



*Let's get started!*

## Directions

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Water is an important component to weight loss and mental clarity, be sure to drink 16 ounces of water upon rising each morning with fresh squeezed lemon juice or lemon essential oil. Drink plenty of water between meals, too!

- ▶ Pre-breakfast: drink the smoothie provided. If you don't drink it in the morning then drink it between lunch and dinner or even after a workout
- ▶ Breakfast: enjoy one of your Breakfast choices
- ▶ Lunch and Dinner: vary your meals between the 5 different entrees (no particular order)
- ▶ If you feel like you need a boost between lunch and dinner, try either a green smoothie or herbal tea
- ▶ Feel free to add more raw vegetables or fruit to any meal
- ▶ If you feel hungry between meals, snack on fruit or veggies and hummus or guacamole
- ▶ In addition to smoothies, you may also have unsweetened herbal teas
- ▶ Please note that depending on your current diet you may have detox symptoms for up to 48 hours. Drink plenty of water and rest if needed
- ▶ You will see results! Want to boost those results? Increase your daily physical activity!



## Smoothies

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- ▶ Freeze smoothie cups once you bring them home
- ▶ Fill the smoothie cup with liquid of choice, blend, then pour back into cup and enjoy
- ▶ Smoothie cups are designed to be blended with plant-based milk, juices or coconut water
- ▶ If you would like your smoothie to be a bit sweeter, add a ripe banana or a few dates
- ▶ Drink one smoothie for five days (no particular order)