

# 24 Day Challenge Days 1-10 Cleanse “Preparation Phase” Instructions

MORNING:	BREAKFAST:	MID-MORNING (2-3 hours after shake)	LUNCH	MID-AFTERNOON (2-3 hrs after lunch)	DINNER	BEDTIME
<p><input type="checkbox"/> Consume packet of tablets in <b>HERBAL CLEANSE</b> labeled “ProBiotic RESTORE”</p> <p><input type="checkbox"/> Wait 30 minutes before consuming <b>Fiber Drink</b></p> <p><input type="checkbox"/> <b>Fiber Drink – Mix contents of Fiber Drink</b> with 8 oz. <u>very cold</u> water and drink immediately. Follow up with an additional 8 oz. of water.</p> <p><b>Recipe Suggestion:</b> Combine <b>FIBER DRINK</b> packet with <b>Meal Replacement Shake</b> in 10-12 oz. <u>very cold</u> water.</p>	<p><input type="checkbox"/> <b>MEAL REPLACEMENT SHAKE</b> – Mix contents with 8-10oz. <u>very cold</u> water.</p> <p><input type="checkbox"/> <b>2 OmegaPlex</b></p> <p><input type="checkbox"/> See Program for other options</p> <p><b>Recipe Suggestion:</b> Blend with ice for “Smoothie” consistency. Add flavorings as desired.</p>	<p><input type="checkbox"/> Eat sensible snack including fruit or protein-oriented snack.</p> <p><b>Recipe Suggestion:</b> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!</p>	<p><input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.</p> <p><input type="checkbox"/> <b>Or Meal Replacement Shake (optional)</b></p> <p><b>Recipe Suggestion:</b> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!</p>	<p><input type="checkbox"/> <b>SPARK:</b> If desired</p> <p><input type="checkbox"/> Eat sensible snack including fruit or protein-oriented snack.</p> <p><b>Recipe Suggestion:</b> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!</p>	<p><input type="checkbox"/> <b>2 OmegaPlex</b> w/dinner</p> <p><input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains..</p> <p><b>Recipe Suggestion:</b> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!</p>	<p><input type="checkbox"/> Consume packet of Tablets in <b>HERBAL CLEANSE</b> labeled “Herbal Cleanse”</p>
<p><b>TIPS:</b> *For better results add <b>Catalyst</b> to your challenge.</p> <p>Take 3 capsules 10-15 min. prior to working out or 3 capsules on an empty stomach if not working out.</p> <p>It’s up to you when you take it but make sure you take 3 capsules/ day.</p>	<p><b>Catalyst</b> is always consumed on an empty stomach (2 hours after eating). You can then eat (about 15-30 min. later) if needed. <b>You may consume 1, 2 or 3 times/day between meals.</b></p>	<p>Use <b>Spark</b> several times a day in place of soda or coffee. It will provide 3-5 hours of mental focus and productive energy. Spark is always consumed on an empty stomach (2 hours after eating). You can then eat (about 15-30 min. later) if needed.</p>	<p>Timing is important for optimal results. <b>Be consistent and follow the scientists timing instructions correctly to feel and look your best!</b></p>	<p>Your results are important to me. I will be following up with you to make sure that you get results. Feel free to also call me anytime.</p>	<p><b>Digestion</b> is important! Let me know if you are not moving waste every day so that we can make the necessary changes.</p>	<p><b>Drink lots of water everyday!!!</b></p> <p><b>Water Goal:</b> Half your body weight in ounces</p>

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**Remember...Nothing tastes as good as fit feels!**

**IMPORTANT: BODY WEIGHT / 2 = WATER CONSUMPTION GOAL**

**REMEMBER: “Whether you think you can or you think you can’t, you are exactly right.”**