

## A Sample Day on 30 Days to Healthy Living!



### Start Your Day

- GutHealth Digestion & Microbiome Support - mix with 4 oz of cold/room temperature water and shake to dissolve or add to your morning shake or smoothie. Avoid adding to hot liquids as high temperatures can be detrimental to the probiotics in the formula.
- Cup of CleanTox Tea (aka Herbal Detox tea)
- Energy Fizz Stick (You can add ½ - 1 Fizz to your morning Tea for a hot, caffeinated beverage to replace coffee)
- Water - your goal is getting one half your body weight in oz of water a day.
- **In week 3**, you'll add CleanTox Gentle Cleanse (aka Body Cleanse) to your morning routine. You will be provided instructions on how to use this prior to beginning.

### Breakfast

- Smoothie with 2 scoops Protein Shake Mix. (see Building a Nutrient Packed Protein Shake document).
- Add ¼ to 1 scoop GutHealth Prebiotic Fiber (aka Daily Fiber Boost)  
\*(see note below).
- Add 1 scoop BeWell Superfood Greens (aka Greens Balance) to smoothie or shake. If drinking 2 smoothies a day, you can do ½ scoop in each.

### Snack (optional)

- See the Snack List tab for snack options.

OR

- Drink a Fizz Stick. Keep drinking water!

## **Lunch**

- Another smoothie! (Try a vanilla smoothie in the morning and a chocolate for lunch). For more smoothie ideas go to the Protein Shake Recipes tab.

OR

- A big salad with light, dairy free dressing. For salad ideas and dressings, go to Recipes > Green Salad & Dressings.

OR

- A fist size of lean protein (plant or animal based), non-starchy veggies (think green), brown rice, or another high fiber carb, and a small amount of healthy fat. For meals, go to the Recipes tab.

## **Snack (optional - see above)**

## **Dinner**

- Choose something from our awesome meal plans! See Recipes tab.

OR

- A fist size of lean protein (plant or animal based), non-starchy veggies (think green), brown rice or another high fiber carb, and a small amount of healthy fat.

**Cleantox Detox Tea** - Have 1-2 cups throughout the day.

**\*Note:** Adding fiber to your diet can be tricky for some. Start with ¼ scoop in your morning smoothie and/or ¼ scoop in lunchtime smoothie. Gradually increase to one full scoop per day.

Wait until you're hungry before eating your breakfast smoothie. The body needs time to process all that you ate the day before. You want about 12 hours between dinner and breakfast so your body can process and digest. Also, drink your smoothie slowly so you don't get too full too fast.

During your first 30 Days it's best to avoid dairy (milk, cheese, sour cream, yogurt, etc.) gluten (products that contain wheat, barley, and rye), alcohol, coffee, and sugar.

We know that feels like a lot, but you will get enough protein when you are having two smoothies a day. You will feel fuller and enjoy a complete meal replacement when you are adding fiber, greens and a healthy fat to your smoothies. Your body will stop craving sugar when you eliminate alcohol and sugar. Avoiding gluten will allow your GI tract to work more efficiently (no more inflammation) so that you can get more nutrients out of the foods you are eating. Yay!

If you are using Thermobooster, take 1 at breakfast and 1 at lunch. If you are using Full Control, mix 1 scoop in 8 oz water and drink 30 min before you drink your smoothie or eat your meal.