

YOUR MEAL MAP

AN ACTUAL CLIENT'S CLEANSE

UNLIMITED VEGGIES

	Breakfast	Snack	Lunch	Snack	Dinner	At a Glance
Day 1		FRUIT & VEGGIE		FRUIT & VEGGIE	GRAIN VEGGIE PROTEIN	2 SHAKES 1 MEAL 2 SNACKS
Day 2		HEALTHY FAT VEGGIE or FRUIT			GRAIN VEGGIE PROTEIN	3 SHAKES 1 MEAL 1 SNACK
Day 3			GRAIN VEGGIE PROTEIN			4 SHAKES 1 MEAL
Days 4						5 SHAKES (UNLIMITED VEGGIES)
Day 5					HEALTHY FAT PROTEIN VEGGIE GRAIN (optional)	4 SHAKES 1 MEAL