

10-DAY FAST METABOLISM CLEANSE

Your Meal Map

KEY: F - Fruit, V - Veggie, P - Protein, G - Grain, HF - Healthy Fat

AN ACTUAL CLIENT'S CLEANSE

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

UNLIMITED VEGGIES