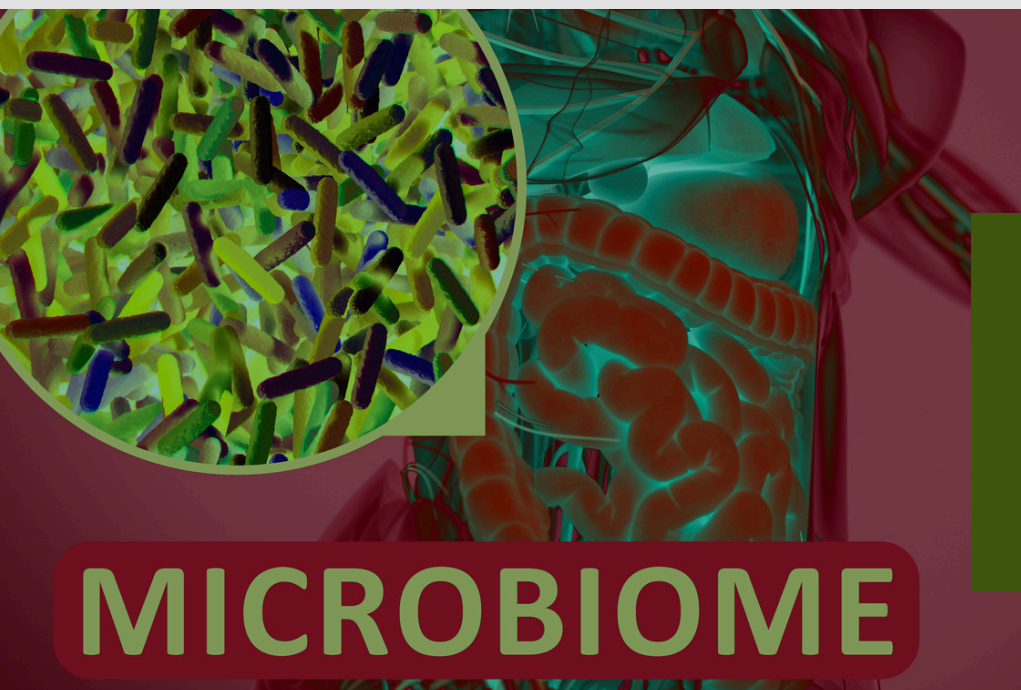


PROBIOTICS

Our ideal ratio is 85% good bacteria to 15% bad bacteria.

- The way we reinoculate is with probiotics found in fermented foods and probiotic supplements.
- Pro = good. Biotics = life.
- The resulting benefits include:
 - Strengthening the immune system
 - Reducing chronic inflammation
 - Healing gut hyper-permeability and more!
- Prebiotics are the food for our good bacteria also found in fermented foods and prebiotic supplements.
- Post-biotics are the substances that are produced by the probiotics to strengthen our microbiome.





THE SECRET BEHIND WEIGHT

The Influence of Probiotics on the Firmicutes/Bacteroidetes Ratio in the Treatment of Obesity and Inflammatory Bowel disease

[Spase Stojanov](#),^{1,2} [Aleš Berlec](#),^{1,2} and [Borut Štrukelj](#)^{1,2,*}

Increased or decreased F/B ratios are associated with the development of obesity or IBD, respectively. The most frequently used probiotics in treating gut dysbiosis are bacteria from the genera *Lactobacillus* and *Bifidobacterium* as well as the yeast *S. boulardii*. Restoring the F/B ratio with the proper probiotics can reduce weight gain or suppress the immune system. Probiotics that reduce

weight and decrease the F/B ratio are *L. rhamnosus*, *L. sakei*, *L. paracasei*, *L. salivarius*, *B. amyloliquefaciens*, and *S. boulardii*. Additionally, increasing the F/B ratio with probiotics is associated with immunosuppression and protective effects in the intestine. The most effective probiotics with these properties are *L. reuteri*, *L. plantarum*, *L. fermentum*, *L. casei* variety *rhamnosus* (Lcr 35), *L. acidophilus*, *B. lactis*, *B. bifidum*, and VSL#3.

A NOTE ABOUT KIMCHI



- Kimchi stands out compared to other fermented foods like sauerkraut because it contains a more diverse range of ingredients, such as napa cabbage, radishes, garlic, ginger, and chili peppers. This diversity introduces a broader variety of beneficial microbes and nutrients, which can have a stronger effect on the gut microbiome.
- The fermentation process in kimchi also generates different strains of probiotics, particularly *Lactobacillus* species, which can be especially beneficial for gut health.
- Additionally, the inclusion of chili peppers and garlic in kimchi may offer added health benefits due to their anti-inflammatory and antimicrobial properties, further boosting the gut's defense system.
- The prebiotic fibers found in the vegetables used in kimchi also help feed beneficial gut bacteria, enhancing overall digestion and gut-brain communication.

REPAIR

No bandaids...

- Chew food well
- Antioxidant Rich Foods
- Avoid eating when anxious or rushed
- Avoid antibiotics and antacids
- Avoid sugar, gluten, dairy
- Incorporate fresh ground flax.
- Incorporate aloe or slippery elm bark



Top Antioxidant foods

- | | | |
|---------------------------|--------------------------|-----------------------|
| 1. small red beans | 8. blackberries | 15. sweet cherries |
| 2. wild blueberries | 9. prunes | 16. black plums |
| 3. red kidney beans | 10. raspberries | 17. russet potatoes |
| 4. pinto beans | 11. strawberries | 18. black beans |
| 5. cultivated blueberries | 12. red delicious apples | 19. plums |
| 6. cranberries | 13. Granny Smith apples | 20. gala apples |
| 7. artichokes | 14. pecans | 21. dark leafy greens |

REBALANCE

It's your lifestyle...

- Sleep – 7-9 hours per night
- Exercise / Movement – 20 minutes per day is optimal. However, one minute is better than zero minutes.
- Sunshine – 15-20 minutes per day
- Stress management

DIGESTIVE STRESS

- Chewing food well
- Sufficient hydration
- Avoid food sensitivities
- Foods to avoid that disrupt
- Limit fat & inflammatory oils

SUPPORT YOUR VAGUS NERVE

- Avoid Antibiotics
- Avoid Food Sensitivities
- Deep Breathing
- Vocalization
- Cold
- Visualization
- Positivity

EMOTIONAL / MENTAL STRESS

- Prayer
- Meditation
- Gratitude Journal
- Joy
- Visualization
- Aromatherapy
- Positive Speak



REGULATE

How am I doing?

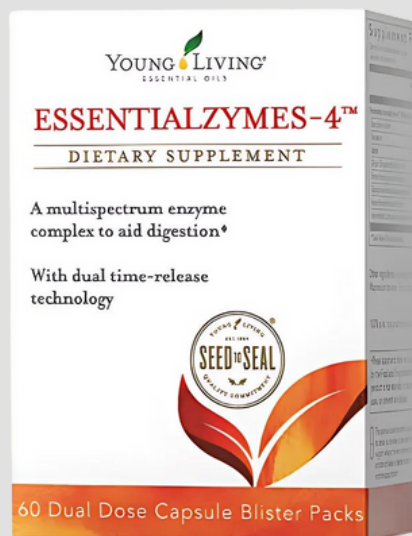
- Track
- Assess
- Repeat

To regulate, we
assess what's
working, shift
accordingly,
track progress and
repeat



- Probiotic
- Prebiotic
- Digestive Enzyme
- Multi-Nutrient Supplement
- Magnesium
- Zinc
- Vitamin C
- Vitamin B-Complex
- Omega-3 Fatty Acids
- Peppermint Essential Oil
- DiGize Essential Oil Blend

RECOMMENDED SUPPLEMENTS





Plan Ahead

When selecting a destination or before you leave home, check out the restaurants in the area and locate the nearest Whole Foods. Make sure you have Amazon Prime to get healthy foods and clean water delivered to your hotel room.



Download Door Dash

Use Door Dash app not only to select plant-based and other healthy options, but also to locate healthy restaurants for when eating out. You can also order from a variety of places if you eat in your hotel room.



Take your oils, diffuser, and supplements.

Never leave home without these items. They are your lifeline.



Resist the urge to eat in bed.

When traveling it is so easy to just eat in bed or right before bed. This causes a tremendous burden on your digestive system. Eat at least 2-3 hours before bedtime and do some walking if possible.

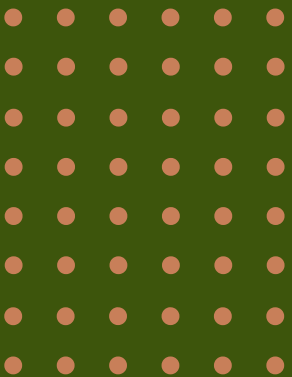
**"THE
GREATEST
WEALTH IS
HEALTH."**





YOU CAN DO THIS!

You must do this... for your
future self.



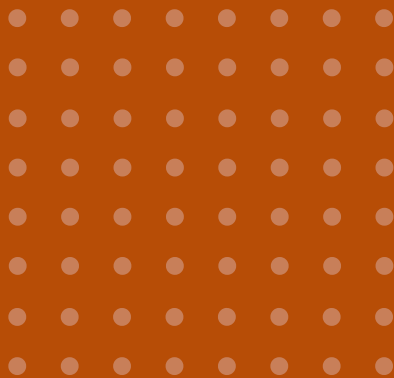
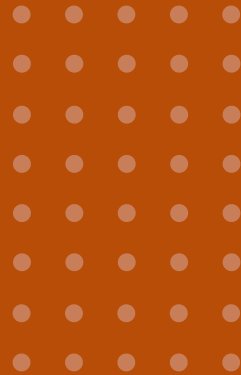
21-DAY RESET

- THE BLUEPRINT
- THE HEALING JOURNAL
- THE RECIPES
- FEED MY MICROBIOME E-BOOK

IS THIS FEASIBLE FOR ME?

Can I afford not to do this?

- What about a meal plan?
- How do I put this all together?
- What if I have questions?
- What if I fall off the band wagon?
- What if I need help with the recipes?
- I need accountability.
- I need to do this others.



MEET YOUR GUIDE

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