

Products to use the first day and tips.

Today you will have 3 shakes... one for Breakfast, Lunch and Dinner. Flavors of your choice. They are best blended well with ice and water. Typically about 1.5 cups water, 3 leveled scoops of powder and a handful of ice. Make sure to scrape any caking powder off the sides of blender to get it all blended.

Feel free to play with the volume of water, ice and powder to get the consistency you like. When you hit it, you will know cause they are DELICIOUS!!

The Blender bottle you will receive can be used to carry a pre made shake or actually make one. Shake the heck out of it with some ice and it works well.

In between the shakes you will have a bar with lots of water. 2 bars each day.

The Essentials are your multivitamins and they are the best you can get... really! There are 2 bottles. Take 2 pills from each bottle with your AM shake and PM shake.

Do not go hungry. If you feel weak, tired or dizzy have a snack. Either a serving of fruit or an extra nutrition bar would be a good choice.

This is Lifestyle change not a diet.

Clear the shelves of goodies and unhealthy foods. White breads, pastries, rice etc. Replace with healthier foods so when you snack, you snack well

Plan ahead have good snacks available. Carry an extra drink or bar with you.

Have a large glass of water with your snacks.

If you have given up coffee for RESET, (which is recommended) and are feeling fatigued, try a couple of large glasses of water. That may help.

Ideally exercise should be just a brisk walk for the first day. If you HAVE TO exercise intensely, have an extra bar/fruit/shake 45minutes before to help fuel the workout.

Some people say day one is rough. Keep going!

Some people say that they have a bar and shake together and feel full for a longer time.

Some people notice that they are...how should I say.... A little gassy ☹.... 😊 bear with it, that should pass, no pun intended! as your body becomes used to the soy and the high fiber. (The vanilla shakes are soy protein based, the choc. and strawberry are whey.) Beano is an over the counter product that should help.

Remember...no one is perfect. You are making lifestyle changes be patient with your self and persevere. If you fall off of the right track just start again. You will make the changes you need to. Believe it and say it to yourself over and over. (Your brain is attracted to the messages it receives over and over.No kidding!)