



10 DAY CLEANSE

30 MIN BEFORE BREAKFAST

Spark® and 3 CATALYST™
ProBiotic Restore™ ULTRA (Days 4-10)

BREAKFAST

Fiber Drink (Days 1-3 and 8-10)
with breakfast (oatmeal or fruit)
Drink plenty of water between meals

MID MORNING

Fruit and vegetables are best for cleansing,
Add in 3 hard boiled eggs, nuts, bars or oatmeal if needed.
Drink plenty of water between meals.

LUNCH

Salad or vegetables with lean protein (tuna or salmon aids in
cleansing, chicken or beef are good choices) and a complex
carbohydrate (brown rice, humus or oatmeal)
2 OmegaPlex®
Drink plenty of water between meals.

MID-AFTERNOON

Nuts, seeds, raw vegetables or fruits, rice cakes, peanut
butter or almond butter.
Healthy Fats: avocado, nuts/seeds, olives/olive oil
Tired? Spark® up! Drink plenty of water between meals.

DINNER

Lean protein with steamed vegetables and complex
carbohydrate if needed.
2 OmegaPlex®
Drink plenty of water between meals.

SNACK (if needed)

Fruit or fruit and fiber bar

BEDTIME

Herbal Cleanse Tablet (days 1-7) with water.

OPTIONAL ADD-ON'S

CATALYST™ has a rapid toning effect and preserves lean muscle
during time of weight loss and exercise.
MEAL REPLACEMENT SHAKES or BARS are high protein nutrient
rich meals if you are on the go or tempted to skip a meal.

10 Tips for Cleansing Success

- Eat More:**
- 1 Veggies: salads during the day and steamed at night will scrub your system
 - 2 Fruit: fibrous and low glycemic choices (apples, grapefruit, berries)
 - 3 Healthy Fats: avocado, nuts/seeds, olives/olive oil
 - 4 Clean Proteins: feed muscle and reduce appetite (tuna and salmon will aid in cleansing; eggs/chicken/beef would be secondary options; stay away from processed lunch meats)
 - 5 Clean Complex Carbs: rice, hummus, oatmeal
- Avoid or Minimize:**
- 6 Fried foods, refined sugars, corn or white starches, or bread
 - 7 Wheat products: bread, crackers, etc.
 - 8 Dairy: cheese, yogurt, milk, white sauces or dressing
 - 9 Alcohol: you're on a cleanse...hold off for 10 days
 - 10 Coffee or soda: drink water or SPARK

Day	ProBiotic Restore™	Fiber Drink	Herbal Cleanse
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Pre-Breakfast Breakfast Bedtime



MAX PACK

Add Energy • Control Appetite
Lose Weight • Fuel up with Core Nutrition

30 MIN BEFORE BREAKFAST

Spark® and 3 CATALYST™
Before breakfast MNS color packet

BREAKFAST

Meal Replacement Shake
Both MNS white packets

MID MORNING

Choose 1 or 2:
3 eggs, 1 fruit, veggies, nuts or nut butter, hummus,
2 rice cakes or can of tuna

30 MIN BEFORE LUNCH

Before lunch MNS packet

LUNCH

Protein with vegetables (such as chicken salad, low-carb
sub/wrap, salmon and broccoli)
2 OmegaPlex®
Drink plenty of water between meals.

MID-AFTERNOON

Choose 1 or 2:
3 eggs, 1 fruit, veggies, nuts or nut butter, hummus,
2 rice cakes or can of tuna
Tired? Spark® up! Drink plenty of water between meals.

DINNER

Lean protein (steak, chicken or fish) with steamed
vegetables and complex carbohydrate if needed.
2 OmegaPlex®
Drink plenty of water between meals.

SNACK (if needed)

Fruit or fruit and fiber bar

OPTIONAL ADD-ON'S

CATALYST™ has a rapid toning effect and preserves lean muscle
during time of weight loss and exercise.

MEAL PLANNING LIST

PROTEINS	CARBOHYDRATES	VEGETABLES
chicken breast	brown rice (steamed)	broccoli
turkey breast	wild rice (steamed)	cauliflower
ground turkey (lean)	pasta (whole-wheat)	romaine lettuce
tuna (water-packed)	oatmeal/oat brand	bell peppers
crab	beans/legumes	spinach/greens
lobster	sweet potato/yam	tomato
shrimp	any kind of fruit	asparagus
salmon	strawberries	zucchini
white fish (any)	raspberries	onion
swordfish	blueberries	radishes
ham (lean)	apples	cucumber
egg whites	strawberries	celery
	melon	