

Your 21-Day Supplement & Smoothie Schedule

Week One

Detox Support Packets – one with breakfast, one with dinner

PaleoFiber – 1 Tbsp. mix in water, coconut water/milk, tea, or food

Tip: Perhaps begin with 2 tsp. of *PaleoFiber* and increase over a few days to 1 Tbsp. as you increase your water intake. Also consider having 1 scoop of *PaleoCleanse* on **days 6 & 7**. Mix in a blender bottle with water, coconut water, or coconut milk and *PaleoFiber*.

Week Two (one smoothie per day as a meal replacement)

Detox Support Packets – one with breakfast, one with dinner

PaleoCleanse – one smoothie w/ 2 scoops

PaleoFiber – 1 Tbsp. (add to smoothie)

PaleoGreens – 1 Tbsp. (add to smoothie)

Tip: Consider using 1-½ scoops of *PaleoCleanse* for **days 8 & 9** as you work up to the full dose of 2 scoops per smoothie.

Week Three (2 smoothies per day as meal replacements)

Detox Support Packets – one with breakfast, one with dinner

PaleoCleanse – 2 smoothies per day w/ 2 scoops each

PaleoFiber – 1 Tbsp. 2xday (add to smoothie)

PaleoGreens – 1 Tbsp. 2xday (add to smoothie)

