

USE SQUARES TO CHECK OFF YOUR PROGRESS!

MACROLIFE NATURALS

3-DAY MACRO CLEANSE

Use our suggested schedule to rev up your metabolism and gently detox your body.

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 |
|----------|---|---|---|---|
| 7:00 AM | <input type="checkbox"/> 6 oz warm water with juice of 1/2 a lemon | <input type="checkbox"/> 6 oz warm water with juice of 1/2 a lemon | <input type="checkbox"/> 6 oz warm water with juice of 1/2 a lemon | <input type="checkbox"/> 1 serving of fruit |
| 9:00 AM | <input type="checkbox"/> MacroMeal Protein Shake made with 8-10 oz almond milk (or non-dairy beverage) and 1 tsp flaxseed oil | <input type="checkbox"/> MacroMeal Protein Shake made with 8-10 oz almond milk (or non-dairy beverage) and 1 tsp flaxseed oil | <input type="checkbox"/> MacroMeal Protein Shake made with 8-10 oz almond milk (or non-dairy beverage) and 1 tsp flaxseed oil | |
| 10:00 AM | <input type="checkbox"/> MACRO GREENS OR MIRACLE REDS | <input type="checkbox"/> MACRO GREENS OR MIRACLE REDS | <input type="checkbox"/> MACRO GREENS OR MIRACLE REDS | |
| 11:00 AM | <input type="checkbox"/> 8 oz of water with 1 scoop of fiber | <input type="checkbox"/> 8 oz of water with 1 scoop of fiber | <input type="checkbox"/> 8 oz of water with 1 scoop of fiber | |
| 11:30 AM | <input type="checkbox"/> Glass of water with trace minerals | <input type="checkbox"/> Glass of water with trace minerals | <input type="checkbox"/> Glass of water with trace minerals | |
| NOON | <input type="checkbox"/> MACRO GREENS | <input type="checkbox"/> MACRO GREENS | <input type="checkbox"/> MACRO GREENS | |
| 1:00 PM | <input type="checkbox"/> 2 cups of soup or MacroMeal with 1 tsp flaxseed or olive oil | <input type="checkbox"/> 2 cups of soup or MacroMeal with 1 tsp flaxseed or olive oil | <input type="checkbox"/> 2 cups of soup or MacroMeal with 1 tsp flaxseed or olive oil | <input type="checkbox"/> MacroMeal Protein Shake |
| 3:00 PM | <input type="checkbox"/> MACRO GREENS | <input type="checkbox"/> MACRO GREENS | <input type="checkbox"/> MACRO GREENS | <input type="checkbox"/> MACRO GREENS |
| 4:00 PM | <input type="checkbox"/> 8 oz of water with 1 scoop of fiber | <input type="checkbox"/> 8 oz of water with 1 scoop of fiber | <input type="checkbox"/> 8 oz of water with 1 scoop of fiber | |
| 5:00 PM | <input type="checkbox"/> MACRO GREENS OR MIRACLE REDS | <input type="checkbox"/> MACRO GREENS OR MIRACLE REDS | <input type="checkbox"/> MACRO GREENS OR MIRACLE REDS | |
| 6:00 PM | <input type="checkbox"/> Choice of Soup or MacroMeal protein shake with 1 tsp flaxseed oil | <input type="checkbox"/> Choice of Soup or MacroMeal protein shake with 1 tsp flaxseed oil | <input type="checkbox"/> Choice of Soup or MacroMeal protein shake with 1 tsp flaxseed oil | |
| 7:00 PM | <input type="checkbox"/> MACRO GREENS | <input type="checkbox"/> MACRO GREENS | <input type="checkbox"/> MACRO GREENS | |
| 8:00 PM | <input type="checkbox"/> 8 oz of water with 1 scoop of fiber | <input type="checkbox"/> 8 oz of water with 1 scoop of fiber | <input type="checkbox"/> 8 oz of water with 1 scoop of fiber | Avoid alcohol, sugar and flour and consume very little carbs. You can follow this suggested schedule for one week, and remember to drink plenty of water! At least 64 oz per day. |
| 8:30 PM | <input type="checkbox"/> Glass of water with trace minerals | <input type="checkbox"/> Glass of water with trace minerals | <input type="checkbox"/> Glass of water with trace minerals | |
| 9:00 PM | <input type="checkbox"/> 2-3 Herb Lax or 8 oz glass of prune juice | <input type="checkbox"/> 2-3 Herb Lax or 8 oz glass of prune juice | <input type="checkbox"/> 2-3 Herb Lax or 8 oz glass of prune juice | |
| 9:30 PM | <input type="checkbox"/> Glass of water | <input type="checkbox"/> Glass of water | <input type="checkbox"/> Glass of water | |