

21 DAYS TO CLEANSE YOUR SYSTEM AND MANAGE YOUR WEIGHT



**PHASE ONE
DETOX CLEANSE**

DAY 1

DAY 7

DAY 8



**PHASE TWO
FAT BURNING**

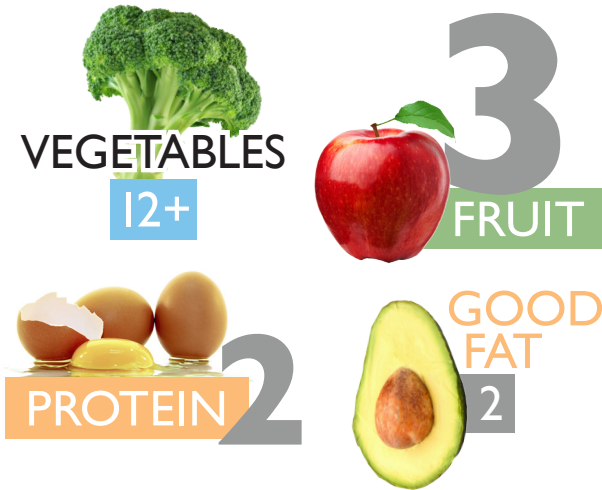
DAY 21

RENEW AND REPLENISH

REPAIR AND RESHAPE

PHASE 1: DETOX CLEANSE

FOOD GROUP & SERVINGS



PHASE 2: FAT BURNING

FOOD GROUP & SERVINGS



DRINK 8 GLASSES OF WATER EACH DAY



I SERVING SIZE

- Vegetables**
1-2 cups
- Fruit**
1 cup / 1 medium fruit
- Good Fats**
1 tbsp
- Protein Phase 1**
3 oz
- Protein Phase 2**
women
4-6 oz for main meals;
2-3 oz for snacks
- men**
6-8 oz for main meals;
2-3 oz for snacks