

NUTRITION

# CORE 4 PLANS

GREAT FOR SMART ORDER!



## CORE 4 - NUTRITION

🕒 2 lifestyle meals 🍌 flex food snacks 💧 lots of water

You are welcome to exercise at whatever level that feels comfortable to you.

\* Biome Medic & Super CleansR are waste elimination aids. Modify 1-2 capsules per serving, depending on your body's digestion.

<p><b>Rise and shine</b></p> <p>☀️</p> <p>Super Amino 23 5 tablets</p> <p>Drink lots of water! (8-24 ounces)</p>	<p><b>2 hours later</b></p> <p>🕒</p> <p>Power Shake 5.5 Tbsp.</p> <p>Biome Medic* 1-2 capsule</p>	<p><b>Time to unwind</b></p> <p>🌙</p> <p>Apothe-Cherry 1-2 Tbsp. 30-60 minutes before sleep</p>
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## CORE 4 - WEIGHT LOSS

🕒 2 lifestyle meals 🍌 flex food snacks 💧 lots of water

Exercise at whatever level that feels comfortable



<p><b>Rise and shine</b></p> <p>☀️</p> <p>Super Amino 23 5 tablets</p> <p>Drink lots of water! (8-24 ounces)</p>	<p><b>2 hours later</b></p> <p>🕒</p> <p>Power Shake 5.5 Tbsp.</p>	<p><b>Time to unwind</b></p> <p>🌙</p> <p>Apothe-Cherry 1-2 Tbsp.</p> <p>Daily Fiber Blend 2.5 Tbsp.</p>
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## CORE 4 - ATHLETES

🕒 2 lifestyle meals 🍌 flex food snacks

Exercise at whatever level that feels comfortable

<p><b>Pre-Workout</b> 30 minutes before workout</p> <p>Can't BEET This! 2-4 tsp.</p> <p>Super Amino 23 5 tablets</p> <p>Super Xanthin 2 capsules</p>	<p><b>Post-Workout</b> 30 minutes after workout</p> <p>MVP Sport 3-6 Tbsp.</p>
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## CORE 4 - CLEANSING

🕒 2 lifestyle meals 🍌 flex food snacks

You are welcome to exercise at whatever level that feels comfortable to you.



<p><b>Rise and shine</b></p> <p>☀️</p> <p>Biome Medic 2 capsules</p>	<p><b>2 hours later</b> or as a meal replacement</p> <p>🕒</p> <p>Power Shake 5.5 Tbsp.</p>	<p><b>Time to unwind</b></p> <p>🌙</p> <p>Apothe-Cherry 1-2 Tbsp.</p> <p>Daily Fiber Blend 2.5 Tbsp.</p>
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