

# 40-DAY ULTIMATE Fat Burning

MAKE IT WORK FOR YOU:

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

<b>DAYS 1 - 10</b>	<b>CORE 4 - WEIGHT LOSS</b> 🍷 2 lifestyle meals    🍏 flex food snacks    💧 lots of water Exercise at whatever level that feels comfortable		
	☀️ <b>Rise and shine</b>  Super Amino 23 5 tablets  Drink lots of water! (8-24 ounces)	⌚ <b>2 hours later</b>  Power Shake 5.5 Tbsp.	🌙 <b>Time to unwind</b>  Apothe-Cherry 1-2 Tbsp.  Daily Fiber Blend 2.5 Tbsp.

<b>DAYS 11 - 20</b>	<b>10 DAY TRANSFORMATION - WEIGHT LOSS</b> 🍏 3 servings of flex food/beverages or with Super Amino 23, Power Shake or Apothe-Cherry. 💧 lots of water    🚶 light walking/gentle yoga are recommended low-impact exercises						
	☀️ <b>Rise and shine</b>  Super Amino 23 5 tablets  Super Lytes 1 capsule  Drink lots of water! (8-24 ounces)	⌚ <b>2 hours later</b>  Power Shake 5.5 Tbsp.	⌚ <b>2 hours later</b>  Super Amino 23 5 tablets  Super Lytes 1 capsule  Drink lots of water! (8-24 ounces)	⌚ <b>2 hours later</b>  Power Shake 5.5 Tbsp.	⌚ <b>2 hours later</b>  Super Amino 23 5 tablets  Super Lytes 1 capsule  Drink lots of water! (8-24 ounces)	⌚ <b>2 hours later</b>  Power Shake 5.5 Tbsp.	🌙 <b>Time to unwind</b>  Apothe-Cherry 2 Tbsp.  Daily Fiber Blend 2.5 Tbsp.  30-60 min. before sleep You may combine these two products, if you prefer

<b>DAYS 21 - 40</b>	<b>CORE 4 - WEIGHT LOSS</b> 🍷 2 lifestyle meals    🍏 flex food snacks    💧 lots of water Exercise at whatever level that feels comfortable		
	☀️ <b>Rise and shine</b>  Super Amino 23 5 tablets  Drink lots of water! (8-24 ounces)	⌚ <b>2 hours later</b>  Power Shake 5.5 Tbsp.	🌙 <b>Time to unwind</b>  Apothe-Cherry 1-2 Tbsp.  Daily Fiber Blend 2.5 Tbsp.