

Shaklee Healthy Cleanse

Increase your energy and feel healthier in 7 days!

Our study shows average weight loss of 6.8 lbs. and 1.62 inches, plus increased focus, energy and improved sleep quality.



FOR BEST RESULTS, FOLLOW THESE SIMPLE STEPS TO BEGIN ENJOYING A HEALTHIER LIFESTYLE OR KICK-START YOUR WEIGHT-LOSS PROGRAM:

Prepare





- Set a date to begin Healthy Cleanse.
- Start reducing your consumption of coffee, soft drinks, alcohol, fatty or high starch foods, and refined sugars.
- Shop. Stock up on raw vegetables and fruits – organic whenever possible.
- Every evening, wash, cut and prepare these items so they are readily available.
- Refer to the “Foods to Embrace and Avoid” section on the next page for ideas of what to eat.
- Find a “buddy” who will partner with you – nice to have, not essential.




This is the first step to a longer, healthier life.










Cleanse

If you are already on a Shaklee nutrition plan, you may continue your supplements. In general, we recommend you eat only raw vegetables and fruit to rest and purify system. If you are doing this with a buddy, be sure to check in each day and motivate and encourage each other.

Be prepared to GRAZE ALL DAY – Pack vegetables and fruits for convenience

SUPPLEMENT	A.M.	P.M.	BEDTIME	OTHER TIPS
 Optiflora® Probiotic Complex	1	1		Eat at least every 2 hours
 Alfalfa Complex	5	5		Drink at least 6 – 10 glasses of water each day
 Liver DTX® Complex <i>take with meals</i>	1	2		30 minutes of light weight bearing exercise each day
 Herb-Lax®			2 – with 1 glass of water	Strive for 7 – 8 hours of sleep each night

FOODS TO EAT	FOODS TO EMBRACE	FOODS TO AVOID
	<p>Eat unlimited fresh veggies – raw, lightly steamed, or sautéed in 1-2 tablespoons of olive oil.</p> <p>Leafy vegetables such as:</p> <p>Kale, broccoli, spinach, Swiss chard, mustard green, collard greens, all kinds of lettuce, watercress, bok choy.</p> <p>Asparagus, carrots, celery, Jicama, summer squash, bell peppers, cucumber, leeks, radishes, green beans, mushrooms, eggplant.</p> <p>Starchy vegetables, no more than one serving per day. Winter squash, sweet potatoes, yams, turnips, rutabagas, beets.</p>	<p>Corn, potato and not more than one starchy vegetable a day.</p> <p>Canned vegetables.</p>
	<p>Fruits: Berries, apples, peaches, tomatoes, cherry tomatoes, apricots, papaya, nectarines, cantaloupe are low-sugar options.</p> <p>Limit bananas to one half per day. Avocado to one half to one per day.</p>	<p>High-sugar fruits such as cherries, grapes, figs, lychees, mangoes, pineapple, pears, watermelon.</p> <p>Dried fruits or fruit juice.</p>
	<p>Beverages: Non-caffeinated green or herbal teas, filtered water, fresh vegetable juices. It is best to eat whole fruits/vegetables.</p> <p>If you normally consume coffee, we advise you decrease by 50% or substitute with Shaklee energizing Tea – max 2 cups per day</p>	<p>Alcohol, soda, fruit juices, energy drinks, caffeinated beverages.</p>

FOODS TO EAT	FOODS TO EMBRACE	FOODS TO AVOID
	<p>Fats: Extra virgin olive oil = 1 – 2 tablespoons for salad dressing or for sautéing.</p> <p>For a great salad dressing: olive oil and fresh lemon juice, and for added taste - a splash of balsamic vinegar.</p> <p>Optional - add fresh or dried herbs for added taste.</p>	<p>Avoid all other oils or fats and commercial salad dressings.</p>
	<p>Condiments: All herbs and spices – fresh and dried.</p> <p>Pepper</p> <p>Veggies can be dipped in mustard, fresh salsa – see recipes in Myshaklee.com.</p>	<p>Salt, ketchup, relish, BBQ sauce, soy sauce, mayonnaise.</p>
	<p>Sweetener: Stevia</p>	<p>Refined sugars, added sugars including agave, honey and maple syrup or artificial sweeteners.</p>
FOR HUNGER MANAGEMENT	FOODS TO EMBRACE	FOODS TO AVOID
	<p>1 – 2 servings of protein are permissible per day. One serving of protein equals:</p> <p>1 – 2 scoops of the Shaklee Life Shake or Instant Protein® with water and fruits or vegetables.</p> <p>or 4 oz. of grilled chicken breast, fish, or shellfish.</p> <p>or 1 – 2 hard-boiled eggs.</p> <p>When possible, use organic or free range chicken or wild-caught fish.</p>	<p>Avoid all other protein – including dairy.</p>
FOODS TO AVOID		
	<p>Avoid all nuts.</p>	
	<p>All beans & pulses (split peas, lentils, legumes). Soy (tofu, tempeh, miso, edamame, soy milk).</p>	
	<p>Avoid all grains.</p>	
	<p>Avoid all dairy.</p>	
	<p>Candy, energy bars, protein bars, gluten-free junk food, chips, etc.</p>	

The next step to a longer, healthier life.

Congratulate yourself on completing the program!

Continue eating plenty of fresh vegetables and fruits as you introduce other healthy foods back into your diet. Spicy foods should be added slowly.

Shaklee Members may visit myShaklee.com, My 180 tab for recipes and other information and tips. You must be a Member to access myShaklee.com.

For continuing nutritional support, transition to one of the following nutritional plans to help you feel healthier every day:



Shaklee Life Plan

The best, most comprehensive nutritional system in the world. Feel younger, longer with nutrients clinically proven to help provide the foundation for a longer, healthier life. Features Shaklee Life-Strip® plus Life Energizing Shake.



Shaklee 180® Turnaround Kit

Designed to help you achieve a healthy weight the right way with the nutrition you need to burn fat and not muscle. The Shaklee 180 Turnaround Kit is powered by leucine to help your body retain lean muscle while you slim down.



Shaklee Vitalizing Plan

Advanced nutrition plan for life. Feel healthier and more energized every day with Vitalizing Plan featuring Shaklee Vitalizer™ supplement strip plus Life Energizing Shake.



Shaklee Essentials Plan

Basic nutrition plan to support your optimal health. Features Vita-Lea® multivitamin, OmegaGuard®, and Life Energizing Shake.

To ensure you do not miss a day, we recommend you put it on Auto-ship, to receive it monthly. Speak to your Shaklee distributor for details.

Recognize how do you feel, and ask yourself, is this a program you would share with others?

What do you do with the leftover supplements?

Healthy Cleanse: You may use Optiflora® Probiotic Complex, Alfalfa Complex and Liver DTX® Complex daily following the 7-day Healthy Cleanse to help support healthy digestion. **However, after the Healthy Cleanse, HerbLax® is recommended for occasional use *only* – not recommended for daily use.**

Recommended Use of the Healthy Cleanse Program: 1 to 2 times per year.

Medical disclaimer: This program is not intended for use by anyone under the age of 18 or during pregnancy or breastfeeding. If you have diabetes or are under the care of a physician, please discuss the use of the Healthy Cleanse with your physician.