

# INTERMITTENT-FASTING 30-DAY SCHEDULE

Based upon a daily 2,000-calorie diet.

## SPECIAL TIPS

- Eat all of your meals within an 8-hour window, allowing 16 hours of fasting
- Water is not considered food, drink half your body weight in ounces
- Eat as healthy as you feel comfortable, emphasizing organic foods
- See the sample schedule to the right and adjust based upon your wake time
- Fast from 7pm - and REPEAT EACH DAY
- For best results, keep a consistent schedule
- Add Super CleansR to your 8 AM Super Amino 23 serving during the final 10 days (for a natural, deep colon cleanse)
- Modify 1-2 capsules of Biome and Super CleansR according to your body's digestive response (Biome Medic and Super CleansR aid in waste elimination)

### 8 AM DAYS 1-20

Infuse your muscles with predigested protein without breaking your fast

- Super Amino 23 (5 tablets = 20 calories)

### 8 AM DAYS 21 - 20

Muscle support and a deep colon cleanse.

- Super Amino 23 (5 tablets = 20 calories)
- Super CleansR (2 capsules)

### 10 AM

Gently break your fast with organic greens, healthy fats, whole carbs, and plant protein.

- Power Shake (5.5 TBSP = 150 calories)

### 12 PM

Time to eat some "real food!"

- Enjoy your first meal (750 calories MAX, for best results)
- Biome Medic (2 capsules)

### 2 PM

More muscle support.

- Super Amino 23 (5 tablets = 20 calories)

### 4 PM

Fuel your cells with more organic greens.

- Power Shake (5.5 TBSP = 150 calories)

### 6 PM

Final meal before your 16-hour fast!

- Enjoy your final meal (900 calories MAX, for best results)
- Apothe-Cherry (2 TBSP = 60 calories)
- Biome Medic (2 capsules)