

# shakeology

THE HEALTHIEST MEAL OF THE DAY

## 3 Day Cleanse

The Shake Cleanse is meant to jump start you in your fitness, break a plateau or shred pounds fast & effectively in a healthy way in just 3 days!

### SHAKEOLOGY 3 DAY CLEANSE.

The basics are as follows:

3 SHAKEOLOGY Shakes a day  
2 Cups of Green Tea a Day  
1 piece of fruit a day  
1 salad for dinner  
Only white grilled protein in salad.

NO:  
DAIRY, or EXTRA SUGARS

Only Low Fat Dressings.

You can put your 2 snacks before/after any of the MAJOR MEALS-Breakfast Lunch & Dinner

The fruit is optional. Some will need the calories where others would not. Power workout participants (Super Conditioned- not the weight challenged) are recommended the greater calories.

\*\*\* For maximum results NO additives.

NO DAIRY products at all for maximum results, no almond soy or rice milk.

Dinner salad was only WHITE GRILLED PROTEIN. Poultry or fish.

REPEAT all 3 Days



### EXAMPLE DAY:

1 cup of green tea

#### BREAKFAST

Shakeology (140 calories)  
1 scoop  
1/2 cup of fruit (50-60 calories)-optional  
Add ice  
8-10 oz of water

#### SNACK (85 calories)

1 piece of fruit  
Apple, pear, orange, banana mango, etc

#### LUNCH:

Shakeology (140 calories)  
1 scoop  
Add ice  
10 oz of water

1 cup of green tea

#### SNACK:

(either snack here or after dinner **one or the other**)  
Shakeology (140 calories)  
1 scoop  
Add ice  
8-10 oz of water

#### DINNER:

Salad with Grilled white fish or poultry (@340 calories)  
with low fat/fat free dressing if you wish

#### SNACK:

(either snack here or after dinner **one or the other**)  
Shakeology (140 calories)  
1 scoop  
Add ice  
8-10 oz of water