

30-Day calendar

1 Weigh & Measure Pre-Cleanse Day 1	2 Pre-Cleanse Day 2	3 Cleanse Day 1 (Cleanse Drink)	4 Cleanse Day 2 (Cleanse Drink)	5 Weigh & Measure Cleanse Day 3 (Shakes & Lunch)
6 Cleanse Day 4 (Shakes & Lunch)	7 Cleanse Day 5 (Shakes & Lunch)	8 Cleanse Day 6 (Shakes & Lunch)	9 Cleanse Day 7 (Shakes & Lunch)	10 Cleanse Day 8 (Cleanse Drink)
11 Cleanse Day 9 (Cleanse Drink)	Weigh & Measure  Celebrate!	13 Shakes & Lunch	14 Shakes & Lunch	15 Shakes & Lunch
16 Shakes & Lunch	17 Shakes & Lunch	18 Cleanse Day	Cleanse Day Your Option Shake Day	20 Shakes & Lunch
21 Shakes & Lunch	22 Shakes & Lunch	23 Shakes & Lunch	24 Shakes & Lunch	25 Cleanse Day (Cleanse Drink)
26 Shakes & Lunch	27 Shakes & Lunch	28 Shakes & Lunch	29 Shakes & Lunch	Shakes & Lunch  Celebrate!