

## [20 Day Immunity Code Gut Reset Challenge Calendar](#)

<b>DAY 1</b> Eat skins of one or two apples (or apple skin powder 1/2 tsp)	<b>DAY 2</b> Eat skins of one or two apples (or apple skin powder 1/2 tsp)	<b>DAY 3</b> Eat skins of one or two apples (or apple skin powder 1/2 tsp)	<b>DAY 4</b> Eat skins of one or two apples (or apple skin powder 1/2 tsp)
<b>DAY 5</b> Eat skins of <b>three apples</b> (or apple skin powder <b>1 tsp</b> )	<b>DAY 6</b> Eat skins of <b>four apples</b> (or apple skin powder <b>1 tbsp</b> )  <b>1 gram of HMO powder</b>	<b>DAY 7</b> Eat skins of four apples (or apple skin powder 1 tbsp)  1 gram of HMO powder	<b>DAY 8</b> Eat skins of four apples (or apple skin powder 1 tbsp)  1 gram of HMO powder
<b>DAY 9</b> Eat skins of four apples (or apple skin powder 1 tbsp)  <b>2 grams of HMO powder</b>	<b>DAY 10</b> Eat skins of four apples (or apple skin powder 1 tbsp)  2 grams of HMO powder	<b>DAY 11</b> Eat skins of four apples (or apple skin powder 1 tbsp)  2 grams of HMO powder	<b>DAY 12</b> Eat skins of four apples (or apple skin powder 1 tbsp)  2 grams of HMO powder  <b>1 scoop of red phenol powder (morning)</b>
<b>DAY 13</b> Eat skins of four apples (or apple skin powder 1 tbsp)  2 grams of HMO powder  <b>1 scoop of red phenol powder (morning)</b>	<b>DAY 14</b> Eat skins of four apples (or apple skin powder 1 tbsp)  2 grams of HMO powder  1 scoop of red phenol powder (morning)	<b>DAY 15</b> Eat skins of four apples (or apple skin powder 1 tbsp)  2 grams of HMO powder  1 scoop of red phenol powder (morning)	<b>DAY 16</b> Eat skins of four apples (or apple skin powder 1 tbsp)  2 grams of HMO powder  <b>2 scoops</b> of red phenol powder (1 morning 1 after lunch)
<b>DAY 17</b> Eat skins of four apples (or apple skin powder 1 tbsp)  2 grams of HMO powder  2 scoops of red phenol powder (1 morning 1 after lunch)	<b>DAY 18</b> Eat skins of four apples (or apple skin powder 1 tbsp)  2 grams of HMO powder  2 scoops of red phenol powder (1 morning 1 after lunch)	<b>DAY 19</b> Eat skins of four apples (or apple skin powder 1 tbsp)  2 grams of HMO powder  2 scoops of red phenol powder (1 morning 1 after lunch)	<b>DAY 20</b> Eat skins of four apples (or apple skin powder 1 tbsp)  2 grams of HMO powder  2 scoops of red phenol powder (1 morning 1 after lunch)

Full Instructional Blog Post: <https://stayonthecourt.com/how-to-reset-your-gut/>