

Five-Day Reset Plan

This plan was designed to recharge your body, speed up your metabolism, and kill cravings. It includes 3 nutrient dense meals and the best supplements available. Combined with easy to make healthy snacks, cravings will be eliminated, pounds lost, and energy reclaimed.

Your Mini-Reset includes:

- One canister of Shaklee Life Shake (flavor of your choice)
- Shaklee supplement plan: 1. Vita lea multi, B complex and Optiflora 2. Shaklee Vitalizer or Life Strip. (with iron for women, without iron for men)
- Snack list

Instructions:

- Enjoy a delicious Shaklee Life Shake for breakfast, lunch, and dinner.
- Enjoy 2 snacks per day from our recommended snack list below. We recommend a snack mid-morning and another snack mid-afternoon. (Make sure you are getting enough calories, though—see tips sheet)
- Take your Life Strip, Vitalizer strip or Vita Lea, B-Complex and Probiotic daily in the morning with a meal and glass of water

What A Day Looks Like:

MORNING SMOOTHIE with LIFE SHAKE, VITALIZER with GLASS OF WATER

HEALTHY MID-MORNING SNACK (see approved list)

LUNCH SMOOTHIE with LIFE SHAKE

HEALTHY MID-AFTERNOON SNACK (see list)

DINNER SMOOTHIE with LIFE SHAKE

LOTS OF WATER: LEMON WATER IF POSSIBLE

Five-Day Reset With Detox

All of the above

Plus add the detoxing herbal products

1. HerbLax: gentle and natural laxative : 2-4 before bed
2. Alfalfa: Great green plant that detoxes, natural diuretic and anti inflammatory : 10 per day: 5 in am and 5 in Pm
3. Liver DTX: natural herbal liver detox products : 3 per day: 1 in am and 2 in Pm

Life Shake mix: 15 servings: \$40.80

Choose flavor: choc, vanilla, strawberry or café latte

Vita Lea: 120 ct: \$23.05 (with or without iron)

Optiflora Probiotic: \$19.10

B complex: 120 Ct: \$21.70

Vitalizer : \$79.25 per 30 day box (Men, Women or Gold)

Life Strip: \$169.96 (with or without iron)

Herb lax: \$6.90

Alfalfa: 330 ct: \$16.46

Liver DTX: \$37.25

All prices above are member prices

Tax and shipping extra

Ask about ways to qualify for free shipping or Free membership

On FB closed support page available and recommended.

Support, accountability, recipes, snacks, ideas and workouts will be posted.