

30 MIN BEFORE BREAKFAST

Spark® and 3 CATALYST™ ProBiotic Restore™ ULTRA (Days 4-10)

BREAKFAST

Fiber Drink (Days 1-3 and 8-10) with breakfast (oatmeal or fruit) Drink plenty of water between meals

MID MORNING

Fruit and vegetables are best for cleansing, Add in 3 hard boiled eggs, nuts, bars or oatmeal if needed. Drink plenty of water between meals.

LUNCH

Salad or vegetables with lean protein (tuna or salmon aids in cleansing, chicken or beef are good choices) and a complex carbohydrate (brown rice, humus or oatmeal) 2 OmegaPlex®

Drink plenty of water between meals.

MID-AFTERNOON

Nuts, seeds, raw vegetables or fruits, rice cakes, peanut butter or almond butter.

Healthy Fats: avocado, nuts/seeds, olives/olive oil Tired? Spark® up! Drink plenty of water between meals.

DINNER

Lean protein with steamed vegetables and complex carbohydrate if needed.

2 OmegaPlex®

Drink plenty of water between meals.

SNACK (if needed)

Fruit or fruit and fiber bar

BEDTIME

Herbal Cleanse Tablet (days 1-7) with water.

OPTIONAL ADD-ON'S

CATALYST™ has a rapid toning effect and preserves lean muscle during time of weight loss and exercise.

MEAL REPLACEMENT SHAKES or BARS are high protein nutrient rich meals if you are on the go or tempted to skip a meal.

Cleansing Success

Veggles: salads during the day and steamed at night will scrub your system

2 Fruit: fibrous and low glycemic choices (apples, grapefruit, berries)

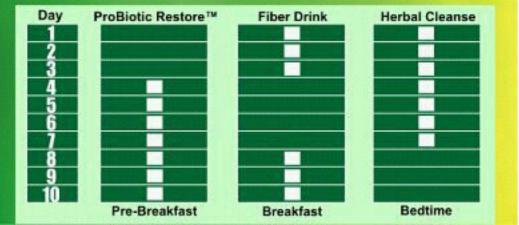
3 Healthy Fats: avocado, nutsiseeds, olivesiolive oil

4 Clean Proteins: feed muscle and reduce appetite (tuna and salmon will aid in cleansing; eggs/chicken/beef would be secondary options; stay away from processed lunch meats)

5 Clean Complex Carbs: rice, hummus, oatmeal

Avoid or Minimize:

6 Fried foods, refined sugars, corn or white starches, or bread 7 Wheat products: bread, crackers, etc. 8 Dairy: cheese, yogurt, milk, white sauces or dressing 9 Alcohol: you're on a cleanse...hold off for 10 days 10 Coffee or soda: drink water or SPARK





MINKBILL

Lose Weight • Fuel up with Core Nutrition

30 MIN BEFORE BREAKFAST

Spark® and 3 CATALYST™ Before breakfast MNS color packet

BREAKFAST

Meal Replacement Shake Both MNS white packets

MID MORNING

Choose 1 or 2:

3 eggs, 1 fuit, veggies, nuts or nut butter, hummus, 2 rice cakes or can of tuna

30 MIN BEFORE LUNCH

Before lunch MNS packet

LUNCH

Protein with vegetables (such as chicken salad, low-carb sub/wrap, salmon and broccoli)

2 OmegaPlex®

Drink plenty of water between meals.

MID-AFTERNOON

Choose 1 or 2:

3 eggs, 1 fuit, veggies, nuts or nut butter, hummus,

2 rice cakes or can of tuna

Tired? Spark® up! Drink plenty of water between meals.

DINNER

Lean protein (steak, chicken or fish) with steamed vegetables and complex carbohydrate if needed.

2 OmegaPlex®

Drink plenty of water between meals.

SNACK (if needed)

Fruit or fruit and fiber bar

OPTIONAL ADD-ON'S

CATALYST™ has a rapid toning effect and preserves lean muscle during time of weight loss and exercise.

MEAL PLANNING LIST

PROTEINS CARBOHYDRATES **VEGETABLES** broccoli

melon

chicken breast turkey breast ground turkey (lean) tuna (water-packed) crab lobster shrimp salmon white fish 9any) swordfish ham (lean) egg whites

brown rice (steamed) wild rice (steamed) pasta (whole-wheat) oatmeal/oat brand beans/legumes sweet potato/yam any kind of fruit strawberries raspberries blueberries apples strawberries

cauliflower romaine lettuce bell peppers spinach/greens tomato asparagus zucchini onion radishes cucumber celery