# GLO. UTRITION

### WHAT DO I EAT



Vegetables

Broccoli

WHEN DO I EAT

8am-9am

Meal Replacement

Men: 4 Scoops Women: 2 Scoops

12pm-1pm

3pm-4pm

Meal Replacement

Men: 4 Scoops Women: 2 Scoops

6pm-7pm

9pm-10pm

Meal Replacement

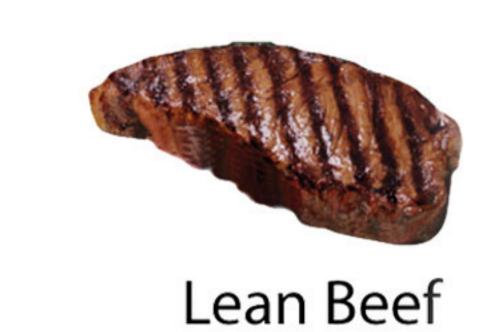
Men: 4 Scoops Women: 2 Scoops

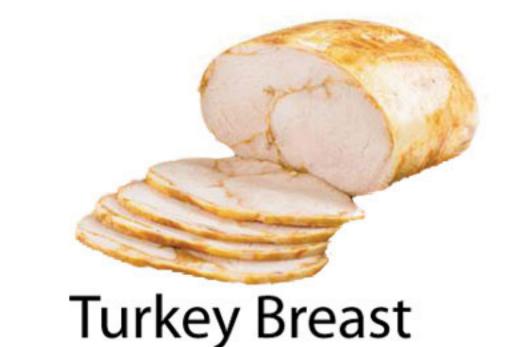
Use 1 Protein Cookie

as a snack when needed



Chicken Breast

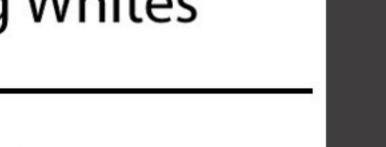






**Egg Whites** 





Carb Portion Measured by 1 Fist

PORTION SIZE

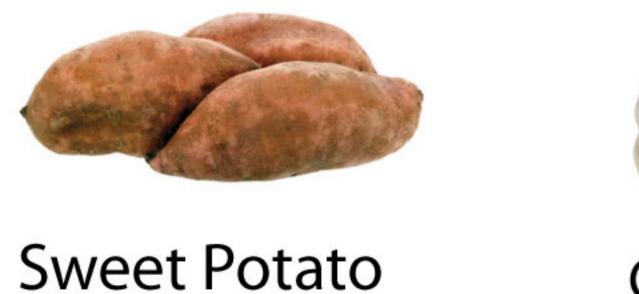
Protein Portion

Measured by 1 Palm



Vegetable Portion Measured by 1 Fist

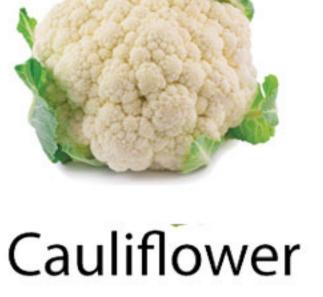
Male - 3 / Females - 2





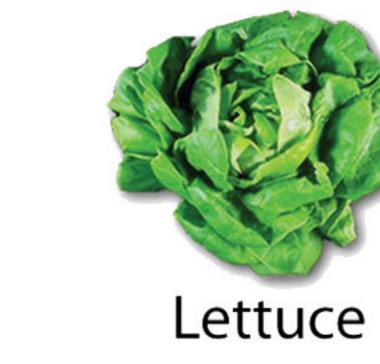


Oatmeal



Potato

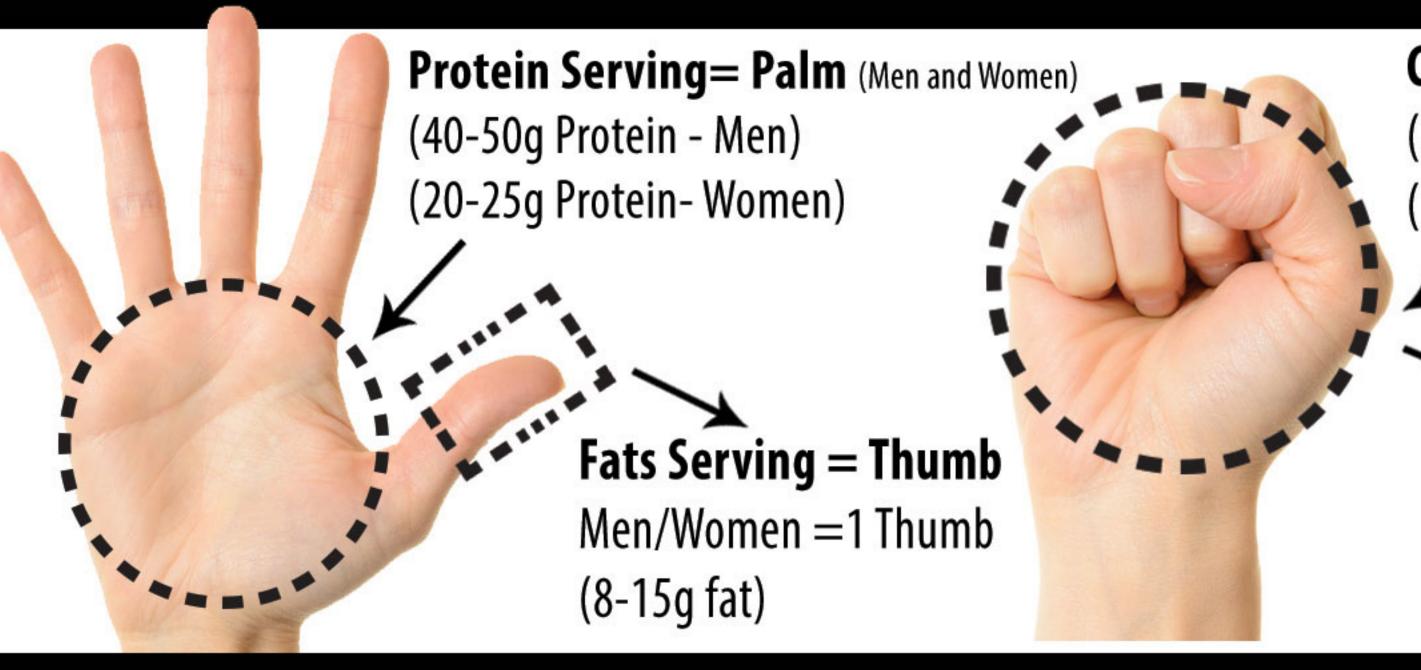






Green Pepper

# PORTION SIZE EXPLAINED



Carb Serving = Fist (Men and Women) (25-30g Carbohydrate - Men) (15-20g Carbohydrate - Women)

Vegetable Serving = Fist Men/Women - 1 Fist Sized Portion (No Net Carb Content)

### 8 WEEK SUPPLEMENTATION PROGRAM





## Weeks 1 - 4

WFactor Proplete Pure Cleanse ANF Pure Cleanse Colon Complex Body Armor/Diva Daily XP2G After Shock

### Weeks 4 - 8

WFactor Proplete Body Armor/Diva Daily XP2G After Shock Thyrotropin T3 XP2G P.M.

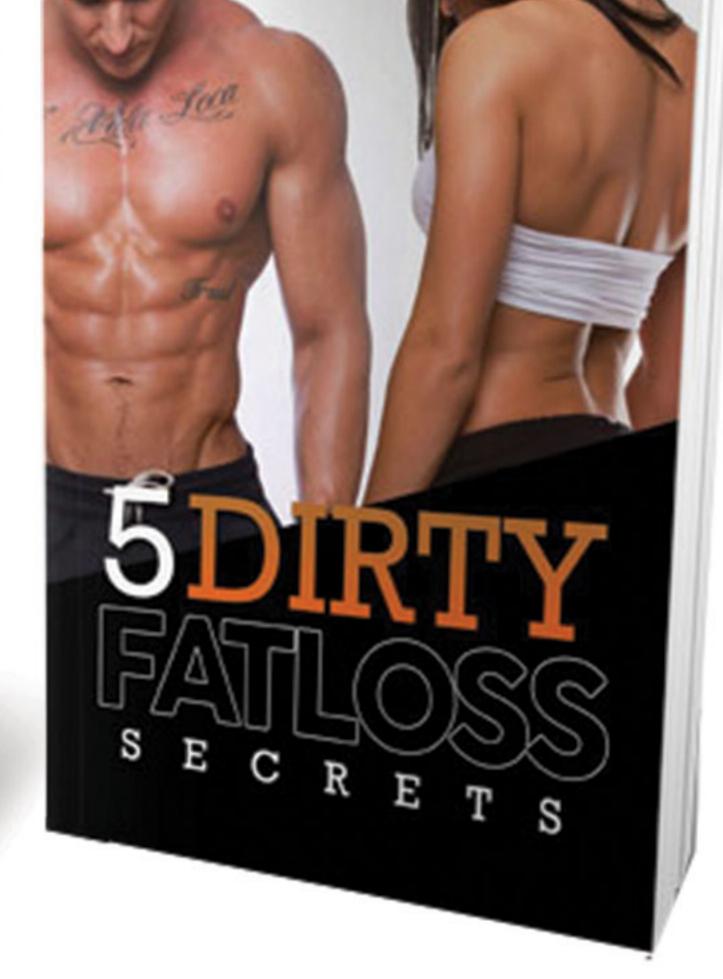
# PROGRAM

### NON-NEGOTIABLE RULES

- 1. You Must Eat Every 3 Hours
- 2. Do Not Miss A Meal
- 3. Perform 3 (20-30 min) Moderate Intensity Cardio Sessions Per Week
- 4. You Must Drink 1 Gal. of Water/Day
- 5. You Must Avoid Sugars and Alcohol

### FREE INFO GUIDES (INCLUDED)





E-Books Available at www.thepureline.com