

Shakeology 3 Day Cleanse

Shakeology 3 Day Cleanse

ESSENTIALS

- 3 Shakeology shakes per day
- 2 cups of green tea per day
- 1 or 2 pieces of fruit per day (optional)
- 1 salad for dinner-can include fish or poultry
- No dairy or extra sugars (this includes almond and soy milk)
- Drink 2 to 4 liters of water every day
- Only use low-fat dressings, and go easy on the salt and/or pepper to taste
- 2 snacks before/after any of the major meals (breakfast, lunch, and dinner)
- Fruit is optional, and it is discouraged (however, some of you will need the calories while others may not)
- Power-workout participants (those who are already super conditioned) are recommended the higher numbers of calories
- For maximum results, do NOT use additives
- Dinner salad may include WHITE GRILLED PROTEIN-poultry or fish only

DAILY REGIMEN:

1 cup of green tea to start the day

Breakfast:

- 1 scoop Shakeology (140 calories)
- 1/2 cup of fruit (60 to 90 calories)-optional
- Ice to taste
- 8 to 10 oz. of water

Snack 1 (85 calories): 1 piece of fruit (apple, pear, orange, banana mango, etc.)

Lunch: 1 scoop Shakeology (140 calories) Ice to taste 8 to 10 oz. of water

1 cup of green tea or a detox tea

Snack 2: (you can have the second snack before or after dinner) 1 scoop Shakeology (140 calories) Ice to taste 8 to 10 oz. of water

Dinner:

- Salad with grilled white fish or poultry (roughly 340 calories)
- Greens-3 servings of vegetables, plus 4 oz. of grilled white meat (fish or poultry)
- 2 tablespoons of low-fat non-dairy dressing

Average Weight loss from Shakeology 3 Day Cleanse is 3 – 5 lbs

Shakeology 3 Day Cleanse FAQ

How many calories per day?

800 to 1,100 calories per day

How often can I do the Shakeology 3-Day Cleanse?

- Ideally, you should do it once per quarter (every 3 months)
- As the seasons change
- When you start a new workout program
- When you feel you need help breaking through a plateau

Should/Can I still do my workouts during the Cleanse?

- Depends on the individual
- You'll have less energy, so consider doing it during your recovery week
- Don't do it in the middle of P90X or Insanity

Can I do a 1-day or a 2-day cleanse instead of a 3-day?

- Yes, some people will see results in one or two days!
- It is not recommended to do the cleanse for longer than 3 days.

Should/Can I take other Beachbody® supplements during the Cleanse?

- No Beachbody Recovery Drink as it has too much sugar.
- All other Beachbody supplements are not necessary but won't hurt.

order your shakeology

www.myshakeology.com/ashwinm

