GRP

GUT REBALANCING PROTOCOL

DAILY ACTION SHEET… ORAL AND SKIN MICROBIOME

INSTRUCTIONS…

🌼 We highly recommend to do each ACTIVITY in the ORDER listed.
💡 Every day, open your mobile phone 📲 calendar and create a NEW event that is your dedicated "GRP ME" time... scheduling in time for YOU 💗
❓ Got a question? Post in the LIVE Q&A broadcast post or GRP Zoom Roundtable.
🎉 Share your progress and successes in the GRP Hub with Food and Lifestyle photos or videos.

DAY	TIME REQ.	ACTIVITY and corresponding MATERIALS (bolded)
Daily	15-mins	Listen to, or watch, your daily **Coaching session** in the **GRP Hub**. Keep yourself accountable… respond to the question in each day's coaching video!
Sun	45-mins	Read your **Oral and Skin Microbiome Handbook** and peruse your **Biome Friendly Skin, Oral and Home Care Recipe e-book.**
Wed	20-mins	Read and respond to the **Your Microbiome** post in the **GRP Hub**.
Friday	10-mins	Read and respond to the **FRI-YAY** post in the **GRP Hub**.

WEEKEND PREPARATION – POST GRP…

Attend the 90-minute Zoom workshop for 'moving forward' Post GRP which will cover Food and Lifestyle Strategies and options to subscribe.

In the meantime, for next week…

- Choose ANY week's **Food Prescription** write in 'the day you'll eat' each of the 5 dinners listed and choose your two extra dinner meals and how long (mins) they take to make.
- Use the corresponding **Shopping list** and check the corresponding **Ingredients A-Z** list *before* you go shopping. Head off shopping.
- Put some music on and enjoy doing your **Weekend Essential Preparation.**