

Fuel Right



3-Day Cleansing Smoothie Guide

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MEDICAL DISCLAIMER

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A Clean Start

Gear up, because we're gonna embark on a cleanse journey. And, this is no ordinary cleanse. In fact, it's likely not like any cleanse of which you've heard. The objective of this cleanse is too:

- 1) Give your mind a clear-cut break from old eating habits and a new start, a Fresh Start, towards healthy one (many cravings and food addictions have been broken with this cleanse)
- 2) Give your cells, tissues, organs, and body a break from the toxins that usually bombard it every day, and even every meal
- 3) Flood your cells with active nutrients like antioxidants, anti-inflammatories, phytochemicals and others that promote cellular cleansing for healthy, toxin-free cells
- 4) JumpStart Fat Loss – Average total loss in 3 days is 6 lbs, with 2 lbs gain-back = 4 lbs net

Here's what it's not:

- 1) It's not a colon cleanse that promises weight loss simply by increasing gut "waste" or using laxatives.
- 2) It's not an extremely low-calorie concoction designed to starve your body (it's -1000 calories).
- 3) It's not unhealthy, harmful or risky – it's perfectly suited for most all healthy people and even those with diagnosed conditions such as Diabetes, Heart Disease, Irritable Bowel Syndrome, Allergies, and Intolerances.

Here's, exactly what it is:

- 1) A recipe that includes a variety of high-nutrients fruits and vegetables, whey protein, healthy fats, and vitamin and minerals.
- 2) It's complete nutrition, with just under 100 grams carbs, 80+ grams protein, healthy fats, 1000 calories, and 30 grams fiber.
- 3) It's pureed or blenderized, so while flooding your cells with nutrients, it still gives your digestive tract a break.
- 4) It's low-allergenic – it's wheat-free, grain-free, soy-free, nut-free, lactose-free and casein-free (it does use hypoallergenic whey proteins).