



STEP 1-2-3 PROGRAM

STEP 3 - Consumption Instructions

MORNING	BREAKFAST	30-MIN. BEFORE LUNCH	LUNCH	MID-AFTERNOON	30-MIN. BEFORE DINNER	DINNER
<ul style="list-style-type: none"> <input type="checkbox"/> MNS Nutritional Supplements – Consume contents of first colored packet 30 minutes prior to MEAL REPLACEMENT SHAKE. <input type="checkbox"/> CATALYST – Consume 3 capsules. <input type="checkbox"/> THERMO-PLUS - Consume 1 capsule. <p>WAIT 30-45 minutes before consuming MEAL REPLACEMENT SHAKE for breakfast.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> MEAL REPLACEMENT SHAKE – Mix contents of MEAL REPLACEMENT SHAKE with 8-10 oz. very cold water. <p><i>Recipe Suggestion:</i> Blend with ice for “Smoothy” consistency. Add flavorings, as desired.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> SPARK – Mix contents of SPARK packet with 8 oz. cold water. <input type="checkbox"/> MNS Nutritional Supplements – Consume contents of second colored packet 30 minutes prior to lunch. <input type="checkbox"/> CATALYST – Consume 3 capsules. <input type="checkbox"/> THERMO-PLUS - Consume 1 capsule. <p>WAIT 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"> <input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. <input type="checkbox"/> MNS Nutritional Supplements – Consume contents of both WHITE packets during or after lunch. <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"> <input type="checkbox"/> Eat sensible snack including fruit or protein-oriented snack. <p><i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> SPARK – Mix contents of SPARK packet with 8 oz. cold water. <p><i>Recipe Suggestion:</i> Blend with ice for “ICEE” consistency.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains. <p><i>Recipe Suggestion:</i> When eating salads, put salad dressings on the side! Will save a “ton” of calories!!!</p>
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IMPORTANT: BODY WEIGHT / 2 = WATER CONSUMPTION GOAL

REMEMBER: “Whether you think you can or you think you can’t, you are exactly right.”