



## Mustard Seed Mondays

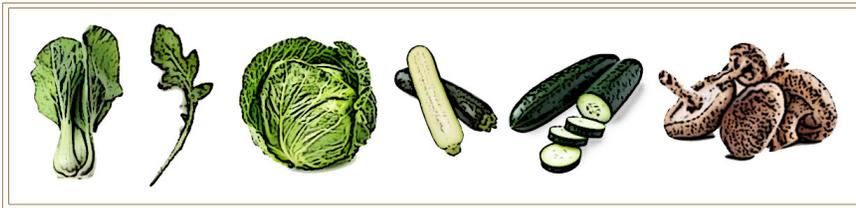
### *7-Day Gentle Gut Reset Faith-Based Juice + Food Hybrid Gentle Healing*

**“If you have faith as small as a mustard seed...”** (Matthew 17:20)

This reset supports gut healing through calm, nourishment,  
and faith-filled consistency—not extremes or restriction.

#### *Oxalate Chart*

##### *Low Oxalate — Best Choice*



##### *Moderate Oxalate — Rotate*



##### *Moderate Oxalate — Rotate*



*Pair higher-oxalate foods with calcium-rich foods (sesame seeds, calcium-set tofu, fortified plant milk)*



## Daily Healing Rhythm

Morning: Prayer • Stillness • Fresh Juice

Midday: Gentle Whole Food Meal

Evening: Light Soup or Cooked Vegetables

Night: Herbal Tea • Gratitude • Rest

## Days 1–2 | Calm & Cleanse

Juice: Cucumber, Celery, Green Apple, Ginger

Food: Vegetable soup, steamed zucchini or carrots

Tea: Ginger or Chamomile

Scripture: Psalm 46:10

## Days 3–4 | Nourish & Repair

Juice: Pear, Fennel, Cucumber, Lemon (small amount)

Food: Steamed vegetables, lentils (small portion), avocado (¼)

Add: Coconut yogurt (2–3 tbsp)

Scripture: Psalm 139:14

## Days 5–6 | Rebuild & Balance

Juice: Blueberries (small handful), Celery, Cucumber

Food: Quinoa or rice, bok choy or cabbage

Add: Sauerkraut juice (1 tsp if tolerated)

Scripture: Matthew 6:11

## Day 7 | Integrate & Restore

Morning: Warm lemon water or juice

Food: Balanced whole-food meal

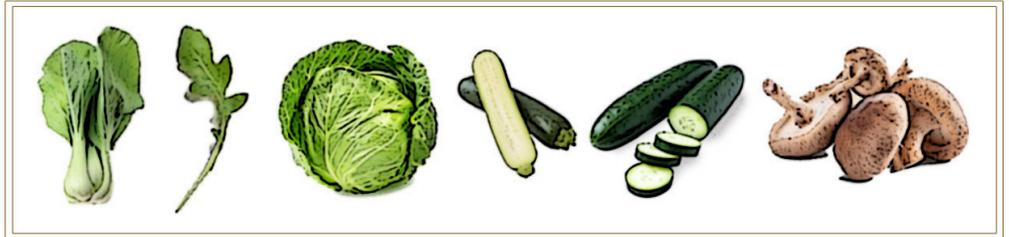
Evening: Light soup

Scripture: Psalm 51:10

## Oxalate Food Guide (Gentle Gut Healing)

### Low Oxalate — Best Choice

- Romaine lettuce
- Arugula
- Bok choy
- Cabbage
- Zucchini
- Cucumber
- Mushrooms



### Moderate Oxalate — Rotate

- Kale
- Celery
- Green beans
- Okra
- Quinoa



### High Oxalate — Limit

- Spinach
- Swiss chard
- Beets & beet greens
- Almonds & almond flour
- Cashews



### Helpful Tips

- Pair higher-oxalate foods with calcium-rich foods (sesame seeds, calcium-set tofu, fortified plant milk).
- Cooking vegetables lowers oxalate levels.
- Do not remove all oxalates at once.
- A healthier gut improves oxalate tolerance.

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