


























# YOUR MEAL MAP – 10 DAY

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

Use this template to fill in your meals for each day.  
F: Fruit, V: Vegetable, P: Protein, G: Grain, and HF: Healthy Fat

	Breakfast	Snack	Lunch	Snack	Dinner	At a Glance
<b>Day 1</b>		F: V:		F: V:	G: V: P:	2 SHAKES 1 MEAL 2 SNACKS
<b>Day 2</b>		F: V:		F: V:	G: V: P:	2 SHAKES 1 MEAL 2 SNACKS
<b>Day 3</b>		F: V:			G: V: P:	3 SHAKES 1 MEAL 1 SNACK
<b>Day 4</b>			G: V: P:			4 SHAKES 1 MEAL
<b>Days 5, 6 &amp; 7</b>						5 SHAKES (UNLIMITED VEGGIES)
<b>Day 8</b>					HF: P: V: G: (optional)	4 SHAKES 1 MEAL
<b>Day 9</b>				HF: V:	HF: P: V: G: (optional)	3 SHAKES 1 MEAL 1 SNACK
<b>Day 10</b>		HF: V:		HF: V:	HF: P: V: G: (optional)	2 SHAKES 1 MEAL 2 SNACKS

AN ACTUAL CLIENT'S CLEANSE

UNLIMITED VEGGIES