

♡ 7 DAY CLEANSE ♡

Cleanse Phase - 7 days

DAY 1 - 7			Calories
	Breakfast: 7-11am	Ultra-Performance Protein Shake	190 cal - one Scoop of Each
Snack	1 Cup Nuts		100cal
	Lunch: 12-3pm	Ultra-Performance Protein Shake	190 cal - one Scoop of Each
Snack	1 Cup Nuts		
	Dinner: 4 - 7pm	Ultra-Performance Protein Shake	190 cal - one Scoop of Each
	1 Cup Nuts		100 cal