

shakeology®

THE HEALTHIEST MEAL OF THE DAY®

3 DAY CLEANSE

Jump start your results with this highly nutritional 3-day cleanse!



Shakeology is a meal replacement shake designed to be enjoyed every day, one meal a day. But for this cleanse, it will be used three times a day for three days. The Shakeology Cleanse is meant to jump start you in your fitness, break a plateau or shred pounds fast & effectively in a healthy way. The key is caloric efficiency; getting the most nutrients possible out of the fewest number of calories. It's too fat restrictive for a lifestyle plan, but perfect for a three day jump-start to looking and feeling better. This can help you become healthier from the inside out. Internal health is the foundation to external beauty. People are getting fantastic results ~ Lose weight & Feel Great!

THE BASICS ARE AS FOLLOWS:

3 SHAKEOLOGY Shakes a day (blended with water and ice) 2 Cups of Green Tea a Day (Triple Leaf Detox Tea is good choice) 1 piece of fruit a day (Apple, pear, orange, banana, mango, etc) 1 salad for dinner (lettuce, veggies, lean protein) - 4 oz lean protein in salad (WHITE poultry or fish) - Only Low Fat Dressings. NO: Dairy (no almond, soy, or rice milk) or extra sugars. If it's not on the list, don't eat it! Sample Menu (Repeat all three days): 1 cup of green tea

SAMPLE MENU for 3 DAYS

BREAKFAST:

Shakeology - 1 scoop, blended with ice & 8-10 oz of water Optional: ½ cup of fruit (only for the super conditioned – not the weight challenged)

SNACK:

1 piece of fruit (low glycemic fruits: pears, apples, grapefruit, or strawberries)

LUNCH:

Shakeology - 1 scoop, blended with ice & 8-10 oz of water Optional: ½ cup of fruit (only for the super conditioned – not the weight challenged)

SNACK:

Shakeology - 1 scoop, blended with ice & 8-10 oz of water (This snack can be before or after dinner)

DINNER:

Salad - Lettuce/veggies - 4 oz lean protein (WHITE fish or poultry) Light Dressing

RECOMMONDATIONS:

I recommend a low calorie vinaigrette, or balsamic/red wine vinegar and olive oil. DRINK PLENTY OF WATER. This 3-day Shakeology Cleanse uses 9 servings of Shakeolog.

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