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A KIT


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FREE STUFF


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Dr. Robynne Chutkan's
7-Day Microbiome Challenge


DAY 1



BREAKFAST
Live Dirty Eat Clean Signature Smoothie, 2 hard-boiled eggs



LUNCH
Collard Wraps (prepare enough ingredients for lunch on Days 3 & 5)



DINNER
Vegetable Stir Fry with Shrimp (make enough for lunch tomorrow)

Live Dirty Tip: Shower with warm water and limit the use of a mild soap to your groin and underarms

Eat Clean Tip: Practice the 1-2-3 Rule: Eat 1 vegetable at breakfast, 2 at lunch, and 3 at dinner

MICROBIOME CHALLENGE

Take part in the free 7-day Microbiome Challenge and receive:

- 7 days worth of delicious, bacteria-friendly recipes
- Tips for each day of the challenge
- A special discount for uBiome kits to track your microbiome before and after the challenge
- And much more!

Join the Microbiome Challenge

Join

*Gmail users - If you cannot find the email, look in the "promotions" tab.

ABOUT UBIOME

uBiome is the world's first effort to map the human microbiome with citizen science. Our sequencing service provides information and tools for you to explore the populations of bacteria that live on and inside your body. Based on research from the **NIH Human Microbiome Project**, we've perfected the technology to perform **large-scale microbiome studies**. The knowledge we'll gain may (one day) empower people to live healthier and accelerate our understanding of the world around us.

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