

# 30 Day Detox Calendar

Consult your physician before beginning any detox or weight loss regimen.

**True2Life**  
THE TRUE TO LIFE WAY™

## Day 1

- ☐ Take 1 TrueZyme upon waking and 1 with a meal
- ☐ AM TrueCleanse 1/2 pack
- ☐ Light lunch 400- 600 calories
- ☐ PM TrueCleanse 1/2 pack
- ☐ You may drink your TrueCleanse 4oz at a time or sip it throughout your day
- ☐ Jump rope today

## Day 2

- ☐ Take 1 TrueZyme upon waking and 1 with a meal
- ☐ AM TrueCleanse 1/2 pack
- ☐ Light lunch 400- 600 calories
- ☐ PM TrueCleanse 1/2 pack
- ☐ You may drink your TrueCleanse 4oz at a time or sip it throughout your day
- ☐ Jump rope today

## Day 3

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

## Day 4

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

## Day 5

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

## Day 6

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

## Day 7

MO

- ☐ Take 1 TrueZyme capsule twice a day
- ☐ AM TrueCleanse 1/2 pack
- ☐ PM TrueCleanse 1/2 pack
- ☐ You may drink your TrueCleanse 4oz at a time or sip it throughout your day
- ☐ Jump rope today

## Day 8

MO

- ☐ Take 1 TrueZyme capsule twice a day
- ☐ AM TrueCleanse 1/2 pack
- ☐ PM TrueCleanse 1/2 pack
- ☐ You may drink your TrueCleanse 4oz at a time or sip it throughout your day
- ☐ Jump rope today

## Day 9

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 10

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 11

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 12

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 13

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 14

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 15

- ☐ Take 1 TrueZyme capsule with a meal and 1 in between meals
- ☐ AM 1/2 of TrueCleanse pk
- ☐ Light lunch 400 - 600 calories
- ☐ PM 1/2 of TrueCleanse pk
- ☐ Jump rope today

Drink at least 8 - 8oz glasses of purified water every day

# 30 Day Liver Pure Calendar

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

**True2Life**  
THE TRUE TO LIFE WAY™

## Day 16

- ☐ 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

## Day 17

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 18

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 19

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 20

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 21

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 22

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 23

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 24

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 25

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 26

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 27

- ☐ Take 1 TrueZyme upon waking and with a meal
- ☐ Light Breakfast 200 - 300 calories
- ☐ Light lunch 400 - 600 calories
- ☐ Light Dinner 200 - 300 calories
- ☐ Jump rope today

## Day 28

- ☐ Take 1 TrueZyme capsule with a meal and 1 in between meals
- ☐ AM 1/3 of TrueCleanse pk
- ☐ Light lunch 400 - 600 calories
- ☐ PM 1/3 of TrueCleanse pk
- ☐ Jump rope today

## Day 29

- ☐ Take 1 TrueZyme capsule with a meal and 1 in between meals
- ☐ AM 1/3 of TrueCleanse pk
- ☐ Light lunch 400 - 600 calories
- ☐ PM 1/3 of TrueCleanse pk
- ☐ Jump rope today

## Day 30

### MO

- ☐ Take 1 TrueZyme capsule twice a day
- ☐ AM TrueCleanse 1 pack
- ☐ PM TrueCleanse 1 pack
- ☐ You may drink your TrueCleanse 4oz at a time or sip it throughout your day
- ☐ Jump rope today

Drink at least 8 - 8oz glasses of purified water every day

**MO = Meal Option**  
 If you cannot give up eating, you may have a light meal on this day.

## 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.*

6 oz of lean protein (no beef)  
 2 cups green salad  
 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  
 1 cup broccoli, green beans, bean sprouts, asparagus  
 Lemon, oil, vinegar dressing (no creams or ketchups)  
 6 raw almonds, walnuts or cashews (unsalted)  
 Green apple

Nonfat food ideas:  
 Fruits, natural oatmeal, brown rice, and vegetables.

Measurements	Day 1	Day 31
Neck		
Upper Arm(L)		
Upper Arm(R)		
Chest(armpit)		
Diaphragm(rib cage)		
Waist		
Abdomen(6 below waist)		
Buttocks(9 below waist)		
Upper Thigh(L)		
Upper Thigh(R)		
Calf(L)		
Calf(R)		
Upper Knee(L)		
Upper Knee(R)		
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.

Drink at least 8 - 8oz glasses of purified water every day