

30-DAY GRAIN-FREE SCHEDULE

***SPECIAL SHAKE RECIPE:**
1 teaspoon Green Spectrum Lemon
2 teaspoons Bio Fruit
2 teaspoons Can't Beet This!
1 1/4 teaspoons Aloe Digest
10 oz. water

DAY 1-10:



RISE & SHINE

When you wake up:

- Super Amino 23 (5 tablets)
- *Special Shake



DAY OR EVENING

You choose, in place of lunch or dinner:

- Super Amino 23 (5 tablets)
- *Special Shake



SWEET DREAMS

30-60 minutes before you go to sleep:

- Apothe-Cherry (2 TBSP with 8-10 oz. water)

DAY 11-20: 10-DAY IMMERSION



When You Wake Up:

Super Amino 23 (5 tablets)

Flex Foods

2 Hours Later

*Special Shake

2 Hours Later

Super Amino 23 (5 tablets)

Optional Flex Foods

2 Hours Later

*Special Shake

2 Hours Later

Organic Flex Foods

2 Hours Later

Raw Organic Planted Based Meal



30-60 Minutes Before Bed

Apothe-Cherry (2 TBSP with 8-10 oz. water)

DAY 21-30: FINISH STRONG



RISE & SHINE

When you wake up:

- Super Amino 23* (5 tablets)
- *Special Shake



DAY OR EVENING

You choose, in place of lunch or dinner:

- Super Amino 23* (5 tablets)
- *Special Shake



SWEET DREAMS

30-60 minutes before you go to sleep:

- Apothe-Cherry (2 TBSP with 8-10 oz. water)

LEARN ABOUT FLEX FOODS

Or visit Vimeo at bit.ly/FlexFoodsVideo



30-DAY GRAIN-FREE SCHEDULE: TIPS



INCLUDES:

2 Bio Fruit, 1 Green Spectrum Lemon, 2 Can't Beet This, 2 Aloe Digest, 2 Super Amino 23, 2 Apothe-Cherry, 1 Stainless Steel Shaker Bottle, and 1 30-Day Schedule.

DAY 1-10:

BEGIN BY EASING INTO YOUR PRODUCT ROUTINE.

- Drink 1/2 your body weight in oz. of water
- Eat 1 Lifestyle Meal for either lunch or dinner
- Eat 3 Flex Foods-any time
- Exercise at your normal pace
- Decrease/eliminate sugar, caffeine, animal products, and alcohol

DAY 11-20: 10-DAY IMMERSION

TIME TO TRULY ACCELERATE AND FLOOD YOUR BODY WITH ONLY PURE, VEGAN NUTRITION.

- Drink 1/2 your body weight in oz. of water
- Eat up to 3 flex food servings per day when a craving arises; may be eaten with Super Amino 23, *Special Shake or Apothe-Cherry
- No other foods to be consumed during the 10 Day Immersion
- Low-impact exercise only, like gentle yoga or light walking
- Set a timer for every two hours to keep you on track
- Prepare for Day 31 and beyond by signing up with Smart Order with this Grain-Free Pack

DAY 21-30: FINISH STRONG

CONGRATS! HONOR YOUR HARD WORK BY STICKING WITH YOUR UPGRADED NUTRITION AND HEALTHY HABITS.

- Drink 1/2 your body weight in oz. of water
- Eat 1 Lifestyle Meal
- Eat 3 Flex Foods-any time
- Exercise at your normal pace
- No sugar, caffeine, or alcohol to be consumed