# Food and Exercise Journal Phase One

### **Morning**

- Two capfuls of SUPER CLEANSE in an 8oz glass of water on an empty stomach

- One scoop of SUPER PROTEIN in an 8oz glass of water

- Two QUICK BURN capsules

Note: These two drinks can be taken close together or up to an hour or two apart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

# **Mid-Morning**

Note: Snack on vegetables with a high water content (such as cucumber, lettuce, or celery), or raw almonds (not cooked, baked, or salted). Also prepare a Greens or Greens Berry Drink.

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# <u>Lunch</u>

- Two scoops of SUPER PROTEIN in an 8oz glass of water

- One capful of SUPER CLEANSE in an 8oz glass of water on the first four days of the diet ONLY

Note: These two drinks can be take close together or up to an hour or two apart.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

### Afternoon

Note: Snack on vegetables with a high water content (such as cucumber, lettuce, or celery), or raw almonds (not cooked, baked, or salted). Also prepare a Greens or Greens Berry Drink.

Monday	Fuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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### **Dinner**

- One 400 to 600 calorie meal. This could be a broiled or grilled fish or chicken meal with vegetables. Nothing fried, ever. For more detailed meal recipes, go to <u>www.nuleanlife.com</u>.

- Two QUICK BURN capsules.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
Evening										
- One scoop of PROTEIN POWDER in 8oz glass of water.										
- Two capfuls of CLEANSE in water.										
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				

# **Food and Exercise Journal**

#### **Exercise**

#### Cardiovascular (Walk/Run/Swim) Monday Tuesday Wednesday Thursday Friday Saturday Sunday \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ Stretch (Stretch/Yoga) Tuesday Wednesday Thursday Friday Saturday Monday Sunday \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ Strengthening (Weights/Yoga/etc.) Monday Tuesday Wednesday Thursday Friday Saturday Sunday \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ **Balance (Yoga/Balance ball/etc.)** Monday Tuesday Wednesday Thursday Friday Saturday Sunday \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_ \_\_\_\_ Extras (i.e. "Cheat Items" – it's okay, write them down)