

HealthTrim®

Suggested Daily Guide - Detox Program

*Cleanse on Days 1,2,6,7

*Eat low-fat, high fiber meals or Meal Replacement Shakes on remaining days

*Drink at least 10 glasses of water (8 oz.) throughout the day

*Exercise for 20 minutes each day (sweating and breathing deeply)

Detox Program						
	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Evening
Day 1 - Cleanse	4oz. Fasting Solution, two 8oz. glasses of water, 1oz. Ionic Blend, 1 Natural Cleanse, 2 Metabolic Boost, 1 Appetite Chew	4 oz. Fasting Solution, two 8 oz. glasses of water, 1 Appetite Chew, fruit slices or shot of GoYin or super fruit juice	4oz. Fasting Solution, two 8oz. glasses of water, 2 Metabolic Boost, 1-2 cups raw vegetables or Meal Replacement Shake if needed, 1 oz. Genesis PURE Nutrition	4 oz. Fasting Solution, two 8 oz. glasses of water, 1 Appetite Chew, fruit slices or shot of GoYin or super fruit juice	1 Natural Cleanse, 1 Appetite Chew, one 8oz. glass of water, vegetable or fruit juice mixed with Fruit & Fiber Mix if needed	One 8oz. glass of water, vegetable juice or broth if needed
Day 2 - Cleanse	4oz. Fasting Solution, two 8oz. glasses of water, 1oz. Ionic Blend, 1 Natural Cleanse, 2 Metabolic Boost, 1 Appetite Chew	4 oz. Fasting Solution, two 8 oz. glasses of water, 1 Appetite Chew, fruit slices or shot of GoYin or super fruit juice	4oz. Fasting Solution, two 8oz. glasses of water, 2 Metabolic Boost, 1-2 cups raw vegetables or Meal Replacement Shake if needed, 1 oz. Genesis PURE Nutrition	4 oz. Fasting Solution, two 8 oz. glasses of water, 1 Appetite Chew, fruit slices or shot of GoYin or super fruit juice	1 Natural Cleanse, 1 Appetite Chew, one 8oz. glass of water, vegetable or fruit juice mixed with Fruit & Fiber Mix if needed	One 8oz. glass of water, vegetable juice or broth if needed
Day 3	2 Metabolic Boost, two 8oz. glasses of water, Meal Replacement Shake, 1 Natural Cleanse, 1oz. Ionic Blend	Two 8 oz. glasses of water, 2 Appetite Chews, fruit slices if needed or shot of GoYin or super fruit juice	2 Metabolic Boost, two 8oz. glasses of water, 4 slices Turkey Meat, 2 slices whole wheat bread, 3 cups raw vegetables, 1 T flax oil, 1 oz. Genesis PURE Nutrition	Two 8 oz. glasses of water, 2 Appetite Chews, fruit slices if needed or shot of GoYin or super fruit juice	Meal Replacement Shake mixed w/Fruit & Fiber Mix, one 8oz. glass of water, 1 Natural Cleanse	One 8oz. glass of water
Day 4	2 Metabolic Boost, two 8oz. glasses of water, Meal Replacement Shake mixed with Fruit & Fiber Mix, 1 Natural Cleanse, 1oz. Ionic Blend	Two 8 oz. glasses of water, 2 Appetite Chews, fruit slices if needed or shot of GoYin or super fruit juice	2 Metabolic Boost, two 8oz. glasses of water, 5 oz. chicken or turkey burger, 2 C. greek or ceasar salad with reduced fat dressing, 1 C. whole grain pasta, 1 oz. Genesis PURE Nutrition	Two 8 oz. glasses of water, 2 Appetite Chews, fruit slices if needed or shot of GoYin or super fruit juice	One 8oz. glass of water, 1 Natural Cleanse, 5oz. Fresh fish, 3 C. steamed vegetables, 1 C. wild organic rice, 1-8 T. coconut milk	One 8oz. glass of water

Day 5	2 Metabolic Boost, two 8oz. glasses of water, 1 egg or 2 egg whites, 1 C. organic slow cooked oatmeal, 1 Natural Cleanse, 1oz. Ionic Blend	Two 8 oz. glasses of water, 2 Appetite Chews, fruit slices if needed or shot of GoYin or super fruit juice	2 Metabolic Boost, two 8oz. glasses of water, 5oz. chicken breast, 2 C. spinach salad, 1 C. cooked millet, 1/4 C. unsalted almonds, 1 oz. Genesis PURE Nutrition	Two 8 oz. glasses of water, 2 Appetite Chews, fruit slices if needed or shot of GoYin or super fruit juice	Meal Replacement Shake mixed with Fruit & Fiber Mix, one 8oz. glass of water, 1 Natural Cleanse	One 8oz. glass of water
Day 6 - Cleanse	4oz. Fasting Solution, two 8oz. glasses of water, 1oz. Ionic Blend, 1 Natural Cleanse, 2 Metabolic Boost, 1 Appetite Chew	4 oz. Fasting Solution, two 8 oz. glasses of water, 1 Appetite Chew, fruit slices or shot of GoYin or super fruit juice	4oz. Fasting Solution, two 8oz. glasses of water, 2 Metabolic Boost, 1-2 cups raw vegetables or Meal Replacement Shake if needed, 1 oz. Genesis PURE Nutrition	4 oz. Fasting Solution, two 8 oz. glasses of water, 1 Appetite Chew, fruit slices or shot of GoYin or super fruit juice	1 Natural Cleanse, 1 Appetite Chew, one 8oz. glass of water, vegetable or fruit juice mixed with Fruit & Fiber Mix if needed	One 8oz. glass of water, vegetable juice or broth if needed
Day 7 - Cleanse	4oz. Fasting Solution, two 8oz. glasses of water, 1oz. Ionic Blend, 1 Natural Cleanse, 2 Metabolic Boost, 1 Appetite Chew	4 oz. Fasting Solution, two 8 oz. glasses of water, 1 Appetite Chew, fruit slices or shot of GoYin or super fruit juice	4oz. Fasting Solution, two 8oz. glasses of water, 2 Metabolic Boost, 1-2 cups raw vegetables or Meal Replacement Shake if needed, 1 oz. Genesis PURE Nutrition	4 oz. Fasting Solution, two 8 oz. glasses of water, 1 Appetite Chew, fruit slices or shot of GoYin or super fruit juice	1 Natural Cleanse, 1 Appetite Chew, one 8oz. glass of water, vegetable or fruit juice mixed with Fruit & Fiber Mix if needed	One 8oz. glass of water, vegetable juice or broth if needed

HealthTrim Detox Pack – Berry:

1 Meal Replacement Shake- Berry, 1 Metabolic Boost, 1 Ionic Blend, 1 Natural Cleanse, 2 Fasting Solution, 1 Appetite Chew, 1 Fruit & Fiber Mix
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