

A SAMPLE DAY ON THE DETOX (including Evolution products) Weeks 1, 2 and 4

Wake-up

Cup of Detox Tea

Fizz Tab or Stick (if you need caffeine first thing)

IF ADDING EVOLUTION:

One Scoop of Full Control in 8 oz's of water (can also dissolve Fizz Tab /Stick in Water)

Two Thermobooster Tablets

Omega- 3 Tablet (if desired)

Breakfast

Protein shake

Add 1/2 to 1 scoop Fiber

In the US: Add Digestion Plus to shake or for best results add to 1oz of liquid.

Power Pack Vitamins (if desired)

Snack (optional)

Fizz stick/tab

If you need something else, have a fit chew, small handful of nuts, seeds or a tsp. of almond butter.

30 Minutes before Lunch

One Scoop of Full Control in 8 oz's of water

Two Thermobooster Tablets

Lunch (4 hours after breakfast)

Protein shake

Or

a fist size of lean protein, non-starchy veggies, brown rice or another high fiber carb, and a small amount of healthy fat.

Snack (optional)

See above

Dinner

A fist size of lean protein, non-starchy veggies, brown rice or other high fiber carb, and a small amount of healthy fat.

TRY NOT TO EAT AFTER 7PM – HAVE A CUP OF DETOX TEA IF YOU GET HUNGRY

Recovery Shake

If you workout intensely for an hour or more, make sure you have a recovery shake within 30 minutes of completing your workout. Your trainer may advise making the shake with almond or coconut milk ,depending on how intense your workout was. Your next meal will be within 4 hours or when you become hungry. The recover shake is in addition to your healthy meal plan.

WEEK THREE- Seven Day Cleanse Week

In the morning, every day after your shake, fill a 32 oz bottle of water and add the contents of

one pack of the Seven Day Cleanse . You can add a half to a whole fizz tab/stick for flavour if you like.

Sip it through out the day or drink it all at once- its up to you!