


























SAMPLE MEAL MAP – 10 DAY

THE FAST METABOLISM CLEANSE™
Total body makeover from the inside out

AN ACTUAL CLIENT'S CLEANSE

	Breakfast	Snack	Lunch	Snack	Dinner	At a Glance
Day 1		1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS		1 APPLE & 1/2 CUP CELERY STICKS	CHILI (FREEZE LEFTOVERS FOR FUTURE USE)	2 SHAKES 1 MEAL 2 SNACKS
Day 2		1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS		1 APPLE & 1/2 CUP CELERY STICKS	CHICKEN & BROCCOLI BOWL	2 SHAKES 1 MEAL 2 SNACKS
Day 3		1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS			TURKEY SOUP (FREEZE LEFTOVERS FOR FUTURE USE)	3 SHAKES 1 MEAL 1 SNACK
Day 4			LEFTOVER CHILI			4 SHAKES 1 MEAL
Days 5, 6 & 7						5 SHAKES (UNLIMITED VEGGIES)
Day 8					LEFTOVER TURKEY SOUP WITH PUMPKIN SEEDS	4 SHAKES 1 MEAL
Day 9				2 TABLESPOONS RAW ALMOND BUTTER & 1/2 CUP CELERY	BROWN RICE FUSILLI WITH OLIVES	3 SHAKES 1 MEAL 1 SNACK
Day 10		1/2 AVOCADO & 1/2 CUP SLICED BELL PEPPER		2 TABLESPOONS RAW ALMOND BUTTER & 1/2 CUP CELERY	SHRIMP & ASPARAGUS STIR FRY	2 SHAKES 1 MEAL 2 SNACKS

UNLIMITED VEGGIES