

24 Day Jump Start 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"/> In box labeled HERBAL CLEANSE consume 2 tablets in “ProBiotic RESTORE” bottle.</p> <p><input type="checkbox"/> Wait 30 minutes before consuming Fiber Drink</p> <p><input type="checkbox"/> Fiber Drink – Mix contents of Fiber Drink with 8 oz. <u>very cold</u> water and drink immediately. Follow up with an additional 8 oz. of water.</p> <p>Recipe Suggestion: Combine FIBER DRINK packet with Meal Replacement Shake in 10-12 oz. <u>very cold</u> water.</p>	<p><input type="checkbox"/> MEAL REPLACEMENT SHAKE – Mix contents with 8-10oz. <u>very cold</u> water.</p> <p><input type="checkbox"/> See Program for other options if you choose not to add in the Meal Replacement Shake</p> <p>Recipe Suggestion: 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><input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.</p> <p><input type="checkbox"/> Or Meal Replacement Shake (optional)</p> <p>Recipe Suggestion: When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!</p>	<p><input type="checkbox"/> SPARK: If desired</p> <p><input type="checkbox"/> Eat sensible snack including fruit or protein-oriented snack.</p>	<p><input type="checkbox"/> 4 OmegaPlex 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>Recipe Suggestion: When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!</p>	<p><input type="checkbox"/> In box labeled HERBAL CLEANSE consume 2 Tablets in bottle that is labeled “Herbal Cleanse”</p> <p>TIP: Keep Herbal Cleanse Box by your bathroom sink so it’s there for AM and PM.</p>
<p>TIPS: *For better results add Catalyst 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>Catalyst is always consumed on an empty stomach (2 hours after eating). You can then eat (about 15-30 min. later) if needed. You may consume 1, 2 or 3 times/day between meals.</p>	<p>Use Spark 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. Be consistent and follow the scientists timing instructions correctly to feel and look your best!</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>Digestion is important! Let me know if you are not moving waste every day so that we can make the necessary changes.</p>	<p>Drink lots of water everyday!!!</p> <p>Water Goal: 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.”