



# 30 Days to Healthy Living

Use this calendar to plan your meals, shakes, snack, or just when to use the 7-Day cleanse and reintroduce foods.

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u> Take a 7 Day Cleanse Pouch
<u>Day 8</u> Take a 7 Day Cleanse Pouch	<u>Day 9</u> Take a 7 Day Cleanse Pouch	<u>Day 10</u>	<u>Day 11</u>	<u>Day 12</u>	<u>Day 13</u>	<u>Day 14</u>
<u>Day 15</u> Take a 7 Day Cleanse Pouch	<u>Day 16</u> Take a 7 Day Cleanse Pouch	<u>Day 17</u>	<u>Day 18</u>	<u>Day 19</u>	<u>Day 20</u>	<u>Day 21</u> Reintroduce Dairy
<u>Day 22</u> Take a 7 Day Cleanse Pouch  Eat Clean	<u>Day 23</u> Take a 7 Day Cleanse Pouch  Eat Clean	<u>Day 24</u>  Reintroduce Gluten	<u>Day 25</u>  Eat Clean	<u>Day 26</u>  Eat Clean	<u>Day 27</u>  Reintroduce Soy	<u>Day 28</u>  Back to 100% clean eating until 30 days are complete