



Wellness with Rose
PERSONAL NUTRITION CONSULTING

The 31 Day Ultra Cleanse

Start Date: _____

Weight: _____

Energy (1 to 10): _____

Chest: _____ Waist: _____ Hips: _____ Thighs: _____

End Date: _____

Weight: _____

Energy (1 to 10): _____

Chest: _____ Waist: _____ Hips: _____ Thighs: _____

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Day 1 – 10

THE LIME-AID CLEANSE

When our car's engine is dirty and clogged up, it has no pep or getup-and-go. You can put in the very best gasoline and oil, but the speed and performance just isn't there. The sensible and logical thing to do is to take the car into the mechanic and have the engine cleansed of the buildup and carbon and to get a tune-up. After that is done, what happens? The car seems like new again and has better performance.

Just as we take our cars into the shop to clean the engine and get a tune-up, so do our bodies need to be cleansed and tuned-up.

Our bodies have accumulated toxins and need maintenance just like a car; especially with all of the environment toxins and processed foods now days. When the cells, of which you have millions, are clogged up with acid, sugar, mucus, toxins, etc., you may have no pep, a poor complexion, dull eyes, suffer from aches and pains, or be nervous and irritable. You could be carrying around toxic waste that has been with you for years that is robbing you of your vitality.

This is your sacred time for healing and cleansing, and should be seen as a time of regeneration and rejuvenation. *As with any new changes to your health or body, please consult your doctor or health practitioner to make sure that this cleanse is appropriate for you and your health needs. I encourage you to be a smart consumer and do your research. Having said that, this fast is the #1 fast that I know of that is recommended by doctors that I know.*

SHOPPING LIST FOR LIMEADE FAST

- Limes (or lemons)
- Cayenne pepper
- Grade B maple syrup
- Filtered or purified water
- Uniodized sea salt*
- Herbal laxative tea with senna and/or cascara in it*

* optional

Organic ingredients whenever possible

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How to Make your LimeAid Drink:

Ingredients:

FRESH squeezed Lemon or lime juice (organic, if possible)
Genuine organic maple syrup, Grade B (the darker the better)
Cayenne pepper
Spring or Filtered Water

To make a 10 Ounce Glass:

- 2 tablespoons fresh Lemon or lime juice (absolutely no canned or frozen juice).
- 2 tablespoons grade B or C maple syrup (Don't use Grade A maple syrup or maple-flavored syrup. They are over-refined, which means that they are mostly refined sugars and lack essential minerals.)
- A small pinch of cayenne pepper (to taste)
- Spring or filtered water, between room temperature and medium hot (but not cold) – fill to 1/4 liter (8 oz).

To make 2 – One Liter Bottles:

- Juice of 3 Limes, divided equally between the two bottles (3 oz per bottle)
- An equal quantity of grade B or C maple syrup in each bottle (3 oz per bottle)
- A pinch of cayenne in each bottle
- Spring or filtered water (fill bottles to the top)

Mix all the ingredients by thoroughly stirring or shaking, and drink.

Use fresh Limes or limes only, never canned or frozen Lime juice. Use organic and vine ripened when possible. Also, mix your Limeade fresh just before drinking. Don't mix it up for more than 2 liters at a time. You can, however, squeeze your Limes in the morning and use them as needed throughout the day.

Limeade Drink:

You must take a sip of the limeade at least every 15 minutes while awake! This is very important to keep your blood sugar stable. Drink as much of this Limeade as you want, but make sure that you drink at least twelve 1/4 liter (8 oz) glasses per day. Eat no other food during cleanse, but do be sure to drink plenty of purified water in addition to the Limeade drink. The Limeade contains all the vitamins and minerals you will need during the cleanse.

Herbal Laxative:

Each evening you can drink an herbal laxative tea with senna and/or cascara in it to help with elimination, do this right before bed time.

Internal Salt Water Bath:

This is an ancient yogic technique and can be done every morning of your fast. This is optional but highly recommended,. The instructions are down below

GOING OFF LIMEADE FAST

Your body is not used to having solid food in it, so start with very simple foods that are easy to digest, such as a protein shake, or some lightly steamed veggies or veggie juice.

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About the Fast

The Lime is a loosening and cleansing agent and has many important building factors. The elements in the lime and/or lemon and the maple syrup work synergistically together.

The natural iron, copper, calcium, carbon, and hydrogen found in the organic syrup supplies building block raw material for cleansing and tissue renewal. Its 49% potassium strengthens and energizes the heart, stimulates and builds the kidneys and adrenal glands. Its oxygen builds vitality. Its carbon acts as a motor stimulant. Its hydrogen activates the sensory nervous system. Its calcium strengthens and builds the lungs. Its phosphorus knits the bones, stimulates and builds the brain for clearer thinking. Its sodium encourages tissue building. Its magnesium acts as a blood alkalizer. Its iron builds the red corpuscles to help with the most common forms of anemia. Its chlorine cleanses the blood plasma. Its silicon aids the thyroid for balancing. There are many, many more benefits of these ingredients as well.

During this cleansing process some weakness or stirring up of feelings may occur. It's like stirring up the bottom of a pot of soup when everything has settled to the bottom. You never know what will bubble up to the surface! It is the result of poisons and waste circulating through the blood stream to be eliminated rather than a lack of food or vitamins. This cleanse gives a person all the vitamins, food, and energy necessary for this cleansing period, which should last for no less than 3 days. All the great health and radiance benefits begin from a clean and toxin-free body.

Cleansing must come first before any tissue rebuilding and proper absorption of nutrients into the bloodstream can occur.

Helpful Cleanse Information During the “Limeaid Fast”

- During the “Limeaid Fast” stop taking all cream and liquid supplements, and the Betaine & Super DigestZyme (if you are taking them).
- During this fast, it is best to avoid strenuous exercising. Restorative Yoga, walking, and light activity are great methods of exercises during this cleanse. Make sure that if you decide to do any sort of exercise be sure to have your limeade drink handy.
- Be sure to listen to your body. If you feel like resting, rest. If you feel like taking a nap, nap. Be sure to take it slow...listen to your body to provide the optimal healing and repair environment.
- The “Internal Salt Water Bath” is optional during the “Limeaid Fast”.

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Internal Salt Water Bath*

Just like we need to cleanse and bathe the outside of our bodies, the insides could use a good bath as well.

Here is an easy way to cleanse the colonic tract without having to spend money on colonics or enemas. This method will cleanse the entire digestive tract while the colonics and enemas will only reach the colon or a small part of it.

DIRECTIONS: Prepare a full quart of lukewarm water and add two level (rounded for the Canadian quart) teaspoons of uniodized sea salt. Do not use ordinary iodized salt as it will not work properly. Drink the entire quart of salt and water first thing in the morning. This must be taken on an empty stomach. The salt and water will not separate but will stay intact and quickly and thoroughly wash the entire tract in about one hour. Several eliminations will likely occur. The salt water has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt. This may be taken as often as needed for proper washing of the entire digestive system.

If the salt water does not work the first time, try adding a little more water and a little less salt until the proper balance is found; or possibly take extra water with or without salt. This often increases the activity. Remember, it can do no harm at any time. The colon needs a good washing, but the natural way – the salt water way.

You may also take an herb laxative tea at night to loosen then the salt water each morning to wash it out. This extra step is great while cleansing or fasting.

*Optional

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Other Helpful Cleanse Tips

- This is the number one cleanse done in the world. It is recommended and done by doctors all over the world. This is very similar to the master cleanse and you can find tons of information about that all over the internet.
- A massage, sauna, dry skin brushing or colonic would be great during your cleanse.
- It's a good idea to not take any supplements or over the counter medications that is not absolutely necessary.
- If you are taking a prescription medication, please use your own discretion when deciding if you are going to stay on it during the cleanse or not.
- During your fast, you should refrain from heavy excursion or workouts. Usually walking or restorative yoga is the best workout during a fast. Please use your own discretion here.
- This is a time for rejuvenation and healing, so if you feel like taking a nap, take a nap. Don't push your body beyond what it is telling you it wants.
- It's much easier to do a fast or cleanse with a buddy, but don't make waiting around for someone else to start be your excuse for not starting yourself. If you don't have someone to do it with it's a good idea to tell the people around you so that they can support you on your journey.
- Remember, the first 2 -3 days are usually the most challenging. It actually gets easier the longer you are on the cleanse.
- Doing a cleanse is a time of great self discovery. How you do a cleanse is a direct reflection of how you do everything in your life. If you cheat or give up on your cleanse, you are giving up on yourself. This can be absolutely devastating for your self esteem and trust in yourself. So have integrity and be ready to "play full out".
- There will never be a perfect time to do a cleanse. There will always a million rationalizations to not start, so it is best just to jump right in with both feet.

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Day 11-20

10 DAY BIOTICS CLEANSE

The kit for this cleanse can be purchased through Biotics Research by calling (800) 231-5777. Please use the customer account number **05TD9354** when ordering. Also, be sure to request the Rice Protein kit (not the whey protein).

Breakfast: 2 scoops of NutriClear with 1 scoop of protein powder with water, 1 pack of the supplements that are provided in kit

Lunch: clean meal (composed of the foods listed below), 1 pack of the supplements that are provided in the kit

Afternoon snack: 2 scoops of NutriClear with 1 scoop of protein powder with water, NO supplements pack

Dinner: clean meal (composed of the foods listed below), 1 pack of the supplements that are provided in the kit

Helpful Cleanse Information During the “Biotics Cleanse”

- During the “Biotics Cleanse” still take all cream and liquid supplements, and the Betaine & Super DigestZyme (if you are taking them) with each of the four meals. You can also take any other supplements you are up for taking, but if it seems like too many to take then just wait to resume your normal regime after the cleanse.
- The key is to not eat or drink anything except for water or herbal tea during the “10 Day Cleanse” except for the four meals.
- A massage, sauna, dry skin brushing or colonic would be great during this time too.
- Try to eat 1/3 less food than you normally eat when you eat your 2 clean meals. Just eat until you are comfortable, not full.
- Most people are fine to resume normal exercise routines during the “Biotics Cleanse.” But be sure to listen to your body. If you feel like resting, rest. If you feel like taking a nap, nap.. Be sure to take it slow...listen to your body to provide the optimal healing and repair environment.

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Day 21-31

FOOD INTOLERANCE CLEANSE / SUGAR DETOX

“Food Intolerance Cleanse”

Do you have a favorite food that you HAVE to have to have or can't stop eating? Do you feel tired, bloated and drained ALL the time? These may be signs of a food addiction or food intolerance. And if you're thinking, “Okay, so what's the big deal?” Then you should know that it takes only ONE food to completely destroy your chances of losing weight for good.

Many times the foods that we think we LOVE the most are actually the foods that our bodies have a sensitivity to or intolerance to, keeping us fat, tired and depressed. Crazy huh?!

When we eat a food that we have an intolerance or sensitivity to it causes an inflammatory reaction and floods our body with chemical. And it's the chemicals that our body releases that we can become addicted to, and could be keeping us from losing weight. Not to mention causing us to be tired, and a cascade of other symptoms. One reason is that our immune system can attack the food much like it would attack a germ, putting tax on the whole body and draining your energy.

Food allergies and intolerances are much more common than most people realize. Millions of adults and children suffer from allergic reactions to food and do not know it because the symptoms can be hard to diagnose. The reason it is so difficult to identify if you have a food intolerance is because there are so many different symptoms, and the symptoms are different for everyone. Also, there is often a delayed reaction from eating the food, so you may eat wheat one day and feel fine, but then the day after you feel bloated and tired.

It's easy to know if you have a peanut or shellfish allergy that sends you to the emergency room every time you eat it... your body is clearly telling you that you should NOT eat these foods. But more common allergies are really more like “food sensitivities” and because the symptoms are bloating, poor digestion, headaches, lethargy, depression and weight gain, most people don't think it's caused by the food they've been eating for their entire lives... they just think, “There must be something wrong with me.”

The most common foods that people have a sensitivity or intolerance to are dairy, wheat/ gluten, and soy. (gluten is the portion of the wheat that causes the problems, and it also found in other gluten grains). These are the foods that often end up being “trigger” foods for people, along with sugar. One sign that you may have an intolerance to a food, is that when you eat it, you want more of it. Eating it doesn't ever seem to get rid of the craving for the food, it just triggers more cravings.

When people don't know that it's a food intolerance at the root cause of their health issue, they usually blame it on their slow metabolism or their bad genetics and they just live with it. Once you have eliminated these reactive foods from your life, you will be amazed at how quickly your energy and health will increase and the weight will effortlessly fall off. Your body will thank you for returning it to its natural state of health and radiant health.

The good news, is that if you can identify your food addictions and intolerances, you can also take control back of your eating and health.

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“Sugar Detox”

Removing sugar from your diet is the fastest way to lose fat and increase your energy. When your blood sugar is out of balance it causes depression, causes you to store sugar as fat instead of using it for energy, causing you to have highs and lows in your energy, and leading to diabetes.

At first, your cravings for sugar may be more pronounced. After you get over what I call “the hump” you will stop craving sugar all together. Hard to believe? I never thought I’d get there myself. It usually takes 3-4 days to get over the hump, so this is the point at which you’ll have to buckle down and use all of your will power. Believe it or not, the longer your stay off sugar the easier it gets.

This doesn’t mean that you’ll never be able to eat fruit again or enjoy a piece of bread. This is a temporary cleanse to over-correct your blood sugar. This is when the cravings for sugar disappears, and you energy goes way up! Not to mention that most people see a huge difference in their skin.

Sugar makes you fat, tired, and ugly. I wish I was kidding about this, but I’m actually quite serious. Eating fat doesn’t make you fat, sugar does. Eating too much sugar and carbs is the reason that most people are tired all the time as well. Not to mention that sugar zaps the collagen in your skin, and dulls your complexion.

Most Americans consume up to three pounds of sugar every week! It’s not always easy to get away from sugar because they put it in almost everything these days. It’s added to so many processed foods we eat, not just in what we consider “sweets”.

Raised blood insulin levels causes weight gain. Insulin promotes the storage of fat; so, when you eat foods high in sugar, you increase fat storage. Resulting in rapid weight gain.

Being a recovering “sugarholic” myself, I can speak from experience how difficult it is to get off of sugar. The more sugar you eat, the more your body craves, so just limiting sugar won’t do the trick. You literally have to cut it out completely, cold-turkey, to stop the addictive cycle. Studies have shown that it can be more difficult to get off of sugar than cocaine.

When I’m talking about sugar here, I’m not just talking about white table sugar, I’m talking about bread, fruit, fruit juice, dried fruit, tortillas, baked goods, honey, etc. All of these get broken down into the same thing, sugar.

How do balance your blood sugar:

1. Eat more protein
2. Digest more protein (check stomach acid levels to make sure you are digesting properly)
3. Eliminate simple carbohydrates and sugar
4. Eat more complex carbohydrates
5. Eat more good fats and essential fatty acids
6. Eat more fiber

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Symptoms causes by food intolerances:

Acne/skin breakouts
Anxiety
Gas/Bloating
Slow metabolism
Depression
Headaches
Lethargy
Weight gain
Digestive issues
Cravings for food
Binge eating

Signs that your blood sugar may be out of balance

Cravings for sweets, sugar, or bread products.
(This is almost a guaranteed sign that your blood sugar is out of balance)
Fatigue after eating a meal, or “food-coma”
Get lightheaded if meals are missed
Eating Sweets does not relieve the cravings for sweets
Depend on coffee to keep yourself going or started
Difficulty losing weight

What to do after the cleanse if you suspect you have a food intolerance:

1. Simply remove the foods completely from your diet to which you suspect you have a food intolerance. These foods are already removed from your diet from day 1 – 20. Continue to have these foods removed from your diet.
2. After the cleanse, keep a food journal as you slowly add in one of the foods at a time. Make sure to write down each day what you eat and how you feel. Remember, there is often a delayed reaction to the problematic food, so look for patterns in your energy and symptoms to correlate to certain foods.
3. Then you can decide if it is worth the health benefits to leave the food out of your diet.

You can also do saliva testing to see if your body is making the antigens to the suspected food intolerances. This is a simple and inexpensive at-home test. Contact me at info@wellnesswithrose.com for more information about saliva testing.

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What Foods To Eat During the Cleanse

Good Foods:

Make as many of these organic as possible

All Herbs
[All Sea Vegetables](#)
 All Vegetables, Except Potatoes
 Avocado
 Beans
[Bee Pollen](#)
 Beets
 Brown Rice
 Carrots*
[Raw Chocolate \(Unsweetened & Dairy-free\)](#)
[Clearvite-SF](#)
 Coconut
 Coconut Oil

Corn*
 Eggs
 Fish
 Ghee (Clarified Butter)
 Goji Berries
 Grape Seed Oil
[Green Life Smoothie Mix](#)
[Hemp Seed Protein/Powder](#)
[Incan Berries \(Golden Berries\)](#)
 Irish Moss
 Lemon and Lime
 Lentils
[Maca](#)
[Miracle Noodle Brand Pasta](#)

[Nut/Seed Butter](#)
 Nuts
 Olive Oil
[Organic Free-Range Chicken](#)
[Organic Free-Range Turkey](#)
[Organic Grass-Fed Beef](#)
[Organic Grass-Fed Lamb](#)
 Quinoa
 Sashimi
 Seeds
 Tomatoes
[Wild Caught Salmon](#)
 Yams*

**Limit to ½ cup per serving*

Foods to Avoid:

Agave Nectar
 Alcohol
 All Fried Foods
 All Fruit not on Good Foods list
 All Grains not on Good Foods list
 Artificial Sweeteners
 Breads
 Breads
 Buckwheat
 Candy
 Cereal
 Cheese
 Cream Sauces
 Dairy
 Evaporated Cane Juice

Exekiel Bread
 Flour
 Flour Tortillas
 French bread
 Fructose
 Fruit Juice
 Fruits
 Grade B Maple Syrup
 High Fructose Corn Syrup
 Honey
 Hydrogenated Oils
 Millet
 MSG: Monosodium Glutamate
 Oatmeal
 Potatoes

Raw Cane Sugar
 Seitan
 Soy
 Sucrose
 Sugar
 Tortillas
 Trans Fats
 Vinegar
 Wheat Bread
 Wheat Pasta
 White Bread
 White Flour
 White Rice
 Yogurt

Symptoms Of Cleansing And What You May Feel During And After A Cleanse

Most Commonly Reported Positive Effects

DURING The Cleanse:

Fat loss
Less bloating
Clearer skin
Less craving for sugar / food
Increased sense of taste (healthy food starts tasting better)
Increased energy
More consistent energy
More regular bowel movements
Increased sense of wellbeing
Elevated mood/less depression
Lower cholesterol
Better sleep
Old memories / emotions resurfacing

Most Commonly Reported Positive Effects

AFTER The Cleanse:

Fat loss
Less bloating
Clearer skin
Less craving for sugar / food
Increased sense of taste (healthy food starts tasting better)
Increased energy
More consistent energy
More regular bowel movements
Increased sense of wellbeing
Elevated mood/less depression
Lower cholesterol
Better sleep
Old memories / emotions resurfacing

Most Commonly Reported Negative Effects

DURING The Cleanse:

(these symptoms pass after a day or two)
Headaches
Flu / Cold-like symptoms / Chilling
More emotionally sensitive
Lethargic / Low energy
Diarrhea/ Constipation
Gas / Bloating
Body odor / Bad breath
Skin breakouts / Rashes
Irritable
Sporadic sleep
Old memories / emotions resurfacing
Mucus drainage
Allergies
Sinus Issues
Excess Mucus

Most Commonly Reported Negative Effects

AFTER The Cleanse:

Although you may experience negative effects during the cleanse, we have received no reports of negative effects *after* the cleanse is over.

Sometimes feeling worse means you are actually getting better.

These detox symptoms are called a “healing crisis” and usually only last 2–3 days of the cleanse or fast. When a person is cleansing or detoxing his body, it is common to experience these different symptoms. Our bodies clean from the inside out. Sometimes we take a step back before we take a leap forward in our health. Many times people experience no symptoms. Every time you do a cleanse your body will react differently.

HAPPY CLEANSING!

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PERSONAL NUTRITION CONSULTING

31 Day Ultra Cleanse Calendar

Energy Level Quantity _____ Quality _____ Consistency _____	Day Before Cleanse Notes: _____ _____ _____ _____ _____ _____	<p style="text-align: center;">Go Shopping for Limeade Ingredients Drink Laxative Tea in the PM</p>
Energy Level Quantity _____ Quality _____ Consistency _____	Day 1 - Limeade Cleanse Notes: _____ _____ _____ _____ _____ _____	<p style="text-align: center;">Internal Salt Bath AM* Drink Laxative Tea in the PM</p>
Energy Level Quantity _____ Quality _____ Consistency _____	Day 2 - Limeade Cleanse Notes: _____ _____ _____ _____ _____ _____	<p style="text-align: center;">Internal Salt Bath AM* Drink Laxative Tea in the PM Order Rice Protein Kit no later than today!</p>
Energy Level Quantity _____ Quality _____ Consistency _____	Day 3 - Limeade Cleanse Notes: _____ _____ _____ _____ _____ _____	<p style="text-align: center;">Internal Salt Bath AM* Drink Laxative Tea in the PM</p>

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Energy Level Quantity _____ Quality _____ Consistency _____	Day 4 - Limeade Cleanse Notes: _____ _____ _____ _____ _____ _____	Internal Salt Bath AM* Drink Laxative Tea in the PM
Energy Level Quantity _____ Quality _____ Consistency _____	Day 5 - Limeade Cleanse Notes: _____ _____ _____ _____ _____ _____	Internal Salt Bath AM* Drink Laxative Tea in the PM
Energy Level Quantity _____ Quality _____ Consistency _____	Day 6 - Limeade Cleanse Notes: _____ _____ _____ _____ _____ _____	Internal Salt Bath AM* Drink Laxative Tea in the PM
Energy Level Quantity _____ Quality _____ Consistency _____	Day 7 - Limeade Cleanse Notes: _____ _____ _____ _____ _____ _____	Internal Salt Bath AM* Drink Laxative Tea in the PM

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Energy Level Quantity _____ Quality _____ Consistency _____	Day 8 - Limeade Cleanse Notes: _____ _____ _____ _____ _____ _____	Internal Salt Bath AM* Drink Laxative Tea in the PM
Energy Level Quantity _____ Quality _____ Consistency _____	Day 9 - Limeade Cleanse Notes: _____ _____ _____ _____ _____ _____	Internal Salt Bath AM* Drink Laxative Tea in the PM
Energy Level Quantity _____ Quality _____ Consistency _____	Day 10 - Limeade Cleanse Notes: _____ _____ _____ _____ _____ _____	Internal Salt Bath AM* Drink Laxative Tea in the PM Go Shopping for Biotics Cleanse
Energy Level Quantity _____ Quality _____ Consistency _____	Day 11 - Biotics Cleanse Notes: _____ _____ _____ _____ _____ _____	Breakfast: 2 scoops of NutriClear with 1 scoop of protein powder with water; 1 pack of the supplements Lunch: clean meal & 1 pack of the supplements Afternoon Snack: 2 scoops of NutriClear with 1 scoop of protein powder with water Dinner: Clean meal & 1 pack of the supplements

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Energy Level Quantity _____ Quality _____ Consistency _____	Day 12 – Biotics Cleanse Notes: _____ _____ _____ _____ _____ _____	Breakfast: 2 scoops of NutriClear with 1 scoop of protein powder with water; 1 pack of the supplements Lunch: clean meal & 1 pack of the supplements Afternoon Snack: 2 scoops of NutriClear with 1 scoop of protein powder with water Dinner: Clean meal & 1 pack of the supplements
Energy Level Quantity _____ Quality _____ Consistency _____	Day 13 – Biotics Cleanse Notes: _____ _____ _____ _____ _____ _____	Breakfast: 2 scoops of NutriClear with 1 scoop of protein powder with water; 1 pack of the supplements Lunch: clean meal & 1 pack of the supplements Afternoon Snack: 2 scoops of NutriClear with 1 scoop of protein powder with water Dinner: Clean meal & 1 pack of the supplements
Energy Level Quantity _____ Quality _____ Consistency _____	Day 14 – Biotics Cleanse Notes: _____ _____ _____ _____ _____ _____	Breakfast: 2 scoops of NutriClear with 1 scoop of protein powder with water; 1 pack of the supplements Lunch: clean meal & 1 pack of the supplements Afternoon Snack: 2 scoops of NutriClear with 1 scoop of protein powder with water Dinner: Clean meal & 1 pack of the supplements
Energy Level Quantity _____ Quality _____ Consistency _____	Day 15 – Biotics Cleanse Notes: _____ _____ _____ _____ _____ _____	Breakfast: 2 scoops of NutriClear with 1 scoop of protein powder with water; 1 pack of the supplements Lunch: clean meal & 1 pack of the supplements Afternoon Snack: 2 scoops of NutriClear with 1 scoop of protein powder with water Dinner: Clean meal & 1 pack of the supplements

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Energy Level Quantity _____ Quality _____ Consistency _____	Day 16 – Biotics Cleanse Notes: _____ _____ _____ _____ _____ _____	Breakfast: 2 scoops of NutriClear with 1 scoop of protein powder with water; 1 pack of the supplements Lunch: clean meal & 1 pack of the supplements Afternoon Snack: 2 scoops of NutriClear with 1 scoop of protein powder with water Dinner: Clean meal & 1 pack of the supplements
Energy Level Quantity _____ Quality _____ Consistency _____	Day 17 – Biotics Cleanse Notes: _____ _____ _____ _____ _____ _____	Breakfast: 2 scoops of NutriClear with 1 scoop of protein powder with water; 1 pack of the supplements Lunch: clean meal & 1 pack of the supplements Afternoon Snack: 2 scoops of NutriClear with 1 scoop of protein powder with water Dinner: Clean meal & 1 pack of the supplements
Energy Level Quantity _____ Quality _____ Consistency _____	Day 18 – Biotics Cleanse Notes: _____ _____ _____ _____ _____ _____	Breakfast: 2 scoops of NutriClear with 1 scoop of protein powder with water; 1 pack of the supplements Lunch: clean meal & 1 pack of the supplements Afternoon Snack: 2 scoops of NutriClear with 1 scoop of protein powder with water Dinner: Clean meal & 1 pack of the supplements
Energy Level Quantity _____ Quality _____ Consistency _____	Day 19 – Biotics Cleanse Notes: _____ _____ _____ _____ _____ _____	Breakfast: 2 scoops of NutriClear with 1 scoop of protein powder with water; 1 pack of the supplements Lunch: clean meal & 1 pack of the supplements Afternoon Snack: 2 scoops of NutriClear with 1 scoop of protein powder with water Dinner: Clean meal & 1 pack of the supplements

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<p>Energy Level Quantity _____ Quality _____ Consistency _____</p>	<p>Day 20 – Biotics Cleanse Notes: _____ _____ _____ _____ _____ _____</p>	<p>Breakfast: 2 scoops of NutriClear with 1 scoop of protein powder with water; 1 pack of the supplements Lunch: clean meal & 1 pack of the supplements Afternoon Snack: 2 scoops of NutriClear with 1 scoop of protein powder with water Dinner: Clean meal & 1 pack of the supplements</p>
<p>Energy Level Quantity _____ Quality _____ Consistency _____</p>	<p>Day 21 – Sugar Detox/Food Intolerance Cleanse Notes: _____ _____ _____ _____ _____ _____</p>	
<p>Energy Level Quantity _____ Quality _____ Consistency _____</p>	<p>Day 22 – Sugar Detox/Food Intolerance Cleanse Notes: _____ _____ _____ _____ _____ _____</p>	
<p>Energy Level Quantity _____ Quality _____ Consistency _____</p>	<p>Day 23 – Sugar Detox/Food Intolerance Cleanse Notes: _____ _____ _____ _____ _____ _____</p>	

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Energy Level Quantity _____ Quality _____ Consistency _____	Day 24 – Sugar Detox/Food Intolerance Cleanse Notes: _____ _____ _____ _____ _____ _____	
Energy Level Quantity _____ Quality _____ Consistency _____	Day 25 – Sugar Detox/Food Intolerance Cleanse Notes: _____ _____ _____ _____ _____ _____	
Energy Level Quantity _____ Quality _____ Consistency _____	Day 26 – Sugar Detox/Food Intolerance Cleanse Notes: _____ _____ _____ _____ _____ _____	
Energy Level Quantity _____ Quality _____ Consistency _____	Day 27 – Sugar Detox/Food Intolerance Cleanse Notes: _____ _____ _____ _____ _____ _____	

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Energy Level Quantity _____ Quality _____ Consistency _____	Day 28 – Sugar Detox/Food Intolerance Cleanse Notes: _____ _____ _____ _____ _____ _____	
Energy Level Quantity _____ Quality _____ Consistency _____	Day 29 – Sugar Detox/Food Intolerance Cleanse Notes: _____ _____ _____ _____ _____ _____	
Energy Level Quantity _____ Quality _____ Consistency _____	Day 30 – Sugar Detox/Food Intolerance Cleanse Notes: _____ _____ _____ _____ _____ _____	
Energy Level Quantity _____ Quality _____ Consistency _____	Day 31 – Sugar Detox/Food Intolerance Cleanse Notes: _____ _____ _____ _____ _____ _____	

YOU MADE IT!

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