



## STEP 1-2-3 LIQUID PROGRAM Consumption Instructions

MORNING	BREAKFAST	30-MIN. BEFORE LUNCH	LUNCH	MID-AFTERNOON	30-MIN. BEFORE DINNER	DINNER
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>SPARK</b> – Mix contents of <b>SPARK</b> packet with 8 oz. cold water.</li> <li><input type="checkbox"/> <b>CATALYST</b> - Open contents of 3 <b>Catalyst</b> capsules and put in <b>SPARK</b> drink mixture.</li> <li><input type="checkbox"/> <b>THERMO-PLUS</b> - Consume 1-2 capsules.</li> </ul> <p><b>WAIT</b> 30-45 minutes before consuming <b>MEAL REPLACEMENT SHAKE</b> for breakfast.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>MEAL REPLACEMENT SHAKE</b> – Mix contents of <b>MEAL REPLACEMENT SHAKE</b> with 8-10 oz. <b>very cold</b> water.</li> </ul> <p><i>Recipe Suggestion:</i> Blend with ice for “Smoothy” consistency. Add flavorings, as desired.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>SPARK</b> – Mix contents of <b>SPARK</b> packet with 8 oz. cold water.</li> <li><input type="checkbox"/> <b>CATALYST</b> - Open contents of 3 <b>Catalyst</b> capsules and put in <b>SPARK</b> drink mixture.</li> <li><input type="checkbox"/> <b>THERMO-PLUS</b> - Consume 1-2 capsules.</li> </ul> <p><b>WAIT</b> 30-45 minutes prior to consuming lunch.</p> <p><i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.</li> </ul> <p><i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eat sensible snack including fruit and protein-oriented snack.</li> </ul> <p><i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>SPARK</b> – Mix contents of <b>SPARK</b> packet with 8 oz. cold water.</li> <li><input type="checkbox"/> <b>CATALYST</b> - Open contents of 3 <b>Catalyst</b> capsules and put in <b>SPARK</b> drink mixture.</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>FIBER DRINK</b> – Mix contents of <b>FIBER DRINK</b> with 8 oz. <b>very cold</b> water and drink immediately. Follow up with an additional 8 oz. of water.</li> </ul> <p><i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.</li> <li><input type="checkbox"/> <b>COREPLEX DRINK</b> - Mix contents of pouch in 8-10 oz. of cold water anytime before bedtime.</li> <li><input type="checkbox"/> <b>OMEGAPLEX</b> - Consume 4-6 per capsules per day.</li> </ul> <p><i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!</p>

