



10 Day Herbal Cleanse "Driven"



DATE										
WEIGHT*										
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Pre-Breakfast	Mix 1 Packet Spark with Fiber Drink in 8 Oz Water Optional Catalyst	Mix 1 Packet Spark with Fiber Drink in 8 Oz Water Optional Catalyst	Mix 1 Packet Spark with Fiber Drink in 8 Oz Water Optional Catalyst	Take ProBiotic Restore Tablets Mix and Drink 1 packet Spark Optional Catalyst	Take ProBiotic Restore Tablets Mix and Drink 1 packet Spark Optional Catalyst	Take ProBiotic Restore Tablets Mix and Drink 1 packet Spark Optional Catalyst	Take ProBiotic Restore Tablets Mix and Drink 1 packet Spark Optional Catalyst	Take ProBiotic Restore Tablets Mix 1 Packet Spark with Fiber Drink in 8 Oz Water Optional Catalyst	Take ProBiotic Restore Tablets Mix 1 Packet Spark with Fiber Drink in 8 Oz Water Optional Catalyst	Take ProBiotic Restore Tablets Mix 1 Packet Spark with Fiber Drink in 8 Oz Water Optional Catalyst
Breakfast 30 Min Later	16 Oz Water Protein Fruit	16 Oz Water Protein Fruit	16 Oz Water Protein Fruit	16 Oz Water Protein Fruit	16 Oz Water Protein Fruit	16 Oz Water Protein Fruit	16 Oz Water Protein Fruit	16 Oz Water Protein Fruit	16 Oz Water Protein Fruit	16 Oz Water Protein Fruit
Mid-Morning	Nuts, seeds, Raw Veges 16 Oz Water Optional Catalyst	Nuts, seeds, Raw Veges 16 Oz Water Optional Catalyst	Nuts, seeds, Raw Veges 16 Oz Water Optional Catalyst	Nuts, seeds, Raw Veges 16 Oz Water Optional Catalyst	Nuts, seeds, Raw Veges 16 Oz Water Optional Catalyst	Nuts, seeds, Raw Veges 16 Oz Water Optional Catalyst	Nuts, seeds, Raw Veges 16 Oz Water Optional Catalyst	Nuts, seeds, Raw Veges 16 Oz Water Optional Catalyst	Nuts, seeds, Raw Veges 16 Oz Water Optional Catalyst	Nuts, seeds, Raw Veges 16 Oz Water Optional Catalyst
Lunch	Salad or Greens with Complex Carbs and Lean Protein 16 Oz Water	Salad or Greens with Complex Carbs and Lean Protein 16 Oz Water	Salad or Greens with Complex Carbs and Lean Protein 16 Oz Water	Salad or Greens with Complex Carbs and Lean Protein 16 Oz Water	Salad or Greens with Complex Carbs and Lean Protein 16 Oz Water	Salad or Greens with Complex Carbs and Lean Protein 16 Oz Water	Salad or Greens with Complex Carbs and Lean Protein 16 Oz Water	Salad or Greens with Complex Carbs and Lean Protein 16 Oz Water	Salad or Greens with Complex Carbs and Lean Protein 16 Oz Water	Salad or Greens with Complex Carbs and Lean Protein 16 Oz Water
Mid-Afternoon	Tired? Use Spark Nuts, seeds, Raw Veges or Fruit 16 Oz Water Optional Catalyst	Tired? Use Spark Nuts, seeds, Raw Veges or Fruit 16 Oz Water Optional Catalyst	Tired? Use Spark Nuts, seeds, Raw Veges or Fruit 16 Oz Water Optional Catalyst	Tired? Use Spark Nuts, seeds, Raw Veges or Fruit 16 Oz Water Optional Catalyst	Tired? Use Spark Nuts, seeds, Raw Veges or Fruit 16 Oz Water Optional Catalyst	Tired? Use Spark Nuts, seeds, Raw Veges or Fruit 16 Oz Water Optional Catalyst	Tired? Use Spark Nuts, seeds, Raw Veges or Fruit 16 Oz Water Optional Catalyst	Tired? Use Spark Nuts, seeds, Raw Veges or Fruit 16 Oz Water Optional Catalyst	Tired? Use Spark Nuts, seeds, Raw Veges or Fruit 16 Oz Water Optional Catalyst	Tired? Use Spark Nuts, seeds, Raw Veges or Fruit 16 Oz Water Optional Catalyst
Dinner	Lean Protein and lightly cooked Veges 4-6 OmegaPlex 16 Oz Water	Lean Protein and lightly cooked Veges 4-6 OmegaPlex 16 Oz Water	Lean Protein and lightly cooked Veges 4-6 OmegaPlex 16 Oz Water	Lean Protein and lightly cooked Veges 4-6 OmegaPlex 16 Oz Water	Lean Protein and lightly cooked Veges 4-6 OmegaPlex 16 Oz Water	Lean Protein and lightly cooked Veges 4-6 OmegaPlex 16 Oz Water	Lean Protein and lightly cooked Veges 4-6 OmegaPlex 16 Oz Water	Lean Protein and lightly cooked Veges 4-6 OmegaPlex 16 Oz Water	Lean Protein and lightly cooked Veges 4-6 OmegaPlex 16 Oz Water	Lean Protein and lightly cooked Veges 4-6 OmegaPlex 16 Oz Water
Snack	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Bedtime	Take Herbal Cleanse Tablets with Water	Take Herbal Cleanse Tablets with Water	Take Herbal Cleanse Tablets with Water	Take Herbal Cleanse Tablets with Water	Take Herbal Cleanse Tablets with Water	Take Herbal Cleanse Tablets with Water	Take Herbal Cleanse Tablets with Water			