



HOLISTIC BETTER YOU



30-Day Body Reset Plan

Go Pack Guide & Daily Journal



30 days. Five natural supports.

One clear starting point.



A calm daily rhythm for hydration, digestion,
gut balance and emotional wellbeing support.

Food supplement guide. Not a medicine.

Always follow the product label and consult a qualified professional if needed.

with Dace Laua



HOLISTIC NUTRITIONIST & BIORESONANCE THERAPIST

holisticbetteryou.com

Welcome to your 30-day reset



This guide is designed as a simple daily companion for people starting the Coral Club Go Pack. The purpose is not to create pressure, strict dieting, or unrealistic promises. The aim is to help you build a calm rhythm: drink better water, support digestion, eat balanced meals, notice your body, and record how you feel each day.

1. The reset focus



Hydration, digestion, gut microbiome support, nervous system balance, fat metabolism support, and daily self-awareness.

2. How to use this guide



Follow the daily supplement rhythm, choose the suggested food ideas that suit you, drink your Coral-Mine water, and write a few notes each evening.

3. Important reminder



Food supplements are not a substitute for a balanced and varied diet. This guide is not medical advice and does not diagnose, treat, or cure disease.

4. Before you begin



- Read every product label before use.
- Consult a qualified healthcare professional if pregnant, breastfeeding, taking medication, or managing a medical condition.
- Stop using any product if you experience an unexpected reaction.
- Use this as a wellness journal, not a medical treatment plan.

Food supplement guide. Not a medicine.

Always follow the product label and consult a qualified professional if needed.

Your daily rhythm

The daily pages use a consistent morning-day-evening structure so the plan feels easy to follow. The schedule below is arranged for a 30-day rhythm using the five Go Pack products. Always check the current product package for exact instructions in your country.

Morning

Midday

Evening

| Time | Supplement |
|------------------|---|
| Upon waking | Prepare 1 sachet Coral-Mine in 1.5 L water. Wait 5 minutes and sip through the day. |
| Before breakfast | Super-Flora — 1 capsule with water. |
| With breakfast | Coral Lecithin — 1 capsule. Griffonia — 1 capsule. |
| After breakfast | Chewable Papaya — 1 tablet after food. |
| With lunch | Coral Lecithin — 1 capsule. |
| After lunch | Chewable Papaya — 1 tablet after food. |
| Before dinner | Super-Flora — 1 capsule with water. |
| With dinner | Coral Lecithin — 1 capsule. Griffonia — 1 capsule. |
| After dinner | Chewable Papaya — 1 tablet after food. |

Food supplement guide. Not a medicine.
Always follow the product label and consult a qualified professional if needed.

Day 1

~ Set your intention for the month. Keep it simple and realistic.



Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Protein oats with banana
Keep it protein-rich and easy to digest.



Lunch

Chicken, rice and mixed vegetables
Add vegetables and drink water steadily.



Dinner

Lean beef or turkey mince with buckwheat and greens
Keep portions comfortable, not heavy.



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 2

~ Notice your water intake today. Small sips count.



Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Eggs with spinach and tomatoes



Lunch

Wholewheat pasta with chicken and tomato sauce



Dinner

Cottage cheese bowl with warm vegetable soup



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...



Day 3



~ Pay attention to digestion after each meal.

Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Greek yoghurt or cottage cheese with oats



Lunch

Chicken salad wrap or rice bowl



Dinner

Baked chicken, broccoli and potatoes



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 4



~ Choose one calm 10-minute walk if your body feels ready.

Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Protein shake with oats and peanut butter



Lunch

Lean beef rice bowl with spinach



Dinner

Omelette with tomatoes and mixed vegetables



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 5

~ Reduce one sugary or processed snack today.



Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Soft banana protein pancakes



Lunch

Chicken and buckwheat with vegetables



Dinner

Turkey or chicken pasta with salad



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 6



~ Eat slowly and stop when comfortably full.

Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Protein oats with banana



Lunch

Chicken, rice and mixed vegetables



Dinner

Lean beef or turkey mince with buckwheat and greens



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 7

~ Write down one positive body signal you noticed.



Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Eggs with spinach and tomatoes



Lunch

Wholewheat pasta with chicken and tomato sauce



Dinner

Cottage cheese bowl with warm vegetable soup



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 8

~ Keep meals steady. Avoid skipping then overeating later.



Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Greek yoghurt or cottage cheese with oats



Lunch

Chicken salad wrap or rice bowl



Dinner

Baked chicken, broccoli and potatoes



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 9

~ Add extra greens or mixed vegetables to one meal.



Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Protein shake with oats and peanut butter



Lunch

Lean beef rice bowl with spinach



Dinner

Omelette with tomatoes and mixed vegetables



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...



Day 10



~ Check your sleep quality and evening routine.

Supplement rhythm

Upon waking

Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Soft banana protein pancakes



Lunch

Chicken and buckwheat with vegetables



Dinner

Turkey or chicken pasta with salad



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 11

~ Drink your water earlier in the day if evenings feel busy.



Supplement rhythm

 **Upon waking**  Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL**
Super-Flora — 1 capsule

- WITH MEAL**
Coral Lecithin — 1 capsule

- WITH MEAL**
Griffonia — 1 capsule

- AFTER MEAL**
Chewable Papaya — 1 tablet



Midday

- WITH MEAL**
Coral Lecithin — 1 capsule

- WITH MEAL**
Griffonia — 1 capsule

- AFTER MEAL**
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL**
Super-Flora — 1 capsule

- WITH MEAL**
Coral Lecithin — 1 capsule

- WITH MEAL**
Griffonia — 1 capsule

- AFTER MEAL**
Chewable Papaya — 1 tablet



Breakfast

Protein oats with banana
Keep it protein-rich and easy to digest.



Lunch

Chicken, rice and mixed vegetables
Add vegetables and drink water steadily.



Dinner

Lean beef or turkey mince with buckwheat and greens
Keep portions comfortable, not heavy.



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 12

~ Choose protein at every meal today.



Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Eggs with spinach and tomatoes



Lunch

Wholewheat pasta with chicken and tomato sauce



Dinner

Cottage cheese bowl with warm vegetable soup



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 13



~ Notice your mood before and after meals.

Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Greek yoghurt or cottage cheese with oats



Lunch

Chicken salad wrap or rice bowl



Dinner

Baked chicken, broccoli and potatoes



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 14



~ Review the first two weeks and celebrate consistency.

Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Protein shake with oats and peanut butter



Lunch

Lean beef rice bowl with spinach



Dinner

Omelette with tomatoes and mixed vegetables



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...



Day 15

~ Keep today gentle and structured.



Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Soft banana protein pancakes



Lunch

Chicken and buckwheat with vegetables



Dinner

Turkey or chicken pasta with salad



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 16

~ Prepare tomorrow's breakfast or lunch in advance.



 Supplement rhythm

 Upon waking

 Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Protein oats with banana



Lunch

Chicken, rice and mixed vegetables



Dinner

Lean beef or turkey mince with buckwheat and greens



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 17

~ Choose a lighter dinner if your digestion feels heavy.



Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Eggs with spinach and tomatoes



Lunch

Wholewheat pasta with chicken and tomato sauce



Dinner

Cottage cheese bowl with warm vegetable soup



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 18



~ Take five quiet breaths before your main meal.

Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Greek yoghurt or cottage cheese with oats.



Lunch

Chicken salad wrap or rice bowl.



Dinner

Baked chicken, broccoli and potatoes.



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 19



~ Notice cravings without judging them.

Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Protein shake with oats and peanut butter



Lunch

Lean beef rice bowl with spinach



Dinner

Omelette with tomatoes and mixed vegetables



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 20

~ Add colour to your plate with vegetables or berries.



 Supplement rhythm

 Upon waking

 Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Soft banana protein pancakes



Lunch

Chicken and buckwheat with vegetables



Dinner

Turkey or chicken pasta with salad



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 21



~ *Protect your evening routine and screen-free time.*

Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Protein oats with banana



Lunch

Chicken, rice and mixed vegetables



Dinner

Lean beef or turkey mince with buckwheat and greens



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 22

~ Review your notes from earlier days.



Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Eggs with spinach and tomatoes



Lunch

Wholewheat pasta with chicken and tomato sauce



Dinner

Cottage cheese bowl with warm vegetable soup



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 23

~ Repeat the meal that made you feel best.



Supplement rhythm

Upon waking

Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Greek yoghurt or cottage cheese with oats



Lunch

Chicken salad wrap or rice bowl



Dinner

Baked chicken, broccoli and potatoes



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 24

~ Avoid all-or-nothing thinking. Return to the rhythm.



Supplement rhythm

Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Protein shake with oats and peanut butter



Lunch

Lean beef rice bowl with spinach



Dinner

Omelette with tomatoes and mixed vegetables



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 25

~ Focus on hydration and calm digestion today.



Supplement rhythm

Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL**
Super-Flora — 1 capsule

- WITH MEAL**
Coral Lecithin — 1 capsule

- WITH MEAL**
Griffonia — 1 capsule

- AFTER MEAL**
Chewable Papaya — 1 tablet



Midday

- WITH MEAL**
Coral Lecithin — 1 capsule

- WITH MEAL**
Griffonia — 1 capsule

- AFTER MEAL**
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL**
Super-Flora — 1 capsule

- WITH MEAL**
Coral Lecithin — 1 capsule

- WITH MEAL**
Griffonia — 1 capsule

- AFTER MEAL**
Chewable Papaya — 1 tablet



Breakfast

Soft banana protein pancakes



Lunch

Chicken and buckwheat with vegetables



Dinner

Turkey or chicken pasta with salad



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 26



~ Notice your energy levels through the afternoon.

Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL**
Super-Flora — 1 capsule

- WITH MEAL**
Coral Lecithin — 1 capsule

- WITH MEAL**
Griffonia — 1 capsule

- AFTER MEAL**
Chewable Papaya — 1 tablet



Midday

- WITH MEAL**
Coral Lecithin — 1 capsule

- WITH MEAL**
Griffonia — 1 capsule

- AFTER MEAL**
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL**
Super-Flora — 1 capsule

- WITH MEAL**
Coral Lecithin — 1 capsule

- WITH MEAL**
Griffonia — 1 capsule

- AFTER MEAL**
Chewable Papaya — 1 tablet



Breakfast

Protein oats with banana



Lunch

Chicken, rice and mixed vegetables



Dinner

Lean beef or turkey mince with buckwheat and greens



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 27

~ Plan how to continue after day 30.



Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Eggs with spinach and tomatoes



Lunch

Wholewheat pasta with chicken and tomato sauce



Dinner

Cottage cheese bowl with warm vegetable soup



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 28



~ Choose your best daily habit from this plan.

Supplement rhythm



Upon waking



Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Greek yoghurt or cottage cheese with oats



Lunch

Chicken salad wrap or rice bowl



Dinner

Baked chicken, broccoli and potatoes



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Day 29

~ Reflect on your biggest positive change so far.



Supplement rhythm

Upon waking

Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Midday

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL
Super-Flora — 1 capsule

- WITH MEAL
Coral Lecithin — 1 capsule

- WITH MEAL
Griffonia — 1 capsule

- AFTER MEAL
Chewable Papaya — 1 tablet



Breakfast

Protein shake with oats and peanut butter



Lunch

Lean beef rice bowl with spinach



Dinner

Omelette with tomatoes and mixed vegetables



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations..

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Day 30



~ Complete the plan with gratitude and clear next steps.

Supplement rhythm

Upon waking

Place 1 sachet into 1.5 L drinking water. Wait 5 min. Sip through the day.



Morning

- BEFORE MEAL**
Super-Flora — 1 capsule

- WITH MEAL**
Coral Lecithin — 1 capsule

- WITH MEAL**
Griffonia — 1 capsule

- AFTER MEAL**
Chewable Papaya — 1 tablet



Midday

- WITH MEAL**
Coral Lecithin — 1 capsule

- WITH MEAL**
Griffonia — 1 capsule

- AFTER MEAL**
Chewable Papaya — 1 tablet



Evening

- BEFORE MEAL**
Super-Flora — 1 capsule

- WITH MEAL**
Coral Lecithin — 1 capsule

- WITH MEAL**
Griffonia — 1 capsule

- AFTER MEAL**
Chewable Papaya — 1 tablet



Breakfast

Soft banana protein pancakes



Lunch

Chicken and buckwheat with vegetables



Dinner

Turkey or chicken pasta with salad



How do I feel today?

Energy, digestion, mood, cravings, sleep, water intake, observations...

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Inside the pack *Coral-Mine*

Coral-Mine is a natural mineral sachet designed to be mixed with water as part of your daily reset rhythm. Sourced from deep-water coral fossils, it provides essential minerals that contribute to overall wellbeing.

At a glance

Type/size: 10/30 sachets

Benefits

- helps support an optimal pH balance
- supports bones, cartilage, and muscle elasticity
- supports kidneys and the digestive system
- helps support healthy-looking skin

Ingredients:

| | |
|-----------------|--------|
| Powdered coral | 995 mg |
| L-Ascorbic acid | 5 mg |



What it is

Coral-Mine is made in Japan from deep-water coral fossils that grow in the Sea of Japan off the islands of Okinawa and Tokunoshima.

Coral is a natural substance formed over millions of years and provides coral minerals along with a range of trace minerals.

Coral naturally contains minerals such as calcium and magnesium, along with potassium, sodium, phosphorus, and other trace minerals.

Why it matters

Coral minerals are associated with support for bones and connective tissue, helping maintain calcium balance and bone strength.

They contribute to muscle and nerve function by supporting elasticity, proper contraction, and nerve conductivity.

These minerals also help maintain hydration and osmotic balance, supporting cellular function and digestive and kidney system balance.

Together, they support daily wellbeing from the inside out.

Inside the pack

Super-Flora

Super-Flora is a synbiotic formula designed to support the balance of your gut microbiome as part of your daily reset rhythm. Combining beneficial bacteria with prebiotic fibre, it helps maintain digestive comfort and everyday wellbeing.

At a glance

Type/size: 90 vegetable capsules

Benefits

- helps restore healthy gut microflora
- helps reduce flatulence and heaviness in the stomach
- supports metabolism and digestion

Ingredients:

| | |
|---------------------------|----------------------------|
| Bifidobacterium longum | 3x10 ⁹ CFU/caps |
| Lactobacillus acidophilus | 2x10 ⁹ CFU/caps |
| Inulin | 25 mg |
| Other ingredients | |



What it is

Super-Flora is a synbiotic combination of probiotics and a prebiotic. It contains Bifidobacterium longum and Lactobacillus acidophilus together with inulin to help nourish beneficial bacteria in the gut.

This combination is designed to support a balanced intestinal microbiome and healthy digestive function. It works as part of a daily wellness routine to help maintain comfort and regularity.

Why it matters

A balanced gut microbiome plays an important role in digestion, nutrient absorption, and overall wellbeing. Beneficial bacteria help support healthy intestinal conditions and may reduce feelings of heaviness or digestive discomfort.

Inulin acts as a food source for good bacteria, helping them thrive. Together, these ingredients support digestive balance, everyday comfort, and a healthier internal environment.

Inside the pack

Chewable Papaya

Chewable Papaya is a chewable digestive support tablet designed to be taken after meals as part of your daily reset rhythm. It combines plant enzymes and supportive nutrients to help your body digest food more comfortably.

At a glance

Type/size: 90 chewable tablets

Benefits

- supports comfortable digestion after meals
- helps break down protein-rich foods
- supports gastrointestinal wellbeing
- supports daily digestive balance

Ingredients:

| | |
|-------------------------------|---------|
| Papaya fruit extract | 75 mg |
| Bromelain | 20 mg |
| Long turmeric rhizome extract | 3.3 mg |
| Vitamin B2 (riboflavin) | 0.15 mg |
| Other ingredients | |

What it is

Chewable Papaya is designed to support digestion, especially after heavier or protein-rich meals. It combines plant-derived enzymes and supportive nutrients in a convenient chewable tablet.

Because the body must break food down into smaller components before it can be properly absorbed, digestive support can be useful when meals feel heavy or uncomfortable.

This formula features papaya fruit extract and bromelain, along with turmeric extract and vitamin B2, creating a simple after-meal digestive support option for everyday use.



Why it matters

Bromelain is a plant enzyme associated with the breakdown of proteins, helping the digestive process feel smoother and more efficient after meals.

Papaya fruit extract contains naturally occurring enzymes and supportive compounds that are often used to help the body process food more comfortably.

Turmeric extract supports digestive function, while vitamin B2 contributes to tissue health and overall metabolic support.

Together, these ingredients help support digestive comfort and daily wellbeing as part of a balanced routine.

Inside the pack

Coral Lecithin

Coral Lecithin is a lecithin capsule designed to support your daily reset rhythm. It provides lecithin from soy, a source of phospholipids that helps support overall wellbeing, including brain, liver, and cell membrane health.

At a glance

Type/size: 120 capsules

Benefits

- supports cardiovascular health
- helps support focus, memory, and mental performance
- supports healthy liver function
- supports fat metabolism
- helps support healthy-looking skin

Ingredients:

| | |
|---------------------|---------|
| Lecithin (from soy) | 1200 mg |
| Other ingredients | |



What it is

Coral Lecithin is a high-quality supplement containing lecithin from soy. Lecithin is a major structural component of cell membranes and is widely valued for supporting cell nourishment and renewal.

Its main components include choline and inositol, nutrients involved in normal brain and nervous system function. Choline helps support focus, memory, muscle coordination, and overall mental performance, while inositol is associated with emotional balance.

Lecithin also supports the proper functioning of the heart and participates in fat metabolism, making it a useful part of a balanced daily wellbeing routine.

Why it matters

Lecithin helps support lipid metabolism by assisting the body in processing fats more efficiently, which also makes it valuable for liver support.

It contributes to healthy cell membranes throughout the body and supports normal nerve communication and mental performance, especially during periods of fatigue or increased mental demand.

Lecithin also plays a supportive role in immune and recovery processes and helps nourish the skin, making it a versatile supplement for daily wellbeing from the inside out.

Food supplement guide. Not a medicine.

Always follow the product label and consult a qualified professional if needed.

Inside the pack

Griffonia

Griffonia is a natural botanical supplement that supports mood balance, restful sleep, and nervous system function—helping you feel calm, focused, and refreshed.

At a glance

Type/size: 60 capsules

Benefits

- supports emotional balance and positive mood
- promotes restful sleep and normal sleep cycles
- helps support nervous system and brain function
- helps manage occasional stress and fatigue

Ingredients:

| | |
|--|-------|
| Vitamin B6 (as pyridoxine HCl) | 2 mg |
| Vitamin B12 (as methylcobalamin) | 3 mcg |
| Griffonia (Griffonia simplicifolia) seed extract | 50 mg |
| Other ingredients | |

What it is

Griffonia is an essential product for optimising the functioning of the central and peripheral nervous systems.

The tropical plant Griffonia and group B vitamins create a synergy that improves brain function, normalises sleep cycles, helps cure dystrophy and reduces anxiety and depression.

Griffonia is an exotic plant from Western and Central Africa. Its seeds are the most valuable part of the whole plant as they contain natural 5-hydroxytryptophan (5-HTP).



Why it matters

5-HTP is an amino acid and a precursor to serotonin, one of the most important serotonin neuromediators.

Research has shown that 5-HTP is as effective as synthetic antidepressants.

Griffonia with vitamin B6 increases the body's production of endorphins, improving mood and normalising all stages of sleep, from falling asleep to REM and deep sleep.

Vitamin B6 plays a key role in the nervous system and supports the production of important neurotransmitters and serotonin.

Vitamin B12 helps normalise sleep cycles, supports mood balance, and contributes to nerve health.

A note from Dace



A gentle closing note for the end of your 30-day reset.

You have spent 30 days paying attention to your body. That is not a small thing. Every note, every small choice, and every moment of awareness matters. Progress is not only what changes on the outside — it is also the quiet understanding you build within yourself.



About Dace

Hi, I'm Dace — a Holistic Nutritionist and Bioresonance Therapist based in Folkestone, UK. I work with people individually to find the right approach for their specific goals, whether they need more structure, more support, or simply a thoughtful conversation about what their body has been telling them.

If you would like to keep going from here, you are very welcome to reach out. Sometimes the next step is a programme, sometimes it is a one-to-one consultation, and sometimes it is simply understanding your own patterns more clearly.



Visit holisticbetteryou.com to book a free consultation or explore your next steps.

Your body has been talking. Let's listen together.