



LIFESTYLE GUIDE



AMY VENNER-HAMDI
OWNER & PRESIDENT

FOUNDER OF “THE MILLION MOM MOVEMENT”



It can be challenging to take care of ourselves in the midst of daily chaos. We get so busy taking care of everyone else that we forget about the most important person—until we burn-out. I’ve learned that the only way to get through the hard times is to take a step back for self-care. If we are not at our personal best, how can we truly ‘be there’ for all of the people and responsibilities in our lives? Purium’s Core3 programs make it easy to prioritize your health without disrupting your whole day! Take that first step. Love yourself better...and you will be able to love others better too.

Amy Venner-Hamdi

DAVID SANDOVAL
OWNER & CEO
AUTHOR OF “THE GREEN FOODS BIBLE”



I hear it all the time. “*I need to get in shape fast!*” And it’s usually followed up with something like, “*I have two weeks to lose weight without losing energy and I don’t want to do anything extreme... Can you help?*” Phew, that’s a tall order. But since we designed our 10-Day program, tens of thousands of people have lost weight and pushed their bodies to peak performance. More importantly, we have seen most of our customers transition from short-term results to long-term lifestyle changes. We can help you reach your goals. Take the journey with us – your body will love you for it!

David Sandoval

100 YEARS AGO

All food was organic. Vegetables grew from the earth. Fruit was picked directly from the tree. And farmers actually farmed.

Pure, nutrient-dense foods were abundant and chemically-preserved foods were almost non-existent. Food was fresh. The soil was filled with minerals. The water was pure.

Everything our bodies needed, we received from the earth.



**“Man sacrifices his health in order to make money. Then he sacrifices money to recuperate his health.”
-Dalai Lama**



FAST FORWARD TO TODAY

Our food is filled with artificial colors, flavors, sweeteners, binders, fillers, hormones, pesticides, herbicides, irradiated ingredients, and now, genetically-modified ingredients. According to medical experts, this “franken-food” is confusing our bodies and causing health issues that could be easily prevented.

- According to the American Cancer Society, **60% of all cancer is preventable**
- According to the American Heart Association, **80% of all heart disease is preventable**
- According to the Archives of Internal Medicine, **90% of all diabetes is preventable**

MODERN DAY CHALLENGES

We are crazy busy. We live in fast-forward mode and there seems to be no time for anything. We are consumed by texts, emails, social media, work, bills, and other responsibilities. And the people who may have it the toughest of all are busy moms. They care for their families and never seem to have time for themselves.

- Do you ever feel like you need an extra 2 or 3 hours in your day?
- Do you ever feel like you are running on empty?
- Do you ever feel like you need more time and energy?



WHEN IT COMES TO EATING

We are forced to make compromises for convenience. The food that is the fastest and the cheapest is almost always filled with chemicals and devoid of real nutrition. The statistics are frightening!

- Americans will eat 31% more packaged food than fresh food today
- 20% of Americans will eat a meal in a car today
- 25% of all Americans will eat at least one fast food meal today

It's time for a REAL-FOOD REVOLUTION!

10-DAY SCHEDULES



CLEANSE - WEIGHT LOSS - ATHLETE

No matter which 10-Day program you follow, be ready for a body and mind challenge.

THE 10 DAY ROLLERCOASTER

Your first few days may be a challenge.

Stick with it! You won't believe how great you'll feel by day 10!



1. Excitement - The journey begins!

2. Fear - I don't think I can do this.

3. Anger - Who got me into this?

4. Resentment - Did I make the right decision?

5. DEFINING MOMENT - Do I stay or do I go?

6. Acceptance - I can and I will.

7. Realization - This isn't so bad.

8. Inspiration - Wow, I feel the results already!

9. Attention - My energy levels are high!

10. EXHILARATION - I am so proud of myself!

10-DAY TRANSFORMATION

Weight Loss








PRODUCTS:

Super Amino 23 + Power Shake + Apothe-Cherry + Super Lytes + Daily Fiber Blend. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

This program is based on our Core 4 Weight Loss products and enhanced with a supportive product to target weight loss. The schedule is important to stick to, but is also designed to modify for your own needs.

SCHEDULE

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
 2 hours later	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
 2 hours later	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
 Time to unwind or 30-60 min. before sleep	Apothe-Cherry - 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>

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat

10-DAY TRANSFORMATION

Cleanse








PRODUCTS:

Super Amino 23 + Power Shake + Biome Medic + Apothe-Cherry + Super CleansR. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

This program is based on our Core 4 Cleanse and enhanced with a supportive product to flush away toxins. The schedule is important to stick to, but is also designed to modify for your own needs.

SCHEDULE

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

 Rise and shine	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic - 1-2 capsules Super CleansR - 1-2 capsules
 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic - 1-2 capsules Super CleansR - 1-2 capsules
 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind	Apothe-Cherry - 2 tablespoons mixed with water or a Flex Beverage 30-60 minutes before sleep

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat

10-DAY TRANSFORMATION

Athlete

PRODUCTS:

Super Amino 23 + MVP Sport + Can't Beet This! + Super Xanthin + Super Life. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

This program is based on our Athlete's Core 4 products and enhanced with a supportive product to optimize performance for any workout routine. The schedule is important to stick to, but is also designed to modify for your own needs. 3 servings of Flex Foods or Flex Beverages are suggested per day, plus a Lifestyle Meals for every 30 minutes of exercise.

SCHEDULE

3 servings of Flex Foods or Flex Beverages per day. The Flex options may be consumed with the Super Amino 23, Power Shake or Apothe-Cherry. Plus, one 300-calorie Lifestyle Meal is recommended for every 30 minutes of exercise. Visit blog.puriumcorp.com for recipe ideas.

☀ Rise and shine	Super Amino 23 - 5 tablets Can't Beet This! - 1 scoop mixed with water or a Flex Beverage Super Xanthin - 2 capsules
🕒 2 hours later	MVP Sport - 1 scoop mixed with water or a Flex Beverage Super Life Formula - 3 capsules
🕒 2 hours later	Super Amino 23 - 5 tablets Can't Beet This! - 1 scoop mixed with water or a Flex Beverage Super Xanthin - 2 capsules
🕒 2 hours later	MVP Sport - 1 scoop mixed with water or a Flex Beverage Super Life Formula - 3 capsules
🕒 2 hours later	Super Amino 23 - 5 tablets Can't Beet This! - 1 scoop mixed with water or a Flex Beverage Super Xanthin - 2 capsules
🕒 2 hours later	MVP Sport - 1 scoop mixed with water or a Flex Beverage Super Life Formula - 3 capsules
🔁 Post-workout Flex Meal	Eat one 300 calorie, Lifestyle Meal (made from approved food sources) for every 30 minutes of workout per day

Exercise Recommendation

DAYS 1-10 • Weight training, cardio, running or sports activity

40-DAY SCHEDULES



ULTIMATE FAT BURNING 40-Day Schedule

PRODUCTS:








10-Day Transformation (with Daily Fiber Blend) + 30-Day supply of Core 4 Weight Loss. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

Scientifically designed to burn stored body fat, this 40-Day Ultimate Fat Burning Pack 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. This 40-Day plan includes Flex Foods, Flex Beverages and Lifestyle Meals.

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
 2 hours later	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
 2 hours later	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
 Time to unwind or 30-60 min. before sleep	Apothe-Cherry - 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

CORE 4 WEIGHT LOSS

Enjoy 1-2 Lifestyle Meals per day, with 1-2 Power Shakes per day. 1 Shake = 1 meal. Flex foods are excellent snacks, too!

 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>

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat
DAYS 11-40 • No restrictions

ULTIMATE PARASITE CLEANSE

40-Day Schedule

PRODUCTS:



10-Day Transformation (with Super CleansR) + 30-Day supply of Core 4 Cleansing + Super CleansR. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

This 40-day supply of products is designed to cleanse the body of toxins, support gut health and flush parasites that are common in everyday foods, such as produce and sushi. 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. This 40-Day plan includes Flex Foods, Flex Beverages and Lifestyle Meals.

DAYS 1 - 10

10-DAY TRANSFORMATION (cleans)




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

 Rise and shine	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic - 1-2 capsules Super CleansR - 1-2 capsules
 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage Biome Medic - 1-2 capsules Super CleansR - 1-2 capsules
 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage
 Time to unwind	Apothe-Cherry - 2 tablespoons mixed with water or a Flex Beverage 30-60 minutes before sleep

DAYS 11 - 30

CORE 4 CLEANSING.




Enjoy 1-2 Lifestyle Meals per day, with 1-2 Power Shakes per day. 1 Shake = 1 meal. Flex foods are excellent snacks, too!

 Rise and shine	Biome Medic - 2 capsules with water
 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.

DAYS 31 - 40

CORE 4 CLEANSING + SUPER CLEANSR.

Continue to eat Flex Foods and Lifestyle Meals daily.

 Rise and shine	Biome Medic - 2 capsules with water
 2 hours later or as a meal replacement	Power Shake - 2 scoops mixed with water or a Flex Beverage Super CleansR - (1-2 capsules)
 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. Super CleansR - (1-2 capsules)

Exercise Recommendation

DAYS 1-10 • None or walking/yoga without breaking a sweat

DAYS 11-40 • No restrictions

ULTIMATE ATHLETIC PERFORMANCE

40-Day Schedule

PRODUCTS:

10-Day Transformation (athlete)
+ Can't Beet This! + Super Amino 23 + Super Xanthin + MVP Sport. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

This 40-day supply is designed to take any workout routine performance to the next level. Ultimate Athletic has the superfood fuel to support muscle building, endurance and more. We encourage you to use this schedule as a guide for your health journey. Be sure to listen to your body and make modification as necessary. This 40-Day plan includes Flex Food, Flex Beverages and Lifestyle Meals.

DAYS 1 - 10

10-DAY TRANSFORMATION (athlete)

3 servings of Flex Foods or Flex Beverages per day. The Flex options may be consumed with the Super Amino 23, Power Shake or Apothe-Cherry. Plus, one 300-calorie Lifestyle Meal is recommended for every 30 minutes of exercise.

Visit blog.puriumcorp.com for recipe ideas.

☀️ Rise and shine	Super Amino 23 - 5 tablets Can't Beet This! - 1 scoop mixed with water or a Flex Beverage Super Xanthin - 2 capsules
🕒 2 hours later	MVP Sport - 1 scoop mixed with water or a Flex Beverage Super Life Formula - 3 capsules
🕒 2 hours later	Super Amino 23 - 5 tablets Can't Beet This! - 1 scoop mixed with water or a Flex Beverage Super Xanthin - 2 capsules
🕒 2 hours later	MVP Sport - 1 scoop mixed with water or a Flex Beverage Super Life Formula - 3 capsules
🕒 2 hours later	Super Amino 23 - 5 tablets Can't Beet This! - 1 scoop mixed with water or a Flex Beverage Super Xanthin - 2 capsules
🕒 2 hours later	MVP Sport - 1 scoop mixed with water or a Flex Beverage Super Life Formula - 3 capsules
🍴 Post-workout Flex Meal	Eat one 300 calorie, Lifestyle Meal (made from approved food sources) for every 30 minutes of workout per day

DAYS 11-40

PRE-WORKOUT

Super Amino 23, Super Xanthin and Can't BEET This! can pump you up, keep your workout strong and help to nourish muscles.

POST-WORKOUT

Protein drink MVP Sport (Vanilla or Chocolate flavors) refills your tank with nutrients to help with recovery, muscle repair and healthy inflammatory response.

30 minutes before workout	Can't Beet This! - 1-2 scoops mixed with water or a Flex Beverage Super Amino 23 - 5 tablets Super Xanthin - 2 capsules 1 scoop of Can't BEET This! for non-workout/light workout days. 2 scoops to amp-up for long, hard workouts.
0-30 minutes after workout	MVP Sport (Chocolate or Vanilla) 1-2 scoops mixed with water or a Flex Beverage 1 scoop of MVP Sport as a meal replacement for non-workout/light workout days. 2 scoops after strong workouts.

Exercise Recommendation

DAYS 1-40 • Weight training, cardio, running or sports activity

DAILY SCHEDULES



CORE 4 WEIGHT LOSS

Daily

PRODUCTS:

Super Amino 23 +
Power Shake +
Apothe-Cherry +
Daily Fiber




Organically maintain your health with daily vegan protein, fruits, veggies and fiber.

This pack of 4 products is the easiest way to get high-quality protein, fruits, veggies and fiber into your body every day. Along with a healthy diet, this pack can help you stay on a healthy track daily. We recommend consuming Flex Foods, Flex Beverages and Lifestyle Meals with this daily plan for ideal nutrition.

NOTE: Produce up to 40% more of your “skinny hormone” (aka adiponectin) with 100 days use of this pack.

SCHEDULE

Feel more energy, improve digestion, increase mental clarity, get deeper sleep and increase your skinny hormone. Follow this schedule and you will feel great and continue losing weight.

 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>

CORE 4 CLEANSING

Daily




PRODUCTS:

Biome Medic +
Power Shake +
Apothe-Cherry +
Daily Fiber Blend

Gently cleanse while improving energy, sleep, digestion, mental clarity, and so much more. Purium has paired our most popular greens, fruit and fiber with the power of Biome Medic. Infuse your body with nutrients and cleanse your second brain (your gut) of toxins found in everyday foods. Daily Fiber rounds up Core 4 Cleansing by supporting healthy bowel function and proper elimination.

SCHEDULE

Enjoy 1-2 Lifestyle Meals per day, with 1-2 Power Shakes per day. 1 Shake = 1 meal. Flex foods are excellent snacks, too!

 Rise and shine	Biome Medic - 2 capsules with water
 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.

CORE 4 ATHLETES

Daily

PRODUCTS:

Can't Beet This! + MVP Sport + Super Amino 23 + Super Xanthin.

Activate a fast and smooth recovery. This pre- and post-workout system is designed for you and your workout preference. Depending on when you work out and how hard you go, our flexible plan can optimize your results and lessen your recovery period.

PRE-WORKOUT

Super Amino 23, Super Xanthin and Can't BEET This! can pump you up, keep your workout strong and help to nourish muscles.

**30 minutes
before workout**

Can't Beet This! - 1-2 scoops mixed with water or a Flex Beverage
Super Amino 23 - 5 tablets
Super Xanthin - 2 capsules

1 scoop of Can't BEET This! for non-workout/light workout days.
2 scoops to amp-up for long, hard workouts.

POST-WORKOUT

Protein drink MVP Sport (Vanilla or Chocolate flavors) refills your tank with nutrients to help with recovery, muscle repair and healthy inflammatory response.

**0-30 minutes
after workout**

MVP Sport (Chocolate or Vanilla) - 1-2 scoops mixed with water or a Flex Beverage

1 scoop of MVP Sport as a meal replacement for non-workout/light workout days. 2 scoops after strong workouts.

The more you burn, the more your appetite demands. Instead of grabbing something processed, why not reward your body with real food? Our list of Flex Foods are sure to satisfy, without compromising your health. Healthy foods can be convenient, but prep is key and a little creativity helps too!

CORE 4 NUTRITION

Daily

PRODUCTS:




Super Amino 23 +
Power Shake +
Biome Medic +
Apothe-Cherry

Experience improved energy, sleep, digestion, mental clarity, body protein synthesis and so much more. Purium has paired Core 3 with the power of Biome Medic. Infuse your body with nutrients and cleanse your second brain (your gut) of toxins found in everyday foods.

This is the optimal pack for foundational nutrition and support of the gut microbiome.

SCHEDULE

Expect to feel more energy, better digestion, deeper sleep, and increased mental clarity. This is the easiest way to get high-quality protein, fruits, and veggies into your body every day. Stay consistent and the benefits will compound over time.

 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 Biome Medic - 2 capsules
 Time to unwind 30-60 min. before sleep	Apothe-Cherry - 1-2 tablespoons mixed with water or a Flex Beverage

CORE 3 NUTRITION

Daily




PRODUCTS:

Super Amino 23 +
Power Shake +
Apothe-Cherry

When you get all-natural superfoods into your body on a daily basis, it changes everything. All you need for daily foundational nutrition are these three core products and water: Super Amino 23, Apothe-Cherry and Power Shake. Follow the schedule below and you will feel better in no time!

SCHEDULE

Everything your body needs for about the cost of a fast food meal or a large gourmet coffee. It's not a budget choice, it's an eating choice.

 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

FLEX FOODS & BEVERAGES

- 10-DAY WEIGHT LOSS
- 10-DAY CLEANSING
- 10-DAY ATHLETIC

WHAT IS A FLEX FOOD?

A Flex Food is a fruit or vegetable that is permitted on any 10-Day Transformation. Only 3 servings of Flex Foods OR Beverages are allowed per day, on a Transformation.

Flex Foods and Flex Beverages are a way to control your intake, retrain your hunger cravings and fuel your body with optimal nutrients. If you stick to your goals, Flex Foods and Flex Beverages will naturally become your go-to snacks, long after your first 10 days.

Ideal Flex Foods

- 1 Avocado
- 1 Apple (Tip: Eating apples first thing in the morning can help wake you up.)
- 1 cup Watermelon
- Unlimited Celery
- Unlimited Cucumbers
- 1 cup Broccoli, Cauliflower, Kale, or Spinach
- 1 cup Berries
- 1 cup Sauerkraut or Kimchi (no additives)
- 1 cup Summer squash (winter squash not permitted)
- 1/2 cup Carrots

Ideal Flavorings

- Organic tropic oil
- Freshly squeezed lemon
- Himalayan sea salt
- Raw honey
- Fresh herbs and spices



WHAT IS A FLEX BEVERAGE?

A Flex Beverage is a vegan liquid permitted on the 10-Day Transformation. You can mix one with your Power Shake, MVP Sport, Apothe-Cherry or have one separately. They count as one of the three Flex Foods / Beverages you are allowed per day.

Ideal Flex Beverages

- Hemp, almond, coconut, or oat milk
- Kombucha
- Organic vegetable broth
- Decaffeinated herbal tea
- Coconut water
- Purium green drinks: Organic Kamut Blend, Organic Green Spectrum, Organic Barley Green Juice, Organic Spirulina, Chlorella, Power of 10 Veggie

Easy Flex Food combinations

- A green apple sautéed in cinnamon and Organic Tropic Oil
- An avocado mashed with freshly squeezed lemon juice and Himalayan sea salt – eaten with cucumber “chips”
- 1 cup broccoli sautéed in Organic Tropic Oil and fresh basil and topped with 3 tbsp. organic sauerkraut

If you decide to combine Flex Foods, keep the total serving to 1 cup.

Which fruits or vegetables are NOT permitted?

Bananas and starchy veggies such as any winter squash variety, pumpkin, corn, sweet potatoes, white or red potatoes are NOT permitted. You may have ½ serving of carrots (they are also an ingredient in the Power Shake).

Why are cooked Flex Foods allowed?

Hot Flex Foods are especially important during the winter and for people in colder climates. Hot Flex Beverages are also important for people who are used to having coffee in the morning.

Remember, if you feel the urge to “cheat,” cheat with additional flex foods or a Lifestyle Meal.

LIFESTYLE MEALS

- 10-DAY ATHLETES
- DAY 11-40 WEIGHT LOSS
- DAY 11-40 CLEANSING
- DAY 11-40 ATHLETES
- 10-DAY MODIFIED LIFESTYLE

A Lifestyle Meal is a protein-rich meal made from approved food sources to equal 300 calories. When following an athlete plan, eat one meal per every 30 minutes of exercise.

Protein Options

- L.O.V. Super Meal · 4 scoops/210 cal
- Lentils or legumes (other than soy) · 1 c/320 cal
- Hummus · ½ c/170 cal
- Broccoli · 1 c/30 cal
- Cottage cheese · ½ c/81 cal
- Almonds · ¼ c/207 cal
- Free-range eggs · 1 lg egg/71 cal
- Free-range organic fed chicken · 100 g/165 cal
- Wild-caught salmon · 2 oz/131 cal

Complex Carbs

- Activated Barley · 1 tbsp/35 cal
- Rice Bran Solubles · 6 g/30 cal
- Red, black, or brown rice · 20 g/219 cal
- Quinoa (cooked) · 1 c/223 cal
- Couscous (cooked) · 1 c/175 cal
- Sprouted grain bread · 1 slice/80 cal
- Buckwheat or whole grain pancakes · 1 pancake 4" /183 cal
- Purple or sweet potatoes · 100 g/86 cal
- Oatmeal · ½ c/71 cal

Veggie Options

- Kale · 1 c/14 cal
- Broccoli · 1 c/30 cal
- Summer squash · 1 c/23 cal
- Cabbage · 1 c/22 cal
- Asparagus · 1 c/27 cal
- Mushrooms · ½ c/15 cal
- Celery · 1 c/16 cal
- Carrots · 1 c/52 cal
- Sea veggies · 4 g/21 cal
- Cilantro · 1 c/21 cal
- Parsley · 1 c/21 cal
- Basil · 2 tbsp/2 cal

Fruit Options

- Cherries (the darker the better) · 1 c/87 cal
- Berries · 1 c/100 cal
- Plums · 1 sm plum/47 cal
- Apples · 1 sm apple/52 cal
- Purple grapes · 1 c/62 cal
- Watermelon · 1 c/46 cal
- Papaya · 1 c/63 cal
- Cucumbers · 1 c/13 cal
- Tomatoes · 1 sm tomato/50 cal

Fats & Oil Options

- Organic Tropic Oil · 1 tbsp/120 cal
- Green tea seed oil · 1 tbsp/120 cal
- Sunflower seed oil · 1 tbsp/120 cal
- Avocado oil · 1 tbsp/120 cal
- Extra virgin olive oil · 1 tbsp/120 cal
- Butter or ghee (from grass-fed cow) · 1 tbsp/120 cal



TIPS

- Create your meals around lean or plant-based protein.
- Visit our blog for recipe inspiration: blog.puriumcorp.com
- Select foods that are organic or as close to the earth as possible.
- Google the current “Dirty Dozen” list from EWG and only get organic versions of those fruits and veggies.
- Eat slowly and chew your food.
- Eat organic fruits and veggies and wash them well. Don’t remove the skins when possible.
- Consume no more than 6 oz. of animal flesh in any 24-hr period.
- Combine meats with green foods, avoid combining them with sugar.
- Avoid burnt, crispy parts of meat.

DO'S & DON'TS

- 10-DAY WEIGHT LOSS
- 10-DAY CLEANSING
- 10-DAY ATHLETIC
- 10-DAY MODIFIED LIFESTYLE

PRIOR TO STARTING

DO drink more water, broth and fresh juices.

DO eat fresh, raw fruit and veggies, dark leafy greens and high fiber meals.

DO eliminate temptations. Remove unhealthy, processed foods (or at least put out of sight).

DO plan your 10-Day Transformation during a period when you can get a good night's rest every night.

DO omit dairy, processed foods, and meat from your diet, 2-3 days before starting the program

DO omit coffee to avoid withdrawal symptoms, 3-5 days before starting the program

DO text the word "transformation" to 55678 (USA) or 70734 (Canada) the day before you start the program to receive daily inspirational messages.

DO enter the schedule into your phone and set alerts to keep you on track.

DO take your "before" photo, weight and measurements (chest, waist, and hips) for comparison.

DO join support calls Monday – Friday at 8:30 pm ET / 5:30 pm PT. Dial (712) 432-7658, code 7873#.

DON'T binge eat, drink or consume a large meal the day before starting.

DON'T procrastinate. If you can't fit a 10-Day Transformation into your schedule, ease into the routine with the Core 4 for at least 10 days before trying a 10-Day Transformation.

DURING THE 10 DAYS

DO stay hydrated. Drink half your body weight in ounces/day, and any-time you feel thirsty or hungry.

DO grab an extra Flex Food instead of cheating or abandoning the program.

DO keep a positive mental attitude, "I can and I will."



DO use Control, Chill or Charge sublingual sprays for additional appetite control, to help relax or for energy.

DO have approved Flex Foods/ Beverages on hand.

DO share your commitment on Facebook at facebook.com/groups/itstartswith10days

DON'T perform heavy exercise, unless you're following an Athlete plan. Exercise is a form of stress and too much can be counterproductive. Do only light exercise like yoga or walking without breaking a sweat.

DON'T QUIT! Use our Purium support system to keep you going. Opt for a Lifestyle Meal, if your body feels too deprived.

AFTER THE 10 DAYS

DO have a plan! Be prepared with one of our daily product packs, so you can continue your health journey.

DO consider adding Biome Medic into your diet to keep your gut healthy.

DO take CONTROL Pre-Meal Capsules or Control spray if you need more help curbing your appetite.

DO take your "after" photo, weight, and measurements for comparison.

DON'T rush back into eating heavy foods. Ease back into foods slowly.

**If it doesn't
challenge
you, it doesn't
change you!**

LIVE YOUR BEST DAY, WITH A SPRAY.

natural ingredients • zero calories • no sugar • easy to carry • simple to use



CHARGE
spray away
fatigue



CHILL
spray away
stress



CONTROL
spray away
hunger



EASE
spray away
aches

BIOME MEDIC

Protect
your gut from
GMOs



STAY CONNECTED!

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