

CHECKLIST FOR 7 DAY DETOX OR 28 DAY DETOX

	PRODUCT	MON	TUES	WED	THUR	FRI	SAT	SUN	
<input type="checkbox"/>	EARLY MORNING								
<input type="checkbox"/>	Metabolic One (2 caps)								
<input type="checkbox"/>	Hydrate (one sleeve)								
<input type="checkbox"/>	Organic Sulfur (3 caps)								
<input type="checkbox"/>	Probiotic (two caps)								
<input type="checkbox"/>	BREAKFAST DO NOT TAKE HT CLEANSE MORE THAN 7 DAYS STRAIGHT. ADD 2X A MONTH OR USE DAILY CLEANSE								
<input type="checkbox"/>	Greens (1 scoop)								
<input type="checkbox"/>	Mila (1 Tbsp)								
<input type="checkbox"/>	GoYin (1-2ozs)								
<input type="checkbox"/>	Daily Build (1/2 oz or 2 caps)								
<input type="checkbox"/>	Energy (one sleeve)								
<input type="checkbox"/>	OPTIONAL: Superfruit juices (1 oz of each for first week)								
<input type="checkbox"/>	LUNCH (15 mins before)								
<input type="checkbox"/>	Metabolic One (one serv)								
<input type="checkbox"/>	Hydrate (one serv)								
<input type="checkbox"/>	1 Non-starchy Veg/ 1 Fat								
<input type="checkbox"/>	MIDAFTERNOON								
<input type="checkbox"/>	GoYin + (one superfruit)								
<input type="checkbox"/>	Organic Sulfur (one serv)								
<input type="checkbox"/>	Energy (one serv)								
<input type="checkbox"/>	Green Coffee bean (one serv)								
<input type="checkbox"/>	Daily Build (1/2oz or 2 caps)								
<input type="checkbox"/>	One fruit,one veg								
<input type="checkbox"/>	DINNER								
<input type="checkbox"/>	Greens								
<input type="checkbox"/>	Mila								
<input type="checkbox"/>	1 Non-starchy Veggie								
<input type="checkbox"/>	EVENING								
<input type="checkbox"/>	HealthyTrim Cleanse (one dropper full)								
<input type="checkbox"/>	MelaTrim (1-2 caps) 30-60 before bed drink with 8 oz water								
<input type="checkbox"/>	CalciuMK+								
<input type="checkbox"/>									
<input type="checkbox"/>	7 Day Cleanse - 3x at lunch add protein. One dinner add protein								
<input type="checkbox"/>	2 Days a week add shake to lunch when not having protein.								
<input type="checkbox"/>	2 Days a week add shake to breakfast.								