GRP

GUT REBALANCING PROTOCOL

COUNTDOWN TO DAY-1…

INSTRUCTIONS…

🌼 FIRST… read 'Your Guide to the GRP' handbook, then every day, choose 1-2 activities (below) and complete. This ensures you're READY to GO on Day-1 (Monday 9 October)
💡 Every day, open your mobile phone 📲 calendar & create a NEW event that is your "GRP ME" time. Scheduling in time for your GRP activities, is scheduling in time for YOU 💗
❓ Got a question? Get into your GRP HUB and ask other GRP'ers or post your question(s) in the LIVE Q&A broadcast post (pinned to top). They will be answered in the LIVE Q&A.
⚠️ Each week's MODULE (in your Member Hub)are released on the Saturday before the Monday start. MODULE ONE (Wk-1) will be released Saturday 7 October.

GRP MATERIALS	TIME REQ.	ACTIVITY
Your Guide to the GRP Handbook	45-mins	Read **Your Guide to the GRP handbook**, slowly, a couple of times. This has all the information on how the GRP works – it's your bible!!
None	10-mins	Sign up for you (free) **YIN YOGA sessions** (to start on Day-1) either by… • Going to Kassandra's website HERE [select 'open hyperlink'] – you will then receive a daily email daily with the link to do your Yin Yoga. Or • Go direct to the VIDEO series here on YouTube and subscribe to Kassandra's channel.
GRP Recipe e-book	30-mins	1. Peruse ALL the recipes in your **GRP Recipe e-book** – Do NOT print. 2. Start practicing ANY recipe(s) that take your fancy – just go to the shop by just those ingredients, cook and eat.
Food Prescription Guidelines, Establishment Phase (Weeks 1-4)	30-mins	1. Open your Food Prescription Guidelines, Establishment Phase (Weeks 1-4) and read. 2. TIP: Print JUST the 'avoid' foods (pg-5) or take a photo with your mobile phone so you have access to it at all times,
Week 1 Food Prescription	30-mins	1. Open and PRINT your entire **Food Prescription (Meal plans) Weeks 1 to 8_GRP** (10-pages) 2. Write in 'the day you'll eat' each of the 5 dinners listed on your **Week 1 Food Prescription**. 3. Choose your two extra dinner meals, as per your **Food Prescription guidelines**, and write it onto your Food Prescription with the time it will take to make.
Week 1 Shopping List & Ingredients A-Z sheet	30-mins	Read your **Week 1 Shopping list** and corresponding **Ingredients A-Z** list *before* you go shopping (Day-1, Week-1, starts Monday 9th October). *Any questions on where to buy ingredients ask other GRP'ers in the GRP HUB or post a question in the LIVE Q&A broadcast post (in the GRP HUB).*
Week 1 Food Prescription	3.5 hrs (approx.)	Two to three days PRIOR to DAY-1 START DATE, complete your **Weekend Essential Preparation**. Instructions are on the top of your Week 1's Food Prescription (Meal plan).
Movement & Hydration Prescription	10-mins	1. Open and PRINT your **Movement and Hydration Prescription** (1-page). 2. Read the instructions and enter your 'Required Hydration Target' where specified. 3. Magnet to your fridge, or somewhere visible, to fill in daily. 4. In the lead up to Day-1, start practicing!
GRP HUB	10-mins	1. Once you're in the GRP HUB (FB) group go to the FEATURED tab and read the WELCOME POST. 2. Create a NEW post with a self-introduction, following the instructions therein. Don't be shy!!