



Step 1 ~ Cleanse

**Make sure to read the pamphlet thoroughly and utilize the checklist included!*

Foods to AVOID (These products keep toxins alive, like throwing fuel on a fire):

Alcohol

White foods (e.g. pasta, bagels, white bread, white rice, processed foods)

Soy Sauce

Sugar

Vinegar (balsamic vinaigrette, etc)

Cheese & Mushrooms (both are “molds” and will help keep toxins alive)

Dairy Products (cow’s milk, yogurt, etc...dairy products contain lots of sugars and will feed the toxins)

Fatty Foods, Fried Foods, Fast Foods

Foods to EAT (Goal is to “starve” the toxins):

Tons of fresh fruits and veggies (will serve as “S-O-S” pads to scrub out the toxins)

Whole Grain Rice

Whole Grain Pasta

100% Whole Wheat Bread (make sure it says 100% or else it’s just white bread in brown clothing☺)

Chicken & Fish

Soy Milk, Soy Cheese

Vegetable Broths

Fresh Diluted Juices

Herbal Teas

*Tons of WATER!! (Try to get in 4 liter-sized bottles of water per day for at least the 1st 3 days, then 10 glasses per day thereafter...water will help to move the toxins out of your system, otherwise they will be reabsorbed).

We like to add the spark to the fiber drink, it is a great way to get the body going in the morning!

Day 1: Fiber 10 Drink in am (always *before* 1st meal of day (Shake)), Herbal Cleanse Packet before bed

Day 2: Fiber 10 Drink in am, Herbal Cleanse Packet before bed

Day 3: Fiber 10 Drink in am, Herbal Cleanse Packet before bed

Day 4: Restore Packet in am (always 30 min. *before* meal), Herbal Cleanse Packet before bed

Day 5: Restore Packet in am, Herbal Cleanse Packet before bed

Day 6: Restore Packet in am, Herbal Cleanse Packet before bed

Day 7: Restore Packet in am, Herbal Cleanse Packet before bed

Day 8: Restore Packet in am (30 min. *before* meal), Fiber 10 Drink in am (with 1st meal of day) t

Day 9: Restore Packet in am, Fiber 10 drink in am

Day 10: Restore Packet in am, Fiber 10 Drink in am

Use the Meal replacement shake each morning for breakfast, you can add fruit to it if you like. You can also use the spark throughout the day to help with craving control and to keep you focused.