



## IS THE 28 DAY TRANSFORMATION RIGHT FOR ME?

<input type="checkbox"/> <input type="checkbox"/>	I often feel sluggish after a meal
<input type="checkbox"/> <input type="checkbox"/>	I would like to lose some extra weight
<input type="checkbox"/> <input type="checkbox"/>	My diet consists of a lot of starchy/carb-heavy foods (pasta, rice, breads)
<input type="checkbox"/> <input type="checkbox"/>	My diet consists of a lot of dairy or red meat
<input type="checkbox"/> <input type="checkbox"/>	I drink soda or consume refined sugars regularly
<input type="checkbox"/> <input type="checkbox"/>	I often eat fast food or processed foods
<input type="checkbox"/> <input type="checkbox"/>	I don't have a regular exercise plan (or I exercise less than twice a week on average)
<input type="checkbox"/> <input type="checkbox"/>	I often crave coffee, sugar or alcohol
<input type="checkbox"/> <input type="checkbox"/>	I include less than 2 servings of fresh fruits and vegetables in my daily diet
<input type="checkbox"/> <input type="checkbox"/>	I smoke cigarettes
<input type="checkbox"/> <input type="checkbox"/>	I consume more than 1 alcoholic drink per day
<input type="checkbox"/> <input type="checkbox"/>	I want to improve my energy levels
<input type="checkbox"/> <input type="checkbox"/>	I suffer from inflammation, acne, candida or digestive issues
<input type="checkbox"/> <input type="checkbox"/>	I have brain-fog or trouble concentrating
<input type="checkbox"/> <input type="checkbox"/>	I'm too busy, lazy or messy and want to save time and energy with healthy meal prep
<input type="checkbox"/> <input type="checkbox"/>	I want to live an overall healthy lifestyle and establish healthier eating patterns

**DID YOU ANSWER YES TO 4 OR MORE? WE WOULD RECOMMEND THE 28 DAY TRANSFORMATION FOR YOU.**

## WHAT TO EXPECT

**Week 1:** Your body will be adjusting to new eating patterns and sugar intake (or lack thereof). Feeling a little hungry, tired, weak or irritable is totally normal.

**Week 2:** Your hunger should start to subside, but you may still feel sensitive as toxins continue to move through your body. Practice our self-care tips!

**Week 3:** Your energy levels will continue to increase, you should experience an enhanced sense of well-being and alertness. The last of the toxins are leaving your body!

**Week 4:** Your body should be cleansed of toxic buildup that has been weighing you down physically & mentally. You may find yourself pounds lighter, clear-minded, having heightened senses and a better connection with your mind, body and spirit. Congratulations! Keep your health journey going!

## KLEANS BREAKERS & COLLAGEN BUSTERS TO AVOID!

- X Eating inflammatory foods (especially white sugar, white flour, refined vegetable oils, trans fats).
- X Over-exercising without allowing for enough recovery.
- X Smoking and consuming too much alcohol.
- X Depriving yourself of sleep.

## TRANSFORMATION TIPS & TRICKS

♥ If you've been regularly consuming processed foods, refined sugars, heavily smoking/drinking (no judgement- we've all been there), it's recommended to **prep** at least 3-5 days in advance and slowly ease these out of your diet to minimize potential side effects.

♥ **Hydrate!** Drink ½ your body weight in ounces of water per day (more if you're exercising).

♥ **Constipated?** Try senna leaf tea, a Flush Down syringe or our Poop Enforcer herbal laxative.

♥ Practice **self-care**. Massages, saunas, yoga, bubble baths, colonics, enemas are your friends. Dry brushing improves circulation to ease lightheadedness, and opens pores to allow you to sweat and accelerate the detoxification process.

♥ Adding light regular **exercise** is critical to success.

♥ Take things one day at a time; when you're tempted to cheat, remind yourself that you're working towards a larger goal. Don't confuse cravings with intuitive eating! If you mess up, don't be hard on yourself-- just pick up where you left off, and **don't give up!**

♥ **Detoxing your mind** is just as important as detoxing your body! Get some fresh air, read an inspiring book, journal your thoughts, cry it out!

♥ **Supplements** are a great addition; take a multivitamin daily and/or whatever else your doctor or nutritionist prescribes. CBD can help calm, promote restful sleep and ease potential discomforts well.

♥ **Continue to juice, hydrate and eat whole foods after your program is complete.**

## SHARE YOUR TRANSFORMATION!

Share your before & after transformation with us to be featured on social media! [@kreationjuice](#) #KreationTransformation

**Questions, Concerns, Comments, Ready to Order?** We're here to support you! Use our contact form at [kreationjuice.com](#) or DM us on social media @kreationjuice.

If you have serious medical concerns or conditions, please talk to your doctor or nutritionist prior to starting the program.

\*These statements have not been evaluated by the Food and drug administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## 28 DAY TRANSFORMATION

## LIFESTYLE MEAL PROGRAM

- PROTEIN
- AMINO ACIDS
- COLLAGEN-BOOSTERS
- WHOLE 30 APPROVED MEALS
- WEIGHT-LOSS & DIGESTIVE SUPPORT
- ANTIOXIDANTS
- OMEGA-3 FATTY ACIDS
- VITAMINS & MINERALS
- KLEAN HEALTHY FATS
- BRAIN + ENERGY + MOOD & SKIN-BOOSTING SUPERFOODS

**RECOMMENDED FOR:**  
*WEIGHT LOSS AND DETOX*

➤ *What's inside each day*



## WHY 28 DAYS?

If you're wanting to shed extra pounds, feeling sluggish, fatigued, suffering from acne, candida, poor digestion, brain fog, or simply need a healthy lifestyle change; 28 days is the perfect amount of time to **break old habits, kreate new habits**, and get back on track to **achieve your health goals!** We prep 4 weeks worth of meals for you (in case you're too lazy, too messy, or too busy), which saves time and makes it easier for you to focus on the really important stuff.

**When it comes to weight loss...** one of the biggest reasons people struggle to lose weight and keep it off is because they don't make the necessary lifestyle changes to sustain their losses. The 28 Day Transformation focuses on helping you look at your health and food choices as a long-term approach to losing and maintaining a healthy weight; by substituting cleaner food choices into your regular diet and consuming smaller portions without sacrificing flavor or satisfaction. By mixing things up, keeping your diet interesting and overcoming boredom and monotony at mealtime, you're less likely to cheat and forfeit your progress (*after all, this is LA... we struggle with commitment*).

## HOW IT WORKS

**Think of it as a reset button for your body.** When our bodies are overloaded by toxicity or sluggishness, we lose the ability to process foods in an optimal way; so we make it a point to maximize the nutrition you get in every meal with fruits, vegetables and lean proteins. Consuming in such a high quantity, you'll flood your body with the building blocks it craves. Vitamins, minerals, microorganisms and other nourishing components will help cleanse and strengthen every system in your body.

**Go with your gut...** Your digestive system has a major impact on your immune system and overall health. Normally, digestion takes up an enormous amount of your body's energy. If it has more time and support, you can make its job easier so your body can focus on other critical areas and rebuild itself on a cellular level.

After 28 days, foods that you know are detrimental to your health won't hold the same power they once did. You will establish healthier dietary habits and will be operating on a new frequency thanks to consuming foods that hold a living vibration. Remineralize, alkalize, detoxify, nourish, repair, **transform** and let real, living foods bring you back to life!

**When to Consume:** We recommend starting upon waking and consuming each item approximately 2 hours apart. Listen to your body!

**Still Hungry?** Eat raw fruits and veggies (or lightly grilled/sauteed), bone broth or a meal replacement smoothie. Our cleanse specialists can recommend additional add-ons for you!

**Intermittent Fasting Option:** Fast from 9pm-9am daily. This may reduce insulin resistance, as well as help lose belly fat and body weight. When you don't eat after 9pm, your body doesn't have to work to digest these calories, nor does it have to store them as unwanted to for use at a later time, which is half the battle of losing weight.



# 28 DAY MEAL CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 CELERY JUICE GLAMOLOGY BUDDHA BOWL GOLDEN MYLK BUTTERNUT SQUASH SOUP PEPPERMINT WATER + FEEL BETTER TONIC	2 GINGER LEMON COLLAGEN WATER GREENTASTIC MELTDOWN SALAD CACAO YOGI CELERY SOUP GREEN 2	3 CELERY JUICE WARRIOR NUTTY QUINOA BOWL CHICKEN TAPAS TOMATO BASIL SOUP LEMON WATER + CANDIDA TONIC CHOCOLATE PUDDING	4 STRAWBERRY LEMON COLLAGEN WATER KETO SMOOTHIE KINKY QUINOA SALAD CAULIFLOWER HUMMUS LIMON GREEN SOUP SLIM MASTER	5 CELERY JUICE TRANQUILITY HOLY HUMMUS WRAP FALAFEL TAPAS CABBAGE WEIGHT LOSS SOUP CHLOROPHYLL WATER + VITAMIN C TONIC	6 BLUE ALGAE COLLAGEN WATER BERRYATRIC HAIL VEGAN CAESAR SALAD GRILLED VEGGIES THAI CARROT SOUP MARJAN'S FAVORITE CHIA PUDDING	7 CELERY JUICE BLUE BOOST NICOISE SALAD VANILLA YOGI CAULIFLOWER SOUP ALOE WATER + SKIN TONIC
8 GINGER LEMON COLLAGEN WATER HEAVY METAL DETOX GET WILD SALMON WRAP BUFFALO CAULIFLOWER MINSTRONE SOUP SERENITY	9 CELERY JUICE BALANCE GO GO GARBANZO SALMON TAPAS CHICKEN BONE BROTH PEPPERMINT WATER + MOOD TONIC CACAO ENERGY BALL	10 STRAWBERRY COLLAGEN WATER GOLDEN MYLK TOPLESS CHICKEN SALAD PEPPERCERRY YOGI VEGGIE BROTH GREEN 3	11 CELERY JUICE GREENTASTIC FORTUNATE WRAP PALEO BREAD SLICE BISON BONE BROTH LEMON WATER + SUPER GREEN TONIC	12 BLUE ALGAE COLLAGEN WATER WARRIOR CHICKEN MEATBALLS KLIMAX ENERGY BAR WHITE BEAN KALE SOUP SLIM MASTER DEHYDRATED STRAWBERRIES	13 CELERY JUICE KETO SMOOTHIE BUDDHA BOWL GOLDEN MYLK BUTTERNUT SQUASH SOUP CHLOROPHYLL WATER + IMMUNE+ SYRINGE	14 GINGER LEMON COLLAGEN WATER TRANQUILITY MELTDOWN SALAD CACAO YOGI CELERY SOUP 50 SHADES OF GREEN
15 CELERY JUICE BERRYATRIC NUTTY QUINOA BOWL CHICKEN TAPAS TOMATO BASIL SOUP ALOE WATER + PROBIOTIC TONIC	16 STRAWBERRY COLLAGEN WATER BLUE BOOST KINKY QUINOA CAULIFLOWER HUMMUS CELERY SOUP STRENGTH	17 CELERY JUICE HEAVY METAL DETOX HOLY HUMMUS WRAP FALAFEL TAPAS CABBAGE WEIGHT LOSS SOUP PEPPERMINT WATER + ANTIBIOTIC TONIC CHOCOLATE PUDDING	18 BLUE ALGAE COLLAGEN WATER BALANCE HAIL VEGAN CAESAR SALAD VEGGIE TAPAS THAI CARROT SOUP SOL	19 CELERY JUICE GLAMOLOGY NICOISE SALAD VANILLA YOGI CAULIFLOWER SOUP LEMON WATER + EMERJUI-C SYRINGE	20 GINGER LEMON COLLAGEN WATER GOLDEN MYLK GET WILD SALMON WRAP BUFFALO CAULIFLOWER MINSTRONE SOUP ILLUMINATE CHIA PUDDING	21 CELERY JUICE GREENTASTIC GO GO GARBANZO SALMON TAPAS CHICKEN BONE BROTH CHLOROPHYLL WATER + FEEL BETTER TONIC
22 STRAWBERRY COLLAGEN WATER WARRIOR TOPLESS CHICKEN SALAD STRAWBERRY YOGI VEGGIE BROTH CLARITY	23 CELERY JUICE WARRIOR FORTUNATE WRAP PALEO BREAD SLICE BISON BONE BROTH ALOE WATER + VITAMIN C TONIC DEHYDRATED MANGO	24 BLUE ALGAE COLLAGEN WATER KETO SMOOTHIE CHICKEN MEATBALLS ABUNDANCE ENERGY BAR WHITE BEAN KALE SOUP MARJAN'S FAVORITE	25 CELERY JUICE TRANQUILITY BUDDHA BOWL GOLDEN MYLK BUTTERNUT SQUASH SOUP PEPPERMINT WATER + ANTIDOTE SYRINGE	26 GINGER LEMON COLLAGEN WATER BERRYATRIC MELTDOWN SALAD CACAO YOGI CELERY SOUP SLIM MASTER MINT ENERGY BALL	27 CELERY JUICE BLUE BOOST NUTTY QUINOA BOWL CHICKEN TAPAS TOMATO BASIL SOUP LEMON WATER + FLUSH DOWN SYRINGE	28 STRAWBERRY COLLAGEN WATER HEAVY METAL DETOX KINKY QUINOA CAULIFLOWER HUMMUS LIMON GREEN SOUP GREEN 4

**KEY:** ♥ UPON WAKING    ❤ MORNING/MID-MORNING    💜 LUNCH/MID DAY    💜 AFTERNOON SNACK    💜 DINNER/PM    ❤ BEFORE BED    💜 DESSERT

\*Some items are seasonal and subject to change. Please let us know if you have any allergies or dietary restrictions.

