

WHOLE FOOD METABOLIC RESET

40-Day Schedule

PRODUCTS:








10-Day Transformation (with Daily Fiber Blend) + 30-Day supply of Daily Core3 + Daily Fiber Blend. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure, a Purium gym bag and a Whole Food Metabolic Reset Schedule.

Scientifically designed to burn stored body fat, this Whole Food Metabolic Reset can maximize weight loss by stimulating your “Skinny Hormone” (aka adiponectin). We encourage you to use this schedule as a guide for your health journey. Be sure to listen to your body and make modifications as necessary.

DAYS 1 - 10

10-DAY TRANSFORMATION (weight loss)




3 servings of Flex Foods or Flex Beverages per day. The Flex options may be consumed with the Super Amino 23, Power Shake or Daily Fiber Blend and Apothe-Cherry.

 Rise and shine	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
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 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind or 30-60 min. before sleep	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage Daily Fiber Blend - 1 scoop of Fiber mixed with water or a Flex Beverage. <i>You may combine these two products, if you prefer</i>

DAYS 11 - 40

DAILY CORE3 + DAILY FIBER BLEND

Continue to eat Flex Foods and introduce Flex Meals into your daily diet.

 Rise and shine	Super Amino 23 - 5 tablets with water upon rising or prior to working out
 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind 30-60 min. before sleep	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage Daily Fiber Blend - 1 scoop of Fiber mixed with water or a Flex Beverage. <i>You may combine these two products, if you prefer</i>