



# Four Day Energy Experiment





# Welcome

## Dear Intuitive One,

This experiment is specifically designed for you to explore how different amounts and sources of protein have different effects on your energy level.

Use the chart below over a four-day period as a guide on which proteins to consume, and to track how they affect your overall energy. Once you complete the experiment, your results will help you determine which protein sources, and how much protein, helps you to feel your best.

If you are vegetarian or vegan, simply substitute your favorite plant-based protein wherever animal protein is suggested.

**Before you start, here are a few things to take into consideration as you approach and go through this experiment:**

Be curious! Notice the awareness that builds inside you, check in with your body for clues of what it really needs. *Your body will tell you what protein sources it prefers and how much.* Become aware of these signals and **listen** to what your body is trying to tell you. Use the NOTES pages at the end for journaling about your experience!

Each body is unique. Honor your body and trust that you will find what works best for you. If you have already been experimenting with a variety of protein sources, and how they make you feel, and you've discovered a way of eating that works best for you, then no need to change anything. Feel free to either do the experiment anyway, just for fun or skip it and simply refer to the easy meal ideas below for more inspiration!

Lastly, to get the full benefit of this experiment, try to avoid snacking between meals. If you notice your energy dipping between meals and it's causing you to experience brain fog or jitters, then PLEASE, go ahead and have a healthy snack asap!



**Love,  
Chelsea Haines**



CHRONIC ILLNESS  
IS DOING THE  
SAME THINGS  
AND EXPECTING  
DIFFERENT  
RESULTS.



# The Four Day Energy Experiment

DAY	MEAL	PROTEIN TYPE	WHAT I ATE	ENERGY JUST AFTER (CIRCLE ONE)	ENERGY 2 HOURS LATER (CIRCLE ONE)
<b>1</b>	BREAKFAST	NO PROTEIN		UP DOWN	UP DOWN
	LUNCH	ANIMAL OR PLANT		UP DOWN	UP DOWN
	DINNER	NO PROTEIN		UP DOWN	UP DOWN
<b>2</b>	BREAKFAST	ANIMAL OR PLANT		UP DOWN	UP DOWN
	LUNCH	NO PROTEIN		UP DOWN	UP DOWN
	DINNER	ANIMAL OR PLANT		UP DOWN	UP DOWN



# The Four Day Energy Experiment

DAY	MEAL	PROTEIN TYPE	WHAT I ATE	ENERGY JUST AFTER (CIRCLE ONE)	ENERGY 2 HOURS LATER (CIRCLE ONE)
<b>3</b>	BREAKFAST	ANIMAL PROTEIN		UP DOWN	UP DOWN
	LUNCH	ANIMAL PROTEIN		UP DOWN	UP DOWN
	DINNER	ANIMAL PROTEIN		UP DOWN	UP DOWN
<b>4</b>	BREAKFAST	PLANT PROTEIN		UP DOWN	UP DOWN
	LUNCH	PLANT PROTEIN		UP DOWN	UP DOWN
	DINNER	PLANT PROTEIN		UP DOWN	UP DOWN



THE BODY CAN  
AND DOES  
HEAL,  
IF GIVEN THE  
CHANCE



# The Four Day Energy Experiment

## Easy Meal Ideas for the 4-Day Energy Experiment

### "No Protein" Meal Options

#### Breakfast:

- Green tea, oatmeal with blueberries and/or fruits of choice
- Banana bread or pumpkin bread with seasonal fruit
- Multigrain or gluten-free toast with grass-fed butter or ghee and steamed vegetables
- Smoothie with berries, spinach, and rice milk

#### Lunch:

- Green salad with beets, tomatoes, avocado and whole grains (rice/barley/couscous)
- Carrot and ginger soup with multigrain or gluten-free toast
- Veggie wrap and choice of seasonal fruit

#### Dinner:

- Minestrone soup with regular or gluten-free noodles and zucchini bread
- Baked apples, spaghetti squash and Brussels Sprouts
- Regular or gluten-free pasta with sautéed mushrooms, zucchini, red peppers, spinach, and garlic (topped with marinara sauce)



# The Four Day Energy Experiment

## Easy Meal Ideas for the 4-Day Energy Experiment

### "Animal-based Protein" Meal Options

#### Breakfast:

- Scrambled eggs with choice of sautéed vegetables, green tea, and seasonal fruit
- Grass-fed turkey, an egg cooked to your preference, sautéed greens, and a sliced apple
- Slices of turkey bacon, regular or gluten-free toast with grass-fed butter, and coffee

#### Lunch:

- Chicken over your favorite greens topped with sunflower seeds and pomegranates sprinkled on top
- Salmon or fresh-caught, wild fish with steamed vegetables and wild rice
- Grass-fed beef burger with a regular or gluten-free bun and a salad

#### Dinner:

- Lamb kabobs, rice, and grilled vegetables
- Brisket with baked onions, mushrooms, and carrots
- Shrimp with zucchini noodles and basil pesto



# The Four Day Energy Experiment

## Easy Meal Ideas for the 4-Day Energy Experiment

### "Plant-based Protein" Meal Options

#### Breakfast:

- Whole-grain pancakes with fresh preserves and almond butter
- Toast with mixed greens, refried beans, avocado, and nutritional yeast
- Peanut butter granola, berries, and tea

#### Lunch:

- Parsnip and cauliflower soup with quinoa and pumpkin seeds sprinkled on top
- Thai curry with tofu and brown rice
- Black bean soup with green salad and guacamole
- Hummus, stuffed grape leaves, pita, and veggies

#### Dinner:

- Black bean and sweet potato soup with quinoa
- Chickpea salad wrap with baba ghanoush and tahini
- Thai curry seasonal vegetables with brown rice, plus a side soup or salad
- Portobello mushroom burger, lettuce, and tomato with a side of quinoa and baked sweet potato fries



LIFE IS NOT  
ABOUT  
EITHER / OR.  
IT IS ABOUT  
ALL AND  
MORE!



# The Four Day Energy Experiment



## Congratulations on completing the 4-day Energy Experiment!

I'm so proud of you. I hope you gained some valuable insight into the best source of protein for optimal energy!

Our bodies are so wise and capable, we just need to tune in and listen to what it is telling us!

This is just the beginning of how you can learn to work **with** your body, your intuition, and your gut health!

I hope to be able to continue this intuitive healing journey with you.

For more information,  
<https://TheGutHealthAgency.com/>



## You're here on purpose.

---

You embarked on this 4-Day Energy Experiment because you are ready. You are a self-healer and you know it. You're driven, sick of excuses, and though you're grateful for it all, you're ready for MORE.

You were brought to this moment in time by divine intervention, because (at the risk of sounding cliché) you're sick and tired of being sick and tired.

You've done all the things, you've been ignored in the past, and your symptoms haven't gone anywhere.

THE TIME TO SHIFT IS NOW.

And the invitation to continue the journey is right in front of you.

You're not alone in this journey anymore. My hand is reaching out to yours. It's up to you to take it.

**Love, Chelsea Haines**

"I really regret  
investing in  
myself."

~SAID NO ONE  
EVER



## A 4-Week Gut Healing Protocol

Do you sometimes suffer from abdominal pain and bouts of diarrhea or constipation? Do you have rashes, headaches, itchiness, puffiness, and overall feel "sluggish"? Are you tired of anxiety and stress being your default? Do you feel an intuitive pull to seek help but you don't know where to start? You know there is more to life than living in dis-ease and you are ready to start living your life to the fullest? Then the Gut Health Reset is for you!

During this 4-week protocol, you will...

Improve your digestion

Shed excess weight

Boost your energy

Feel lighter & cleaner

Create healthy habits

Experience deeper sleep and clearer skin

Enhance your ability to mobilize toxins

Decrease congestion & allergy symptoms

Discover food sensitivities

Decrease your cravings for unhealthy foods

---

## Your 4-Week Program Includes:

- 90-page Gut Health Reset ebook
- 4-weeks of support
  - 1-week to prepare and feel grounded
  - 2-week reset protocol
  - 1-week reintroduction
- 24/7 support & accountability through a private Group Chat in Healthie Client Portal
- 1-1 exit consultation with our team
- Made-for-you journal for daily tracking
- Online program access with learning video and coaching modules
- 14-day meal plan to explore
- Measurable results in your body, mind & soul
- Lifetime access to the Gut Health Reset as well as any future updates

INVESTMENT: \$333

[Tap to find out more](#)

## A 6-Month Root Cause Healing & VIP Gut Learning Program

This deep dive is for ambitious women who are ready to find the root cause of their symptoms and remove their symptoms for good! People willing to get radically honest about their true desires and take personal responsibility. People who understand the power of mentorship, who don't need to ask for permission to do what is right for them, and who are willing to invest in themselves. People who are connected to their intuitive side and leaning into energetics. People who want the Coaching plus the Clinical side of gut health under one roof!

### During this 6-Month Program, you will...

- Take it a step deeper and discover the root cause of your gut issues like heartburn, constipation, and bloat.
- Established healthy habits to create a gut-healthy lifestyle that lasts.
- Learn how the gut and digestion work to understand WHY it's important.
- Understand why your diets haven't worked in the past.
- Tap into and sustain fresh life-force energy.
- Learn which supplements are uniquely right for YOU.
- Say goodbye to food fear & anxiety and embrace a healthy relationship with food & your emotions.
- Eliminate any confusion about what foods are actually gut healthy for you.
- Find long-lasting relief, understanding, and trust in yourself and your gut!

---

### Your Experience Includes:

- **Monthly 1:1 individual sessions** with our team to discuss your specific symptoms, testing results, and customized protocol.
- **GI Map testing** with a personalized gut healing protocol.
- **Weekly Group Accountability & Success Calls** with the GHA team & each other!
- Private login, **Symptom tracking & personalized reviews** to ensure your success.
- Detailed assignments to complete within the nooks of your busy life.
- Unlimited accountability and support via **1:1 chat with The Agency Team**.
- Monthly breathwork sessions for in-the-moment nervous system regulation.
- Lifetime access to The Gutsy Method & Facebook community
- Real answers to your pain. Healing at the ROOT.

INVESTMENT: \$3,997

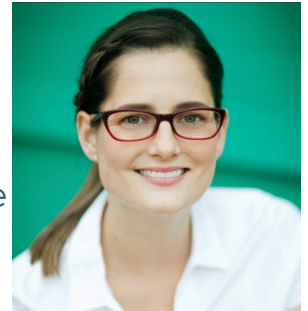
Payment plans available

[Click to find out more](#)



# Results

I truly cannot thank you enough for everything the past six months. I would have never treated myself to an experience like this and while it wasn't always easy to take the time to reflect, talk about old and lingering trauma, and then commit to actually doing the work, I have benefited a tremendous amount. My health (especially the GUT STUFF!) is better than ever, I have such clarity and purpose, and I welcome each day with a more optimistic attitude. I have also been able to address and heal old wounds and have forgiven myself and others. I see the value in slowing down and have a newfound appreciation for the baby steps, the real work. I love you, Chelsea Haines, and I cannot thank you enough.



## Jessica Andrews, Entrepreneur



I worked with Chels for 6 months to gain knowledge and insight into where and what I was trying to achieve in my life. I needed Chels to hold me accountable to guide me and unpack the thoughts and emotions I was processing. (reframe!!) What we achieved over the last 6 months has been amazing, an awakening if you will into the next exciting chapter of my journey. I cannot recommend Chelsea enough as a beautiful powerhouse coach helping you push forward and being there every step of the way to support and encourage me. Thank you so much.

## Jackie Goudie, Freelance Private Chef

My biggest AHA while working with Chelsea was that my body knows how to heal itself, given the right foundation & patience. Also, that stress plays a massive role in hormone regulation, digestion & overall health, especially as I age. I had no idea that the gut can affect emotions as well as bodily sensations and functions. I loved how Chelsea guided me to examine boundaries in my life and how not having them set can lead to more stress than necessary. I felt a deep connection to her, but also to myself when I slowly began implementing more boundaries.



## Polly Goodyear, Personal Stylist and Founder



# Chelsea Haines, Founder

Recently featured "The Gut Health Coach for Entrepreneurs" by Yahoo! Finance, Chelsea Haines has a special way of helping high-performing people heal. She doesn't claim to be the "guru" or know better than you. In fact, her entire mission is the complete opposite: to remind YOU that you are the only person that has ever lived in your body, you truly know exactly what you need, and that you, in fact, are not "broken" or "crazy" for feeling how you feel. She is here to remind you that your symptoms are simply messages that something is off, and that healing GETS to be easy (a paradox in today's modern system.) Her formal bachelor's degree in psychology combined with extensive training and certifications from ICF accredited Health Coach Institute, plus over 500+ hours of yoga teacher training (as well as a God-given gift of deep empathy and life-altering experiences at a young age, such as abandonment, bankruptcy, suicide, and divorce) has set her up to be able to hold space for deep self-reflection and transformation, without judgment. She has successfully combined the latest studies and science of gut health and behavioral psychology with her deep emotional and spiritual knowing to heal from autoimmune disease and experience a life of true health and abundance... and is ready to show you exactly how to do the same. She is also a wife to a worldwide seafarer. They live happily with their kitten, Lily, in Panamá, Central America, where she runs her health coaching business with a view of the ocean.



PROUDLY FEATURED IN





# NOTES

---



# NOTES

---



THANK YOU

Share the gut-healing love  
by tagging this  
4-Day Experiment on  
Instagram  
[@YourGutsyGal](https://www.instagram.com/YourGutsyGal)

