



STEP 123 PROGRAM

“STEP 1” Consumption Instructions

Days 1-3

MORNING	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	DINNER	BEDTIME
<input type="checkbox"/> FIBER DRINK – Mix contents of FIBER DRINK with 8 oz. very cold water and drink immediately. Follow up with an additional 8 oz. of water. <i>Recipe Suggestion:</i> Combine Fiber Drink packet with Meal Replacement Shake in 10-12 oz. very cold water.	<input type="checkbox"/> MEAL REPLACEMENT SHAKE – Mix contents of Meal Replacement Shake with 8-10 oz. very cold water. <i>Recipe Suggestion:</i> Blend with ice for “Smoothy” consistency. Add flavorings, as desired.	<input type="checkbox"/> SPARK – Mix contents of SPARK packet with 8-12 oz. cold water. <i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.	<input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!	<input type="checkbox"/> SPARK – Mix contents of SPARK packet with 8-12 oz. cold water. <input type="checkbox"/> Approximately ½ hour after SPARK , eat fruit or protein oriented snack. <i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.	<input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!	<input type="checkbox"/> Consume packet of tablets in HERBAL CLEANSE labeled “Herbal Cleanse”.
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Days 4-7

MORNING	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	DINNER	BEDTIME
<input type="checkbox"/> Consume packet of tablets in HERBAL CLEANSE labeled “ProBiotic RESTORE”. <input type="checkbox"/> Wait 30 minutes before consuming MEAL REPLACEMENT SHAKE for breakfast.	<input type="checkbox"/> MEAL REPLACEMENT SHAKE – Mix contents of MEAL REPLACEMENT SHAKE with 8-10 oz. very cold water. <i>Recipe Suggestion:</i> Blend with ice for “Smoothy” consistency. Add flavorings if desired.	<input type="checkbox"/> SPARK – Mix contents of SPARK packet with 8-12 oz. cold water. <i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.	<input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!	<input type="checkbox"/> SPARK – Mix contents of SPARK packet with 8-12 oz. cold water. <input type="checkbox"/> Approximately ½ hour after SPARK , eat fruit or protein oriented snack. <i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.	<input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!	<input type="checkbox"/> Consume packet of tablets in HERBAL CLEANSE labeled “Herbal Cleanse”.
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Days 8-10

MORNING	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	DINNER	BEDTIME
<input type="checkbox"/> Consume packet of tablets in HERBAL CLEANSE labeled “ProBiotic RESTORE”. <input type="checkbox"/> Wait 30 minutes before consuming Fiber Drink . <input type="checkbox"/> FIBER DRINK – Mix contents of FIBER DRINK with 8 oz. very cold water and drink immediately. Follow up with an additional 8 oz. of water. <i>Recipe Suggestion:</i> Combine Fiber Drink packet with Meal Replacement Shake in 10-12 oz. very cold water.	<input type="checkbox"/> MEAL REPLACEMENT SHAKE – Mix contents of MEAL REPLACEMENT SHAKE with 8-10 oz. very cold water. <i>Recipe Suggestion:</i> Blend with ice for a “Smoothy” consistency. Add flavorings if desired.	<input type="checkbox"/> SPARK – Mix contents of SPARK packet with 8-12 oz. cold water. <i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.	<input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!	<input type="checkbox"/> SPARK – Mix contents of SPARK packet with 8-12 oz. cold water. <input type="checkbox"/> Approximately ½ hour after SPARK , eat fruit or protein oriented snack. <i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.	<input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. <i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!	<input type="checkbox"/> Consume packet of tablets in HERBAL CLEANSE labeled “Herbal Cleanse”.
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IMPORTANT: BODY WEIGHT/2 = WATER CONSUMPTION GOAL