



## Synergy Nutrition 101: 3-Day Cleansing Program



- No Fat
- No Sugar
- No Dairy (Milk, Cheese, Yogurt, Kefir, etc.)
- No Pasta, Bread, Potatoes, or Rice (Starch and Grain Carbs)
- No Bananas During Cleanse (normally fine, but due to the sugar content not good when cleansing)
- No Spices or Seasonings on Anything During Cleanse
- All Foods Must Be Organic (Chemical Free Foods)

*Note: You will be excluding some very important and normally very good foods that will only be excluded for the 3 day cleanse, but are great to have any other time after the cleanse. Your body will undergo ketosis (using fat for energy).*

- Don't eat any more than your fist size at each Cleansing meal.
- Carbs: The only carbs you will consume will be the grapefruit & cucumber while on the Cleanse.
- Protein: Eat egg whites (yolks normally are fine, but just not for the cleanse) or the beans only.
- The Exact Cleansing Plan:
  - Morning : ½ Regular Sized Grapefruit(not juice) and 2 egg whites(scrambled, hardboiled, or raw)
  - Lunch: ½ Regular Sized Grapefruit and 2 egg whites OR 3.5 ounces of garbanzo beans or black-eyed peas.
  - Dinner: Half of a large organic cucumber. 2 egg whites OR 3.5 ounces of garbanzo beans or black-eyed peas.
- What to drink: Water Only. Drink no less than one full gallon each day.
  - IMPORTANT NOTE: If you feel hungry, weak or ill drink more water first and immediately.
- **IT IS RECOMMENDED TO NOT EAT OR DRINK ANYTHING THAT'S NOT ON THIS PAPER AND YOU ARE GUARANTEED TO LOSE 5-10LBS. WEIGH YOURSELF IN THE NUDE WHEN YOU WAKE UP ON DAY 1 AND THEN AGAIN ON THE FINAL CLEANSE DAY. IT IS RECOMMENDED TO PRACTICE THIS CLEANSE AT LEAST ONCE EVERY 2 WEEKS UNTIL YOU GET TO YOUR DESIRED BODY LEANNESS. ONGOING CLEANSING OF THIS NATURE IS VERY HEALTHY, BUT NO NEED TO GO LONGER THAN 3 CONSECUTIVE DAYS WITHIN A 1 WEEK PERIOD. EXAMPLE: EACH WEEK ON MONDAY YOU PRACTICE THE CLEANSE IS PERFECTLY FINE.**