

40-DAY ULTIMATE Nutrition

MAKE IT WORK FOR YOU:

This is our suggested schedule, but feel free to start with the 10-Day Transformation (or end with it)!

DAYS 1 - 10	CORE 4 - NUTRITION		
	<p>🕒 2 lifestyle meals 🍎 flex food snacks 💧 lots of water</p> <p>You are welcome to exercise at whatever level that feels comfortable to you.</p> <p><small>* Biome Medic & Super CleansR are waste elimination aids. Modify 1-2 capsules per serving, depending on your body's digestion.</small></p>		
	<p>☀️ Rise and shine</p> <p>Super Amino 23 5 tablets</p> <p>Drink lots of water! (8-24 ounces)</p>	<p>🕒 2 hours later</p> <p>Power Shake 5.5 Tbsp.</p> <p>Biome Medic* 1-2 capsule</p>	<p>🌙 Time to unwind</p> <p>Apothe-Cherry 1-2 Tbsp. 30-60 minutes before sleep</p>

DAYS 11 - 20	10 DAY TRANSFORMATION - NUTRITION & CLEANSING						
	<p>🍎 3 servings of flex food/beverages can be mixed with Super Amino 23, Power Shake or Apothe-Cherry</p> <p>💧 lots of water 🚶 light walking/gentle yoga are recommended low-impact exercises</p> <p><small>* Biome Medic & Super CleansR are waste elimination aids. Modify 1-2 capsules per serving, depending on your body's digestion</small></p>						
	<p>☀️ Rise and shine</p> <p>Super Amino 23 5 tablets</p> <p>Drink lots of water! (8-24 ounces)</p>	<p>🕒 2 hours later</p> <p>Power Shake 5.5 Tbsp.</p> <p>Biome Medic* 1-2 capsules</p> <p>Super CleansR* 1-2 capsules</p>	<p>🕒 2 hours later</p> <p>Super Amino 23 5 tablets</p> <p>Drink lots of water! (8-24 ounces)</p>	<p>🕒 2 hours later</p> <p>Power Shake 2.25 Tbsp.</p> <p>Biome Medic* 1-2 capsules</p> <p>Super CleansR* 1-2 capsules</p>	<p>🕒 2 hours later</p> <p>Super Amino 23 5 tablets</p> <p>Drink lots of water! (8-24 ounces)</p>	<p>🕒 2 hours later</p> <p>Power Shake 2.25 Tbsp.</p>	<p>🌙 Time to unwind</p> <p>Apothe-Cherry 2 Tbsp. 30-60 min. before sleep</p>

DAYS 21 - 40	CORE 4 - NUTRITION		
	<p>🕒 2 lifestyle meals 🍎 flex food snacks 💧 lots of water</p> <p>You are welcome to exercise at whatever level that feels comfortable to you.</p> <p><small>* Biome Medic & Super CleansR are waste elimination aids. Modify 1-2 capsules per serving, depending on your body's digestion.</small></p>		
	<p>☀️ Rise and shine</p> <p>Super Amino 23 5 tablets</p> <p>Drink lots of water! (8-24 ounces)</p>	<p>🕒 2 hours later</p> <p>Power Shake 5.5 Tbsp.</p> <p>Biome Medic* 1-2 capsule</p>	<p>🌙 Time to unwind</p> <p>Apothe-Cherry 1-2 Tbsp. 30-60 minutes before sleep</p>