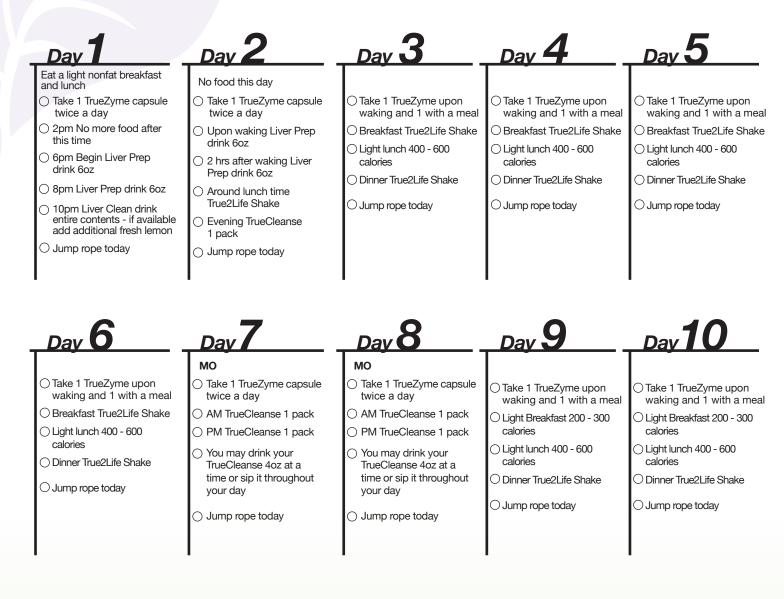
30 Day Premiere Liver Pure Calendar



Please read Liver Pure instructions first Consult your physician before beginning any detox or weight loss regimen.

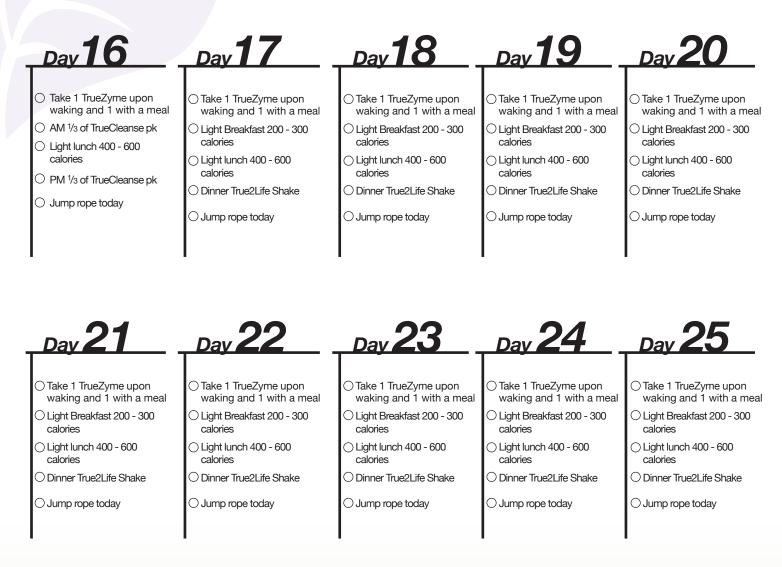


11	Day 12	13	Day 14	Day 15
 Take 1 TrueZyme upon waking and 1 with a meal Light Breakfast 200 - 300 calories Light lunch 400 - 600 calories Dinner True2Life Shake Jump rope today 	 Take 1 TrueZyme upon waking and 1 with a meal Light Breakfast 200 - 300 calories Light lunch 400 - 600 calories Dinner True2Life Shake Jump rope today 	 Take 1 TrueZyme upon waking and 1 with a meal Light Breakfast 200 - 300 calories Light lunch 400 - 600 calories Dinner True2Life Shake Jump rope today 	 Take 1 TrueZyme upon waking and 1 with a meal Light Breakfast 200 - 300 calories Light lunch 400 - 600 calories Dinner True2Life Shake Jump rope today 	 Take 1 TrueZyme upon waking and 1 with a meal AM 1/3 of TrueCleanse pk Light lunch 400 - 600 calories PM 1/3 of TrueCleanse pk Jump rope today

30 Day Premiere Liver Pure Calendar



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- Take 1 TrueZyme upon waking and 1 with a meal
- O Breakfast True2Life Shake
- Light lunch 400 600 calories
- O Dinner True2Life Shake
- O Jump rope today

- Take 1 TrueZvme upon waking and 1 with a meal
- AM ¹/₃ of TrueCleanse pk
- Light lunch 400 600
- PM ¹/₃ of TrueCleanse pk
- Jump rope today

calories

waking and 1 with a meal

○ AM ¹/₃ of TrueCleanse pk

O Light lunch 400 - 600

O Dinner True2Life Shake

O Jump rope today

calories

- Take 1 TrueZyme upon waking and 1 with a meal
- AM ¹/₃ of TrueCleanse pk
- Light lunch 400 600 calories
- O PM ¹/₃ of TrueCleanse pk
- Jump rope today
- Take 1 TrueZyme capsule twice a day
- AM TrueCleanse 1 pack
- O PM TrueCleanse 1 pack
- You may drink your TrueCleanse 4oz at a time or sip it throughout your day
- Jump rope today





Suggested Foods

You can eat these foods individually or combine a few of them in a delicious salad. Do not consume any 400-600 calorie frozen or processed meal....especially drive-thru food! Avoid red, yellow and orange vegetables during your detox. It is preferable to eat fresh organic foods, if possible.

		Measurements	Day 1	Day 31	
6 oz of lean protein (no beef) 2 cups green salad		Neck			
		Upper Arm(L)			
 2 cups leafy green, spinach, micro greens, lettuce spring mix, kale 1 cucumber 4 celery stalks 1 cup brown rice 1 cup berries 1 hard boiled egg 		Upper Arm(R)			
		Chest(armpit)			
		Diaphragm(rib cage)			
		Waist			
		Abdomen(6 below waist)			
		Buttocks(9 below waist)			
 1 cup broccoli, green beans, bean sprouts, asparagus Lemon, oil, vinegar dressing (no creams or ketchups) 6 raw almonds, walnuts or 		Upper Thigh(L)			
		Upper Thigh(R)			
		Calf(L)			
		Calf(R)			
cashews (unsalted)		Upper Knee(L)			
Green apple	Nonfat food ideas:	Upper Knee(R)			
	Fruits, natural oatmeal, brown rice, and vegetables.	My Total Inches			
		My Total Inches Lost			
		My Weight			

My Weight Loss Total

Meal ideas- You can enjoy a delicious:stir fry with lean chicken, cabbage, bean sprouts and celery

Brown rice, chicken and a green vegetable

You may steam your meal or use 1 tablespoon of olive or grape seed oil

On **TrueCleanse** days where you are not consuming any foods, you may snack every three hours on one of the following: a cucumber, 2 celery stalks, 6 raw almonds, half a cup of spinach or a small green apple thinly sliced throughout the day.