

• The plan I build for clients who want to feel good after they eat

# A happy gut isn't a diet. It's a **food schedule.**

*Your gut runs on rhythm and real food. Let's give it both.*

Bloating, sluggish digestion, feeling off after meals — it's often about what and how you eat, not willpower. Mayan Botanicals builds a gentle, whole-food, fiber-friendly schedule to support easy digestion and comfort, personalized to you. No crash diets. No extreme cleanses. No guessing what's for dinner.

[See the Meal Plans →](#)

[Start My Intake](#)

↓ [Download the plan overview \(PDF\)](#)

[Root-Cause Approach](#)

[Real, Whole Foods](#)

[Jamaican Roots](#)

**21**

DAY STRUCTURE

**4**

DAILY MEAL RHYTHMS

**42+**

GUT-FRIENDLY RECIPES

**1**

CLEAR DOORWAY

WHY YOUR GUT FEELS OFF

## It's not you. It's your **gut rhythm.**

Bloating and discomfort often come down to processed food, too little fiber, and irregular eating — not willpower. Here's what's going on, and why a gentle *schedule* beats another cleanse.



### Not Enough Real Fiber

Ultra-processed food starves the gut of the fiber it thrives on. Whole foods — vegetables, fruit, and legumes where they suit you — feed a healthier gut over time.



### Crash Diets Backfire

Very restrictive diets and constant snacking can leave the gut more irritated, not less. Gentle, consistent, whole-food meals let digestion settle.



### No Eating Rhythm

Eating on the run, late, and all day gives digestion no rest. A calm, regular schedule — real meals, space between — helps your gut find its rhythm.

# What's inside your **plan**

Not a rigid diet — a rhythm you can actually live. Every plan is built around four working parts.



## Daily Meal Rhythm

A simple flow of tonic, meals, and rest windows so your body always knows what's coming next.



## Therapeutic Food Library

Swap-friendly, gut-friendly recipes chosen to support easy digestion and comfort.



## Batch-Cook Simplicity

Cook once, eat right all week. Prep maps keep the plan realistic for a busy life.



## Hydration & Tonics

Water rhythm plus traditional herbal tonics to support cleansing and curb false hunger.

# One day, mapped for you

Here's a sample day from a Mayan gut-friendly plan — gentle, whole-food, built for easy digestion. This is a general example; if you have a diagnosed gut condition (like IBS, IBD, or celiac), your foods are personalized with your doctor or dietitian — not every healthy food suits every gut.

## ON WAKING



### On Waking

Warm water, or a cup of ginger or peppermint tea

**Why:** a gentle, warm start eases digestion into the day.

## BREAKFAST



### Breakfast

Oats with berries and chia, or eggs with sautéed greens

**Why:** gentle fiber and whole foods to start the day steady.

## MIDDAY



### Midday

Grilled chicken or fish with a big vegetable salad and a whole grain you tolerate well

**Why:** fiber and whole foods your gut can work with.

## AFTERNOON



### Afternoon

Yogurt or kefir with fruit, or veg with hummus

**Why:** fermented foods and fiber to feed a healthy gut (as you tolerate).

## DINNER



### Light & Early

A vegetable and lentil soup, or fish with roasted veg — kept lighter and earlier

**Why:** gentle, warm, and easy on digestion overnight.

## THE METHOD

# The 5-part rhythm

Every Mayan gut-friendly journey follows the same gentle arc.

1

### Reset

Clear the processed foods and start gentle and simple.

2

### Rebuild

Build fiber-friendly, whole-food plates your gut can thrive on.

3

### Rhythm

Lock in a calm, regular meal schedule.

4

### Steady

Keep digestion easy and even, meal to meal.

5

### Reinforce

Make it the way you eat for good — with support that stays.

CHOOSE YOUR PATH

# Four ways to start

Every path includes a personalized gut-friendly meal plan built to support easy digestion with whole, real foods. Choose the level of guidance that fits where you are right now.

ENTRY

## Reset Plan

A clean, focused, gentle starting point to ease bloating and settle digestion.

- ✓ Personalized reset meal plan
- ✓ Core food & tonic guide
- ✓ Simple daily rhythm

Start Reset →

View Details

SIGNATURE

MOST CHOSEN

## Signature Plan

The complete gut-friendly meal system — plan, library, and structured guidance.

- ✓ Full personalized plan
- ✓ Therapeutic food library
- ✓ Batch-cook & hydration maps
- ✓ Structured check-in rhythm

Start Signature →

View Details

HIGH-TOUCH

## Concierge Plan

Closer guidance and hands-on support as your plan evolves with your body.

- ✓ Everything in Signature
- ✓ Priority practitioner support
- ✓ Ongoing plan adjustments

Start Concierge →

View Details

PREMIUM

## VIP Transformation

The full transformation experience — deepest support for a lasting change.

- ✓ Everything in Concierge
- ✓ Full transformation roadmap
- ✓ Highest level of guidance

Start VIP →

View Details

YOU'RE NOT ALONE

## Support that walks it with you

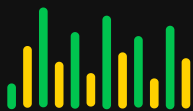
The reason most plans fail isn't the food — it's doing it alone. Every Mayan plan pairs your personalized meals with steady coaching and check-ins, so the days you feel like quitting are the days you feel most held. Rooted structure, real accountability, one clear next step at a time.

Start My Intake →

AI VOICE COACH — LIVE NOW

Talk to Coach Prince

Prefer to talk to a person? Call [470-684-4813](tel:470-684-4813)



### Coaching Support Included

Guidance that stays with you between meals

YOUR FIRST STEP

# Ready to **feel good** after you eat?

Tell us where you are. We'll point you to the right plan and get your personalized schedule started.

First Name

Your first name

Email

you@email.com

Your Main Goal

Select one...

[Get My Weight Management Plan →](#)

We'll take you to a short intake to personalize your plan. Live healthy, be healthy.

**MAYAN BOTANICALS**

[Reset Plan](#) [Signature Plan](#) [Concierge Plan](#) [VIP Transformation](#)

*Live healthy, be healthy.*

These meal plans are educational nutrition guidance and are not medical advice. They are not intended to diagnose, treat, cure, or prevent any digestive or other condition, including IBS, IBD, SIBO, or celiac disease. Digestive needs are individual — some healthy, high-fiber, or fermented foods are not right for every gut. If you have a diagnosed gut condition, are pregnant, or take medication, always work with your doctor or a registered dietitian, and never stop or change medication without your doctor. These plans are meant to work alongside your medical care, never to replace it. Individual results vary.

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