



Savorista
CAFFEINE CONSCIOUS COFFEE

Caffeine Stepdown Plan

Savorista.com

Gradual Plan: Spend ONE WEEK in each step (5 weeks total)

Faster Plan: Spend 3 DAYS in each step (2 weeks total)



Step 1: Afternoon Reduction

Morning

Continue drinking your fully caffeinated coffee in the mornings as you normally do

After Lunch

Switch to brewing Savorista Half Caf coffee instead of fully caffeinated coffee



Step 2: Morning Reduction

Morning

Switch to brewing Savorista Half Caf coffee instead of fully caffeinated coffee

After Lunch

Continue brewing Savorista Half Caf coffee



Step 3: Afternoon Detox

Morning

Continue brewing Savorista Half Caf coffee

After Lunch

Switch to brewing Savorista Craft Decaf instead of Half Caf



Step 4: Morning Detox

Morning

Switch to brewing Savorista Craft Decaf coffee instead of Half Caf

After Lunch

Continue brewing Savorista Craft Decaf



Step 5: Detox Consolidation

Morning

Continue brewing Savorista Craft Decaf

After Lunch

Continue brewing Savorista Craft Decaf