

# Days 1-10

## Cleanse Phase



### 30 mins Pre-Breakfast

Spark, Fiber, 3 Catalyst,  
Probiotic Restore (AM Pack)  
+ 8oz Water

Mix together with 10-12oz water  
(I add ice)



### Breakfast

Meal Replacement Shake  
or Eggs with Oatmeal & Fruit  
2 Omegaplex



### Mid-Morning Snack

Protein & Fruit or Veggies

### Lunch

Protein with Veggies or Salad

### Mid-Afternoon Snack

Protein & Fruit or Veggies  
*Optional Spark if needed*



### Dinner

Protein & Veggies (no fruit)  
2 Omegaplex



### Pre-Bed

Herbal Cleanse (PM Pack),  
3 Catalyst, 8 oz. Water

PM  
Pack



**Avoid:**  
Dairy  
Alcohol  
Carbs  
Butter  
Sugar  
Fried Foods  
Creamy Sauces  
Sugary Sauces  
Processed Foods

# Fresh Start 2day Cleanse

**O García**



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