



MOTIVATE
— FITNESS —



MOTIVATE FITNESS LEPTIN RESET CLEANSE

MANUAL



DISCLAIMER



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INTRODUCTION

Inflammation in the body is the number one reason why we store excess fat!



**“Obesity is an inflammatory brain disease”
– Dr. Jack Kruse**

Many health experts tell us that eating too many calories is the reason why we gain weight. While excess calories can lead to weight gain, the question we need to be asking is; WHY do we eat too many calories?

Are we lacking the correct mindset, willpower, or accountability? Could it be stress, anxiety, depression and/or slow metabolism? Food or sugar addiction? Any of these can certainly contribute to overeating or making poor nutritional choices but if we really want to make long lasting changes in our weight, health and wellness, we need to take a deeper look. Specifically, at INFLAMMATION in the body.

Of course, building better habits, support groups and reducing calories can help, but unfortunately this typically doesn't reduce inflammation enough to produce long lasting results. So, the real question becomes, WHAT causes inflammation and HOW do we eliminate it?



What Causes Inflammation?

- Processed / Refined Foods
- Chemically Treated Foods
- Sugar, Dairy, Gluten
- High Cortisol Levels
- Stress / Anxiety
- Poor Sleep
- Lack of Exercise
- Poor Breathing / Mouth Breathing

These are the biggest contributors to elevated inflammation levels in the body.

Why is this a problem? When inflammation is high, it affects the brain, specifically the hypothalamus which **controls our metabolism and appetite!**

When inflammation levels are elevated, the brain is unable to receive signals from our fat cells. Fat cells secrete the hormone LEPTIN which gives our brain the energy status within our body. Basically, leptin tells the brain to either increase or decrease our appetite. But when the brain can't receive the leptin signal, (this is Leptin Resistance) things spiral out of control.



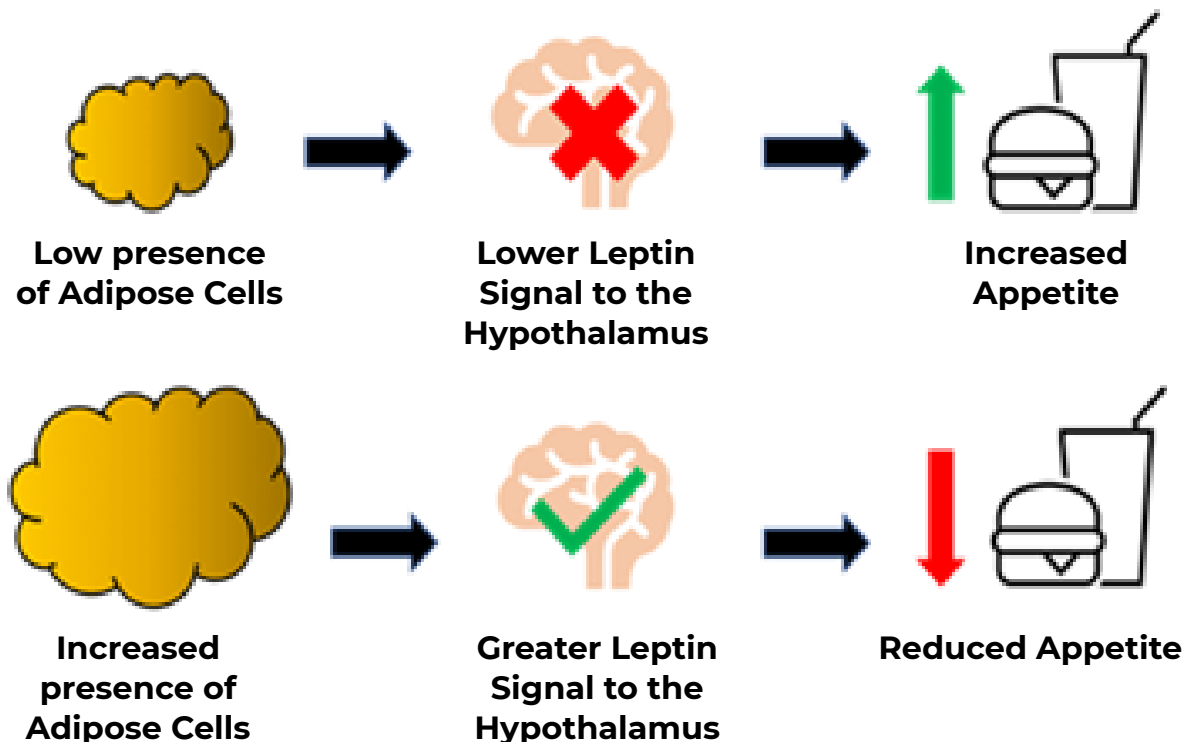
What is Leptin?

- A hormone secreted by the fat cells that monitors our energy status
- It's the master hormone and conductor of energy metabolism
- Controls all energy production in the body
- Controls hunger, appetite, satiety and regulates the synthesis of glucose
- Leptin communicates directly with the Hypothalamus to regulate metabolism and appetite

Keys to Leptin = Tells the Hypothalamus to:

- Low Fat Presence = Low Leptin Levels = Increase Appetite**
- High Fat Presence = High Leptin Levels = Decreased Appetite
- **HOWEVER** - If Leptin can NOT enter the brain (Leptin Resistance) we have serious problems! No Way to Monitor Energy Status

When we become Leptin Resistant, (the brain thinks that energy stores are low) willpower, mindset and accountability go out the window. Looking at the above diagram, you'll see that your body will actually start to crave food and in most cases the ones with the most sugar and calories. **Once leptin resistance sets in, trying to count/reduce calories or exercise more and eat less becomes futile.**



A New Solution to Fat Loss and Better Health and Wellness

At Motivate Fitness, we understand this and developed a nutritional system designed specifically to address inflammation. More importantly HOW to reduce inflammation.

The following Leptin Reset program provides you the blueprint to successfully lose weight by controlling inflammation rather than a starvation diet or extreme exercise.

By combining proper nutrition, moderate exercise and recovery, you'll see how easy it is to lose fat, become healthier, more energized and just feel great! All the information you need is contained in this easy to follow manual.

Here is how the Motivate Fitness Leptin Reset Program works:

Week 1: Starts with the Leptin Reset 7-Day Detox which is designed to heal the gut and intestinal tract along with increasing the immune system while reducing inflammation allowing the body to reset its natural hormone balance leading to greater fat loss and increased muscle tone.

You'll notice many of the cravings subside and your hunger will decrease dramatically. Those that experience heartburn have noticed a major reduction and some have completely eliminated it.

The detox is critical as it prepares you for the next phase which is the Motivate Fitness Nutritional Plan. This is important because once your gut and intestinal tract are cleared of all the "muck" it can fully absorb all the nutrients in this part of the plan. You'll also notice how much better food tastes along with its natural flavors.

Week 2: Now that your body has cleansed, you'll begin following the Motivate Fitness Nutritional Plan. This is designed to be a long-term lifestyle nutritional plan which will return your body to its natural weight set point and allow you to maintain a healthy and strong body.

This manual contains the specifics of the nutritional plan and contains recipes for you to try. However, if you follow the guidelines, you'll quickly see how many recipes you can make that suits your tastes. We recommend any type of Paleo cookbook for more meal and recipe ideas.

Lastly, if you have any questions along the way, please don't hesitate to reach out to one of our trainers.

**Now let's get started on creating
the healthy lifestyle you always wanted!**



LEPTIN RESET 7 DAY DETOX

PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE STARTING THIS OR ANY TYPE OF NUTRITIONAL / CLEANSE PROGRAM

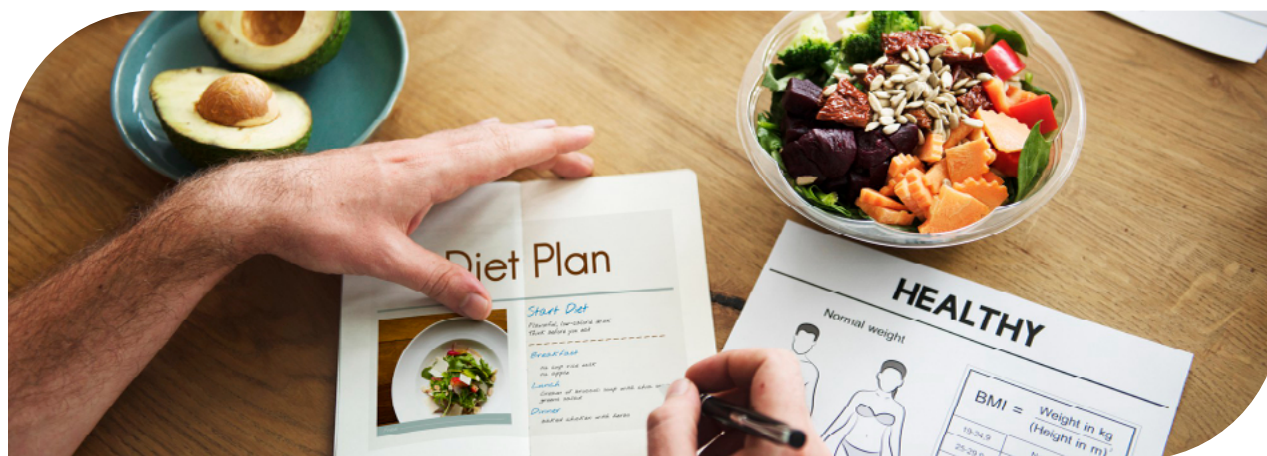
DESIGNING YOUR PROGRAM

During this Detox program, you'll be using our Motivate Fitness Supplements to maximize your nutritional intake and cleanse your body thoroughly. Here are the products you will need in order to get started:

- ✓ Protein Powder [motivatesupps.com](https://www.motivatesupps.com) (Motivate Fitness Nutritional Shake)
- ✓ Women's or Men's Multi-Vitamin [motivatesupps.com](https://www.motivatesupps.com)
- ✓ Daily Cleanse [motivatesupps.com](https://www.motivatesupps.com)
- ✓ Super Greens [motivatesupps.com](https://www.motivatesupps.com)
- ✓ EstroLean (Women) / Natural Test Boost (Men) [motivatesupps.com](https://www.motivatesupps.com)
- ✓ Omega-3 [motivatesupps.com](https://www.motivatesupps.com)
- ✓ Now Vitamin D3+K2 1000 i.u. [amazon.com](https://www.amazon.com)
- ✓ Vita Naturals Psyllium Husk [amazon.com](https://www.amazon.com)

These supplements are designed to enhance this detoxification process and make the detox more effective. You may feel tired and get a headache but this is all part of the detoxing process. Once finished, you'll lose all cravings and feel incredible! Most importantly, your digestive system will be ready for the Leptin Reset Meal Plan.

Here's how the cleanse works: (Follow the Daily Check List)



DAYS 1-2 AND 6-7 OVERVIEW

Days 1+2 are “prep days” designed to clear and heal your digestive system so that you get maximum results throughout the entire Leptin Reset Program.

On Days 1+2 as well as 6+7, you’ll be following the below plan. On these days, we recommend:

- You’ll replace Breakfast and one of your other two meals (Lunch or Dinner) with the Motivate Fitness Protein Nutritional Shake – You can use water, UNSWEETENED Almond or Coconut Milk 10-12oz.
- For either Lunch or Dinner, you’ll eat lots of healthy vegetables. It’s important to choose raw, fresh, organic ingredients whenever possible and maybe a little bit of fruit. Whichever meal you choose to eat, the other meal is a nutritional shake.

(See Daily Check List and Recipe Page Below)

Motivate Fitness NUTRITIONAL SHAKES (Breakfast and either Lunch or Dinner)

You will replace two of your three meals with this quick and easy meal replacement shake which is great source of protein and amino acids vital for long term health benefits and to maintain lean muscle mass!

This is important because you’ll understand that protein shakes should be incorporated into your daily menu as part of your new lifestyle nutrition plan.

LUNCH OR DINNER – CONSUME DARK LEAFY GREENS AND BRIGHTLY COLORED VEGETABLES (See Recipe Page)

This is incredibly important because vegetables are low in calories and loaded with antioxidants, vitamins, minerals, and fiber! More so, veggies will provide you with much needed energy as well as keep you feeling full and satisfied.

EXTRAS: A SINGLE SERVING OF FRUIT, A LITTLE BIT OF HEALTHY FAT

To enhance flavors of your vegetable meals, you can add a teaspoon of extra virgin olive oil or coconut oil when cooking your vegetables. These oils contain plenty of healthy fats and many valuable nutrients, enzymes, and antioxidants contained in the original plant.

You can also add a single serving of fruit once a day as an extra source of vitamins and minerals.



FOODS TO AVOID

- Sugar
- Gluten -Grains (wheat, rye, spelt, sorghum, millet, barley, etc.)
- Dairy products (Milk, cheese, yogurt, etc.)
- All fast food, processed food, and junk food
- Meat (fish, poultry, red meat, etc.) and eggs
- Legumes (black beans, lima beans, white beans, etc.)
- Refined oils (canola oil, soybean oil, sunflower oil, safflower oil, peanut oil)
- Nuts and seeds (peanuts, almonds, cashews, sesame seeds, etc.)

SUCCESS TIPS

- It is incredibly important to stay hydrated during the detoxification as this is the only way to flush toxins from your body. Drinking plenty of water will also help reduce your cravings, and improve your circulation.

GOAL: CONSUME HALF YOUR BODY WEIGHT IN OUNCES OF WATER EACH DAY.

- During this 7-day period, your body will be busy healing and detoxing. Common symptoms are lethargy and headaches which is a result of the body detoxing. Get plenty of sleep as this is when most of the healing occurs. Reduce physical activity to give your body a chance to rest and repair the damage caused by years of poor nutrition.



DAY'S 1-2 AND 6-7 LUNCH OR DINNER VEGETABLE RECIPES



Arugula-Avocado Salad

- 4 cups fresh arugula
- 1 tablespoon extra virgin olive oil (EVOO)
- 1 tablespoon cold-pressed flaxseed oil
- **½ teaspoon dried dill**
- **½ teaspoon fresh squeezed lemon juice**
- 1 large Avocado cut into slices

1. Combine all ingredients into a medium bowl and toss to mix thoroughly. Top with avocado slices.

Prep time: 10 minutes Serves 2

Paleo Caprese Salad

- 1 large heirloom tomato, cut into ¼ inch slices
- 1 tablespoon of EVOO
- 1 tablespoon of balsamic vinegar
- 2 large fresh basil leaves
- 1 small red onion, thinly sliced
- Fresh ground black pepper, to taste

1. Arrange tomato slices on a platter, drizzle with oil and vinegar and scatter basil. Cover with onion slices. Add fresh ground black pepper.

Prep time: 10 minutes Serves 2

Mixed Herb Salad

- **¼ cup fresh basil leaves**
- **¼ cup fresh mint leaves**
- **½ cup romaine lettuce chopped**
- **½ cup arugula**
- 1 tablespoon walnut oil
- **½ tablespoon fresh squeezed lemon juice**
- Fresh ground black pepper, to taste

1. Combine all ingredients in a large bowl. Toss with walnut oil and lemon juice. Add fresh ground black pepper.

Prep time: 5 minutes Serves 2

Spicy Taco Wraps

- 1 ripe avocado, diced
- **¼ cup fresh lime juice**
- ⅛ cup fresh parsley, chopped
- **½ jalapeno pepper, diced**
- 1 ½ tsp. sea salt
- Romaine or leaf lettuce

1. In a food processor, add all ingredients and process until smooth.
2. Spoon into a lettuce leaf and wrap.

Prep time: 10 minutes Serves 2



Strawberry-Spinach Salad

- 2 cups torn spinach leaves
- 1 cup hulled and quartered strawberries
- 1 tablespoon EVOO
- **¼ teaspoon finely chopped fresh basil**
- **¼ teaspoon fresh ground pepper**
- **½ teaspoon of fresh squeezed lime or lemon juice**

1. Mix spinach with strawberries in a large bowl. In a small jar, combine oil, basil, pepper and lime/lemon juice and shake well. Toss with spinach and strawberries.

Prep time: 10 minutes Serves 2

Apple Cole Slaw

- 2 cups packaged organic coleslaw mix
- 1 unpeeled tart apple, chopped
- **½ cup chopped celery**
- **½ cup chopped green pepper**
- **¼ cup flaxseed oil**
- 2 tablespoons lemon juice
- 1 teaspoon sesame seeds

1. combine coleslaw mix, apple, celery and green pepper in large bowl.
2. In small bowl, whisk oil, lemon juice and sesame seeds. Pour over coleslaw and toss to coat.

Prep time: 10 minutes Serves 2

Mediterranean Tomato Salad

- 2 large tomatoes, chopped
- 1 cucumber, peeled and chopped
- **¼ cup yellow bell pepper, diced**
- **¼ cup radishes, sliced**

- **¼ cup parsley, chopped**
- **½ garlic clove, finely minced**
- **½ tablespoon lemon juice**
- 1 ½ tablespoons of EVOO
- 1 cup baby spinach leaves, torn
- Salt and pepper to taste

1. Toss tomatoes, cucumbers, bell peppers radishes and parsley together.
2. Sprinkle garlic, lemon juice, and olive oil over salad. Toss to coat. Salt and pepper to taste.

Prep time: 10 minutes Serves 2

Cream of Cauliflower Soup

- **½ head of fresh cauliflower florets, chopped**
- 2 celery stalks, chopped
- **½ carrot, chopped**
- 1 clove garlic minced
- 1 teaspoon ground cumin
- **¼ teaspoon black pepper**
- **½ tablespoon chopped parsley**
- **¼ teaspoon dill**

1. In a soup pot or Dutch oven, combine cauliflower, celery, carrot, garlic, onions cumin and pepper.
2. Add water to just cover the ingredients in pot. Bring to a boil over high heat.
3. Reduce heat to low. Simmer about 6-8 minutes or until veggies are tender.
4. Stir in parsley and dill before serving.

Prep time: 20 minutes Serves 2



Butternut Squash Soup

- ½ tablespoon of EVOO
- ½ medium onion
- ½ pound butternut squash, peeled and chopped
- ¼ cup flaxseed meal
- 16 ounces organic low-sodium chicken broth
- ½ cup almond milk
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon cloves
- 1/8 teaspoon nutmeg

1. In a soup pot or Dutch oven, heat oil over medium-high heat. Sauté onion and butternut squash in oil for 5 minutes.
2. Add flaxseed meal and chicken broth and increase heat to high.
3. Bring to boil, then turn to low and simmer for 45 minutes
4. In batches, puree squash mixture in blender or food processor and return to pot.
4. Stir in almond milk, cinnamon, cloves and nutmeg



DAILY CHECKLIST DAY'S 1-2 AND 6-7

DAY

1



13

BREAKFAST

- Motivate Fitness Protein Nutritional Shake (12oz. Almond or Coconut Milk)
- Multi Vitamins and Vitamin D+K
- Psyllium Husk – 1 serving
- Omega-3 Capsules

MID-MORNING SNACK

- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

LUNCH OR DINNER

- Motivate Fitness Protein Nutritional Shake or Veggie Meal
- 1 Piece fruit (optional and only 1 per day)
- Psyllium Husk – 1 serving (Only if using Shake)

MID AFTERNOON SNACK

- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

DINNER OR LUNCH

- Veggie Meal or Motivate Fitness Protein Shake (if you had veggie meal at lunch then have a nutritional shake for dinner)
- 1 Piece fruit (optional and only 1 per day)
- Psyllium Husk – 1 serving (Only if using Shake)
- Estro Lean or Natural Test Boost – 1 Serving



DAILY CHECKLIST DAY'S 1-2 AND 6-7

DAY

2



14

BREAKFAST

- Motivate Fitness Protein Nutritional Shake (12oz. Almond or Coconut Milk)
- Multi Vitamins and Vitamin D+K
- Psyllium Husk – 1 serving
- Omega-3 Capsules

MID-MORNING SNACK

- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

LUNCH OR DINNER

- Motivate Fitness Protein Nutritional Shake or Veggie Meal
- 1 Piece fruit (optional and only 1 per day)

- Psyllium Husk – 1 serving (Only if using Shake)

MID AFTERNOON SNACK

- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

DINNER OR LUNCH

- Veggie Meal or Motivate Fitness Protein Shake (if you had veggie meal at lunch then have a nutritional shake for dinner)
- 1 Piece fruit (optional and only 1 per day)
- Psyllium Husk – 1 serving (Only if using Shake)
- Estro Lean or Natural Test Boost – 1 Serving



DAILY CHECKLIST DAY'S 1-2 AND 6-7

DAY

6



15

BREAKFAST

- Motivate Fitness Protein Nutritional Shake (12oz. Almond or Coconut Milk)
- Multi Vitamins and Vitamin D+K
- Psyllium Husk – 1 serving
- Omega-3 Capsules

MID-MORNING SNACK

- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

LUNCH OR DINNER

- Motivate Fitness Protein Nutritional Shake or Veggie Meal
- 1 Piece fruit (optional and only 1 per day)

- Psyllium Husk – 1 serving (Only if using Shake)

MID AFTERNOON SNACK

- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

DINNER OR LUNCH

- Veggie Meal or Motivate Fitness Protein Shake (if you had veggie meal at lunch then have a nutritional shake for dinner)
- 1 Piece fruit (optional and only 1 per day)
- Psyllium Husk – 1 serving (Only if using Shake)
- Estro Lean or Natural Test Boost – 1 Serving



DAILY CHECKLIST DAY'S 1-2 AND 6-7

DAY

7



16

BREAKFAST

- Motivate Fitness Protein Nutritional Shake (12oz. Almond or Coconut Milk)
- Multi Vitamins and Vitamin D+K
- Psyllium Husk – 1 serving
- Omega-3 Capsules

MID-MORNING SNACK

- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

LUNCH OR DINNER

- Motivate Fitness Protein Nutritional Shake or Veggie Meal
- 1 Piece fruit (optional and only 1 per day)
- Psyllium Husk – 1 serving (Only if using Shake)

MID AFTERNOON SNACK

- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

DINNER OR LUNCH

- Veggie Meal or Motivate Fitness Protein Shake (if you had veggie meal at lunch then have a nutritional shake for dinner)
- 1 Piece fruit (optional and only 1 per day)
- Psyllium Husk – 1 serving (Only if using Shake)
- Estro Lean or Natural Test Boost – 1 Serving



DAYS 3, 4 AND 5: LIQUID-ONLY CLEANSE OVERVIEW

Days 3-5, are liquid only days in which you'll consume either homemade vegetable juice or detox lemonade, and caffeine-free herbal tea or sparkling water.

LIQUID-ONLY CLEANSE CHOICES

CHOICE

1

CLEANSING WITH DETOX LEMONADE

The detox lemonade uses three ingredients:

1. Lemon Juice
2. Pure Maple Syrup or Raw/Local Honey: **Do not confuse pure maple syrup with regular store bought pancake syrup**
3. Distilled Water

CHOICE

2

CLEANSING WITH FRESH VEGETABLE JUICE (See Juice

Recipe Page) The Vegetable juice you will use is either made in a juicer or blender. **DO NOT USE STORE BOUGHT** unless it is preservative and sugar free (no sugar added.)

During these three days, your digestive tract will be given a rest so that it can rid itself of excess waste and toxins allowing it a chance to heal. This is important as when you return to eating a well-balanced nutrition plan, your body will now be able to absorb and utilize nutrients much better now that your digestive system is healthy and clean. **This is the key because while this is happening, you will also reduce inflammation in your body which is the number one cause of Leptin Resistance!**

These liquid juices will provide you with all of the calories, vitamins, and minerals that your body needs, to repair and heal.

See Next Page for Detox Lemonade and Vegetable Juice Recipes



VEGETABLE JUICE AND DETOX LEMONADE RECIPES



Instructions: Making homemade vegetable juice is pretty simple once you get the hang of it. All you have to do is wash the ingredients, cut them into chunks, and run them through your juice or blender. Feel free to mix things up or customize recipes to suit your personal palate!

Detox Lemonade

- 1/3 cup pure maple syrup OR
- 1/3 cup raw/local honey
- Juice of three lemons
- 1- quart distilled water or unsweetened coconut water

Prep time: 5 minutes 1-2 Servings

Romaine/Spinach Green Juice

- Handful romaine lettuce or spinach
- 2 medium stalks of celery
- 3 medium stalks of kale
- 2 Bartlett pears
- 1 lemon, cut and peeled
- 1 cucumber
- 16oz distilled water or unsweetened coconut water – Only if Blending

Prep time: 5 minutes 1-2 Servings

Post Workout Juice

- 4 large carrots
- 2 oranges
- 1/2-inch raw turmeric (crushed)
- 1/2-inch ginger (crushed)
- 1/2 lemon (juiced)

- 16oz distilled water or unsweetened coconut water – Only if Blending

Prep time: 5 minutes 1-2 servings

Tropical Green Juice

- 6-8 large leaves of spinach or kale
- 1/4 medium pineapple
- 1 large mango
- 2 limes, peeled
- 16oz distilled water or unsweetened coconut water – Only if Blending

Prep time: 5 minutes 1-2 servings

Virgin Bloody Mary

- 3 tomatoes
- 1 celery stalk
- 1/2 cucumber
- 1/2 tablespoon sea salt
- Sprinkle of cayenne pepper
- 16oz distilled water or unsweetened coconut water – Only if Blending
- Prep time: 5 minutes 1-2 servings



Beautiful Beet Juice

- 2 medium beets
- 1 granny smith apple
- 3 medium carrots
- ½ lemon
- 1 inch ginger
- 16oz distilled water or unsweetened coconut water – Only if blending

Prep time: 5 minutes 1-2 servings

Hawaii Juice

- 2 cups pineapple
- 1 lemon
- 2 carrots

- 2 medium stalks of celery
- ½ inch ginger
- 16oz distilled water or unsweetened coconut water – Only if blending

Prep time: 5 minutes 1-2 servings

Carrot Juice

- 6 large carrots
- 2 green apples
- 1 inch fresh ginger
- 16oz distilled water or unsweetened coconut water – Only if blending

Prep time: 5 minutes 1-2 servings



DAILY CHECKLIST DAY 3, 4 AND 5

DAY

3



20

BREAKFAST

- Detox Lemonade or Homemade Vegetable Juice
- Multi Vitamins and Vitamin D+K
- Psyllium Husk – 1 serving
- Omega-3 Capsules

MID-MORNING SNACK

- Detox Lemonade or Homemade Vegetable Juice (If hungry)
- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

LUNCH

- Detox Lemonade or Homemade Vegetable Juice

MID AFTERNOON SNACK

- Detox Lemonade or Homemade Vegetable Juice (If hungry)
- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

DINNER

- Detox Lemonade or Homemade Vegetable Juice
- Psyllium Husk – 1 serving
- Estro Lean or Natural Test Boost – 1 Serving



DAILY CHECKLIST DAY 3, 4 AND 5

DAY

4



21

BREAKFAST

- Detox Lemonade or Homemade Vegetable Juice
- Multi Vitamins and Vitamin D+K
- Psyllium Husk – 1 serving
- Omega-3 Capsules

MID-MORNING SNACK

- Detox Lemonade or Homemade Vegetable Juice (If hungry)
- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

LUNCH

- Detox Lemonade or Homemade Vegetable Juice

MID AFTERNOON SNACK

- Detox Lemonade or Homemade Vegetable Juice (If hungry)
- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

DINNER

- Detox Lemonade or Homemade Vegetable Juice
- Psyllium Husk – 1 serving
- Estro Lean or Natural Test Boost – 1 Serving



DAILY CHECKLIST DAY 3, 4 AND 5

DAY

5



22

BREAKFAST

- Detox Lemonade or Homemade Vegetable Juice
- Multi Vitamins and Vitamin D+K
- Psyllium Husk – 1 serving
- Omega-3 Capsules

MID-MORNING SNACK

- Detox Lemonade or Homemade Vegetable Juice (If hungry)
- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

LUNCH

- Detox Lemonade or Homemade Vegetable Juice

MID AFTERNOON SNACK

- Detox Lemonade or Homemade Vegetable Juice (If hungry)
- Super Greens in Spring Water, Sparkling Water or Decaf Herbal Tea
- Daily Cleanse

DINNER

- Detox Lemonade or Homemade Vegetable Juice
- Psyllium Husk – 1 serving
- Estro Lean or Natural Test Boost – 1 Serving

