

A SAMPLE DAY

ON THE CLEAN EATING PROGRAM

INCLUDING EVOLUTION PRODUCTS



WAKE UP:

- Cup of (Detox) Herbal Tea
- Fizz Stick (if you need caffeine first thing)

IF ADDING EVOLUTION: (30 mins before breakfast)

- 1 Scoop of Full Control in 8oz of water
- 2 Thermobooster Tablets

BREAKFAST:

- Protein Shake
- Add 1/2 to 1 scoop of Fiber to shake (in the US, add Digestion Plus)
- Power Pack Vitamins (if desired)
- Omega 3 Tablet

WEEK 3 ONLY (Days 15-21)

Add 1 packet of 7-Day Cleanse to 32oz of water. Sip throughout the day. Add lemon or 1 Fizz Stick if desired

SNACK: (optional)

-Fizz Stick (if you need something else, have a Fit Chew, small handful of nuts, seeds, or a tsp. of almond butter)

IF ADDING EVOLUTION: (30 mins before lunch)

- 1 Scoop of Full Control in 8oz of water
- 2 Thermobooster Tablets

LUNCH: (at least 4 hours after breakfast)

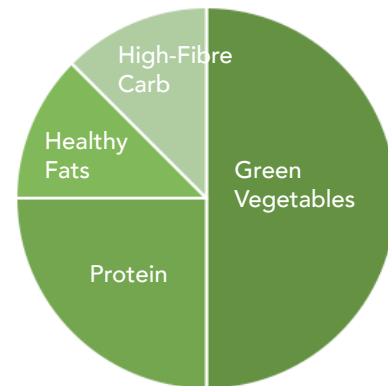
- Protein Shake OR a fist size of lean protein, non-starchy veggies, brown rice or another high fibre carb, and a small amount of healthy fat

SNACK: (optional)

-Fizz Stick (if you need something else, have a Fit Chew, small handful of nuts, seeds, or a tsp. of almond butter)

DINNER:

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



OVERNIGHT

- Cup of (Detox) Herbal Tea after dinner
- Try not to eat from 7pm-7am (Or at least a 12 hour window overnight)



IMPORTANT NOTE IF YOU ARE EXERCISING

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 of when you become hungry. The recovery shake is in addition to your healthy meal plan.