**DETOX ORDERING PLAN**

Breakfast:

MORNING SMOOTHIE (use recipe suggestions)

VITALIZER with GLASS OF WATER

5 Alfalfa

1 Liver DTX

Tea and Lemon Water

Mid-Morning:

HEALTHY MID-MORNING SNACK (see approved list)

Lunch:

LUNCH SMOOTHIE (use recipe suggestions)

Mid-Afternoon:

HEALTHY MID-AFTERNOON SNACK (see approved list)

Dinner:

DINNER SMOOTHIE (use recipe suggestions)

5 Alfalfa

2 Liver DTX

2 Herb Lax

Each participant needs:

1 canister of Life Shake

5 Vitalizer strips (men, women, gold) 6 PEOPLE PER BOX

50 Alfalfa (330 or 700) 6 OR 14 PEOPLE PER BOTTLE

15 Liver DTX (90) 6 PEOPLE PER BOTTLE

10 Herb Lax (60 or 240) 6 OR 24 PEOPLE PER BOTTLE

June 27-July 1 (2016) with Sarah Alexander

4 men, 8 women

Shannon (included above)

Jenn (doesn’t need anything)

Karen

Casey

1 box of Men’s Vitalizer (yes Casey) $79.25

1 box of Women’s Vitalizer (no Karen) $79.25

1 bottle of 700 Alfalfa $30.30

2 bottles of Liver DTX $37.25 each

2 bottles of Herb Lax (60) $6.90 each