



The *KETO* Wellness Program

GUT HEALTH, PART 2 CHECKLIST

	Task
<input type="checkbox"/>	Mark the next workshop date on your calendar (Tuesday, August 13th)
<input type="checkbox"/>	IMMEDIATELY- cut the Jun SCOBY out of the sealed bag and place it in a glass jar with a paper filter over the opening. Store the SCOBY and starter tea in the fridge until you are ready to start your first batch of tea.
<input type="checkbox"/>	Research and find a fermented recipe you want to try.
<input type="checkbox"/>	Create a fermented food/beverage of choice.
<input type="checkbox"/>	
<input type="checkbox"/>	