# Mind Body Fit

## 30-Day Gluten Reset

### Heal Your Gut, Support Your Brain, and Restore Energy

## How to Use This Checklist:

- Follow one step at a time — consistency matters more than perfection.
- Track energy, digestion, sleep, and mood each day.
- Reintroduce gluten at the end of 30 days if desired.

## Week 0 – Prep Your Kitchen & Mindset

☐ Remove obvious gluten: bread, pasta, baked goods, cereals

☐ Check labels for hidden gluten: malt, sauces, soups

☐ Stock up on:

  ☐ Proteins: eggs, chicken, fish, beef

  ☐ Veggies: leafy greens, cruciferous vegetables

  ☐ Carbs: sweet potatoes, quinoa, rice

  ☐ Healthy fats: olive oil, avocado, nuts, ghee

☐ Choose your tracking method: journal, spreadsheet, habit tracker app

## Weeks 1–4 – The Reset

Daily Habits:

☐ No gluten (double-check hidden sources)

☐ Eat 3–5 balanced meals per day

☐ Include fermented foods or probiotic daily

☐ Hydrate adequately (water, herbal tea)

☐ Gentle movement: walk, mobility, light strength 3–5x/week

☐ Sleep 7–8 hours nightly

## Weekly Check-ins:

☐ Rate energy, digestion, sleep, mood (1–10 scale)

☐ Note any improvements or challenges

☐ Adjust meals/variety to stay sustainable

## After 30 Days – Reintroduction (Optional)

☐ Pick one gluten-containing food to try (the healthier, the better)

☐ Track reactions for 72 hours: digestion, skin, energy, mood

☐ Decide whether to include occasionally, eliminate completely, or replace with gluten-free alternatives

## Quick Tips

☐ Swap bread → leafy green wrap or sweet potato toast

☐ Swap pasta → zucchini noodles or quinoa

☐ Focus on whole foods; avoid "gluten-free junk"

☐ Small wins compound — consistency > perfection

# Celebrate Your Progress!

Share your results or book a Mind Body Fit coaching session to take your gut, brain, and energy to the next level.

Book Your Coaching Session

## Have questions before booking?

Fill out a contact form