

# The Shakeology® 3-Day Cleanse

The key is to follow the same regimen all three days.

## Essentials:

- 3 Shakeology shakes per day
- 2 cups of green tea per day
- 1 or 2 pieces of fruit per day (optional)
- 1 salad for dinner—can include fish or poultry
- No dairy or extra sugars (this includes almond and soy milk)!
- Drink 2 to 4 liters of water every day
- Only use low-fat dressings, and go easy on the salt and/or pepper to taste
- 2 snacks before/after any of the major meals (breakfast, lunch, and dinner)
- Fruit is optional, and it is discouraged (however, some of you will need the calories while others may not)
- Power-workout participants (those who are already super conditioned) are recommended the higher numbers of calories
- For maximum results, do NOT use additives
- Dinner salad may include WHITE GRILLED PROTEIN—poultry or fish only

## Daily Regimen:

1 cup of green tea to start the day

### **Breakfast:**

1 scoop Shakeology (140 calories)

1/2 cup of fruit (60 to 90 calories)—optional

Ice to taste

8 to 10 oz. of water

### **Snack 1** (85 calories):

1 piece of fruit (apple, pear, orange, banana mango, etc.)

### **Lunch:**

1 scoop Shakeology (140 calories)

Ice to taste

8 to 10 oz. of water

1 cup of green tea or a detox tea

### **Snack 2:** (you can have the second snack before or after dinner)

1 scoop Shakeology (140 calories)

Ice to taste

8 to 10 oz. of water

**Dinner:**

Salad with grilled white fish or poultry (roughly 340 calories)

- Greens—3 servings of vegetables, plus 4 oz. of grilled white meat (fish or poultry)
- 2 tablespoons of dressing—no more!

**Shakeology 3-Day Cleanse FAQ**

Here are the answers to some of the most commonly asked questions:

1. **How many calories per day?**
  - 800 to 1,100 calories per day
2. **How often can I do the Shakeology 3-Day Cleanse?**
  - Ideally, you should do it once per quarter (every 3 months)
    - As the seasons change
    - Before starting a new workout program
    - When you feel you need help breaking through a plateau
3. **Should/Can I still do my workouts during the Cleanse?**
  - Depends on the individual
  - You'll have less energy than normal, so consider doing it during a recovery week
  - Try not to do in the middle of P90X® or INSANITY®
4. **Can I do a 1-day or a 2-day cleanse instead of a 3-day?**
  - Yes! Some people will see results with one or two days
  - We recommend against continuing the cleanse for more than three days
5. **Should/Can I take other Beachbody® supplements during the Cleanse?**
  - Results and Recovery Formula™: No, too much sugar/calories
  - Others (Omega-3, etc.): Not necessary, but won't hurt either