

The logo features a stylized apple with a single leaf, rendered in a light grey color. It is positioned to the left of the main title text.

THE 4 WEEK GUT PROTOCOL™

IT'S TIME TO FEEL GREAT AGAIN

PROGRAM GUIDE

THE 4 WEEK GUT PROTOCOL™

THE NEXT 4 WEEKS CAN CHANGE YOUR LIFE

Welcome to The 4 Week Gut Protocol! I'm so excited to share with you everything I've learned about conquering my own gut health issues. Throughout this program I'll guide you through a self-discovery of possible food sensitivities, help you choose foods that help support a healthy gut, consume more alkaline foods, and help rebalance the gut microbiome. During my journey to wellness, I discovered how the foods you eat can impact your digestive tract, immune system, energy levels, and even your mood. Why is this important? Everything in our bodies is connected and your gut health is connected to your overall health. Gut health is wealth.

I made the Gut Protocol easy to follow to give you the best chance possible to help you get the dramatic long-term results you're looking for. So, let's dig in and get started right away to help support your gut and overall health.

Autumn Calabrese
Autumn Calabrese



BEFORE YOU START

- Watch the program videos
- Review the calorie calculator PDF in the program resources section on Beachbody On Demand® to find your custom container plan
- Review the food lists and plan your shopping
- Learn and understand the 4 R's
- Get texts from Autumn to stay accountable and on-track during your program! On your start day, click this [link](#) or scan the QR code to sign up.*



*Text sent via automated tech. Consent not required to start.

THE SECRET TO SUCCESS FOR THE NEXT 4 WEEKS

- Aim to include at least 30 different plants in your diet each week
- Limit coffee to no more than three 8-oz. cups a week. You can still have 1 serving of Beachbody Performance Energize® each day as well as 1 cup of caffeinated tea, but do not exceed more than a total of 200 mg of caffeine a day.
- Limit red meat to no more than once a week
- Add 1 serving of fermented foods at least three times a week
- Drink half your body weight in ounces of water a day—for example, if you weigh 160 pounds, drink 80 fl. oz. of water every day
- Pair The 4 Week Gut Protocol with the 4 Weeks for Every Body™ fitness program (Beachbody On Demand membership required)
- Work on managing your stress with the tips Autumn has provided in the week 2 focus video as well as with any other techniques that help you





WHAT ARE THE 4 R's?

Getting your gut health and body back in balance takes more than simply identifying and sidelining foods that might cause you sensitivities. It's important that you add in foods and nutrients that are key to helping support your gut health, and amplify your efforts with moderate exercise and the recommended powerful supplements.

Remove some of the most common foods that cause sensitivities

Replace with natural and organic whole foods, when possible

Replenish your microbiome with the help of food and the Beachbody supplements that contain prebiotics, probiotics, and digestive enzymes to support balance

Rebalance your mind-body connection with strategies that help manage stress and by following an exercise program designed to help support your gut health



WHAT TO REMOVE

Starting day 1, you'll remove these items from your diet and avoid them for 4 weeks. You'll add them back in at the end of the Gut Protocol.

- **Alcohol** • **artificial sweeteners** • **corn** • **dairy**
- **Gluten**, including all gluten-containing products
- **Processed soy**, including soy milk, processed vegan meats, and soybean oil

NOTE: Be careful about popular products labeled gluten-free, like crackers, cakes, breads, and so on. These highly processed items are typically made with tapioca and potato starch, and are often low in fiber, have a high glycemic index, and can cause a quick spike in blood sugar.

POSSIBLE ADDITIONAL FOODS TO REMOVE

Eggs are nutrient-dense, but can cause some people sensitivity. Pay attention to how you feel after eating them, and consider limiting or removing them for the next 4 weeks.

Nuts & legumes contain fiber and other beneficial nutrients, but can also cause sensitivity. If you decide to keep them in your diet, consider soaking before consuming to help with digestion.

WHAT TO REDUCE

Added sugars should be limited to no more than 10 g a day. You'll need to keep track of this. Read nutrition labels on food packaging. Want something sweet? Choose less processed sugars like pure maple syrup and honey. A ½ tsp. of pure organic maple syrup is equal to 2 g of sugar. A ½ tsp. of honey is equal to 3 g of sugar.

Caffeine is allowed, but coffee should be limited to no more than three 8-oz. cups a week. You can use 1-2 Tbsp. unsweetened nondairy milk alternative (coconut, almond, oat, etc., NO SOY).

Red meat can be included, but in moderation. Cut back to once a week, or remove completely for the next 4 weeks.



WHAT TO ADD

After you remove the foods that are possibly causing sensitivities you'll want to add in the foods and supplements that will help nourish your body and support a healthier gut.

Naturally fermented foods may help support your gut microbiome. Fermented foods are preserved using an age-old process that not only boosts the food's shelf life and nutritional value but can give your body a dose of healthy probiotics, which are live micro-organisms crucial to helping support healthy digestion. Autumn recommends adding in 1 serving of fermented foods at least 3 times a week. You'll find most of them in the Free Foods list.

Plants are important to your microbiome, and one of the biggest determinants of gut health. Variety and quantity are key every day, every week. Your goal is to include 30 different plants a week in your diet.



SHAKEOLOGY & SUPPLEMENTS BOOST THE GUT PROTOCOL



Vegan Shakeology® is more than a game-changer. This nutrient-dense daily dose of delicious superfood nutrition is all about feeding your body what it truly needs, while supporting healthy digestion and weight loss.* Keep in mind that Shakeology contains fiber, which can sometimes cause gas or bloating for some people. If you notice an increase in these issues, you can enjoy a half-serving of Shakeology instead. If that still doesn't work, you can stop drinking it while doing the program.

Optimize helps support a functional digestive tract, and contains a blend of digestive enzymes and camu-camu to help support nutrient absorption and bioavailability.*

Revitalize is a prebiotic and probiotic blend that can help support beneficial flora in the gastrointestinal tract.* Probiotics help the body maintain the right environment for healthy intestinal flora. Prebiotics are specific nutrients that feed friendly bacteria in the digestive tract, making them either grow or become more active.

As far as additional supplements, **Beachbody Performance Energize** is allowed on the program. Just make sure to track it, as well as Shakeology, as part of your allowed 10 g of added sugar per day.

For information on usage please refer to video 3 of the 4 Week Gut Protocol program on Beachbody On Demand.

PAIR THE GUT PROTOCOL WITH 4 WEEKS FOR EVERY BODY

Moving your body helps your body. Regular exercise can help reduce stress over time, and can also enhance the number of beneficial microbial species and enrich microflora diversity, improving overall health. Exercise also promotes gut motility, which means regular movement of the gastrointestinal tract. This helps with regular bowel movements and eliminating waste.

That's why Autumn created 4 Weeks for Every Body, a no-impact fitness program that takes the stress off your joints. Workouts are 30 minutes or less, 4 days a week, and include a modifier, making it easy to maintain consistency while you build overall strength and mobility. Using just dumbbells and the Core Ball, 4 Weeks for Every Body is designed to work for every fitness level. It's simple enough with modifications for beginners, and challenging enough without them for even advanced users to feel the burn, without causing an abundance of stress on the body.



All products, flavors, and configurations may not be available in your market.

Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.