

ULTIMATE LIFESTYLE TRANSFORMATION – 30 DAY RESET –

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING: 2 BIOME MEDIC CAPS							
MEAL 1							
5 SUPER AMINO 23							
POWER SHAKE							
MEAL 2							
5 SUPER AMINO 23							
POWER SHAKE							
MEAL 3							
HEALTHY WHOLE FOOD MEAL*							
FRUITS/VEGGIES SNACKS							
EVENING: 2 BIOME MEDIC CAPS							
BEFORE BED: APOTHECHERRY							

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*Super Amino 23 and Power Shake are taken twice a day and can be the replacement for any two meals during the day

**Healthy Whole Food Meal can be breakfast, lunch, or dinner, whenever you prefer to have that meal

***Super CleansR is taken the last 10 days, 2 in the morning and 2 in the evening

****If you have the ULT+Immune, take 2 ZincADE in the morning, and 1 in the evening

ULTIMATE LIFESTYLE TRANSFORMATION

Next Steps for Success!

TIPS BEFORE YOU START:



Stock up on your favorite fruits and veggies and clean proteins so you are well prepared for your snacks and healthy meals. Refer to the Lifestyle Guide for flex food and meal suggestions.



Wean off of caffeine as much as possible if you are a big coffee or caffeinated beverage drinker (the week before you start).



Start eliminating dairy and processed foods.



Take your measurements and write them down. Take them everywhere, like upper, middle and lower abdomen, arms, calves, thighs, chest, and hips.



Take "before" photos. You only have one shot at getting your before photos, and you don't have to share them. This is for your benefit, so you can see how far you've come! Make sure your photos are in front of an uncluttered background, you're wearing form-fitting clothing (like workout clothes), and have good lighting.



SCHEDULE:

*BREAKFAST:

- 2 Biome Medic
- 5 Super Amino 23
- Power Shake

Mix 1/3 cup with 12-16 oz. cold water or unsweetened nut milk. Optional: You can blend in frozen berries and/or a half banana.

*LUNCH:

- 5 Super Amino 23
- Power Shake

Mix 1/3 cup with 12-16 oz. cold water or unsweetened nut milk. Optional: You can blend in frozen berries and/or a half banana.

SNACKS:

Enjoy fruits and veggies (also referred to as "flex foods"). Suggested quantity is 3 per day if you feel you need them, with cucumber and celery being unlimited.

Hydrating fruits like berries, watermelon, apples, grapes are great. Go easy on bananas and avocados if your goal is to release weight.

*DINNER:

You'll enjoy a healthy, whole food meal (organic is best if possible). Refer to page 8 of the Lifestyle Guide Booklet that came in your box for healthy suggestions in each food group.

EVENING:

2 Biome Medic caps. Approximately 30-60 minutes before bed: Apothecherry - 2 tablespoons with 6-8 oz water. Tip: Mix with your favorite sparkling water for a delicious, refreshing "mocktail."

LAST 10 DAYS:

- Super CleansR
2 in the morning, 2 in the evening.

*Aminos/Power shake meals and the daily healthy whole food meal can be interchangeable - depending on whether you want your non-shake meal for breakfast, lunch or dinner.

**Biome Medic and Super CleansR aid in waste elimination. Based on your body's digestion response, modify by reducing to 1 capsule per serving.

Note: If you have the ULT+Immune pack, take 2 ZincADE in the morning, and 1 in the evening