



THE PLAN

3 Shakeology shakes per day

2 cups of green tea per day

1 or 2 pieces of fruit per day (optimal for those needing additional calories)

1 salad for dinner (only white grilled protein in salad)

3 DAY BREAKDOWN

Start: 1 cup of green tea

BREAKFAST: Shakeology

~ water, ice, optional: ½ cup fruit

~ 8-10 oz. water

SNACK: 1 piece of fruit

~ 8-10 oz. water

LUNCH: Shakeology

~ water + ice only

~ follow up with 1 cup of green tea

SNACK: Shakeology (can be here or after dinner)

~ 8-10 oz. water

DINNER: Salad

~ greens

~ 3 servings of vegetables

~ 4 oz. grilled white meat (fish or poultry)

~ 2 tbsp of non-dairy dressing

~ 8-10 oz. water

(REPEAT FOR 3 DAYS)

ABSOLUTELY NO DAIRY (NO ALMOND MILK OR RICE MILK)

DRINK PLENTY OF WATER: 64 – 128 oz. DAILY



FOR MORE INFO VISIT: www.RIPPEDCLUB.net

SHAKEOLOGY 3-DAY CLEANSE FAQ

1. How many calories per day?

~ 800-1200 calories per day

2. How often can I do the *Shakeology 3-Day Cleanse*?

~ Ideally, once per quarter (every 3 months)

~ Before starting a new workout program

~ When you need help breaking through a weight loss plateau

~ After a season of poor dieting

3. Can I still do my workouts during the Cleanse?

~ That depends on the individual

~ With the restricted calorie intake, consider doing it during a recovery week

~ Try not to incorporate the Cleanse in the middle of high intensity programs such as P90X® or INSANITY®

4. Can I do less than a 3-Day Cleanse?

~ YES! Many people see results in the first day or two

~ It is not recommended to do the Cleanse for more than 3 days

5. Can I take other Beachbody® supplements during the Cleanse?

~ Results and Recovery Formula™: NO! Too much sugar/calories

~ Multivitamins: Not necessary, but it wouldn't hurt.

6. What do I do AFTER my 3-Day Cleanse?

~ Continue using Shakeology once per day as a meal replacement

~ Sign me (Todd Warren) up as your **FREE** Team Beachbody Coach to help keep you motivated and on track. [CLICK HERE](#) to make me your **FREE** Coach

~ Commit to a workout program like P90X®, INSANITY®, or TurboFire®

~ Commit to eating a healthy balanced diet

7. Where can I order Shakeology?

~ To Order [CLICK HERE](#), or visit: www.myshakeology.com/toddwarren



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