21 Day Challenge

Days 1 to 7 The Detox

DRINK 96 Ozs of water throughout the day! Have a way to measure and track! (12 Eight oz glasses)

**Upon Waking** : ½ Lemon in 1 cup of warm water, then wait 30 minutes and take 1 rounded scoop of the fiber powder and 2 release tables from the Nutraclean detox kit. Begin to prepare breakfast (waiting 20 to 30 minutes, then eat)

**Breakfast**

* 1 serving of Protein
* 3+ servings of vegetables (steamed and/or raw)
* 1 serving of fruit

**AM Snack**

* Take Isotonix Multi-Vitamin and OPC-3; wait 10 to 20 minutes then eat:
* 1 serving of fruit
* 2+ serving of veggies

**Before Lunch**: ½ Hour before lunch take 2 TLS Core

**Lunch**

* 4+ servings of Vegetables
* 1 tbs of olive oil (or coconut oil or avocado oil)

**PM Snack**

* 2+ servings of veggies
* 1 cups of flavored water (water with mint or cucumber or lemon)

Before Dinner: ½ Hour before Dinner take 2 TLS Core

Dinner:

* 1 serving of protein
* 1 serving of good fat (1 tbs of olive oil or avocado or coconut oil)
* 3+ servings of vegetables
* (optional) 1 serving of fruit

AT BEDTIME: Take the Clear pack of supplements (2 HepatoCleanse and 2 Release tablets).

Go over your goals each day. FOCUS on the rewards of a healthier body? Here are some of the REWARDS: More Energy both physical and Mental; New clothes or getting back into smaller favorite clothes; mental clarity; flatter belly; finally making it to goal healthy weight; finally making significant progress toward health goals; feeling better about myself; higher quality of life; reducing inflammation and pain; knowing how to take care of myself every day; improved focus on my long-term health goals; lower blood pressure; improved blood sugar levels; improved heart health; reduced chance of diabetes