

30 minutes before breakfast
ENERGY, Metabolic ONE (2-3 capsules)

BREAKFAST

360 Complete Shake

30 minutes before lunch (if you forget to take before lunch, take mid-afternoon)
Metabolic ONE (2-3 capsules)

LUNCH

360 Complete Shake (R28 Fat Burner) 5-8 oz. of protein, steamed or raw veggies or salad (R28 Basic)

DINNER

5-8 oz. of protein, steamed or raw veggies or salad

before bed
4 cleanse capsules with water

Habits

- NO SUGAR

- 8-10 glasses of water
- snacks
 - raw broccoli
 - raw cauliflower
 - hard boiled egg

- raw tree nuts
- cottage cheese
- mila

- small apple
- 1 tbsp. coconut oil
- 2 tbsp. natural nut butter

sample “anywhere” workout

30 jumping jacks – 30 sit ups – 30 push ups – 30 squats – 1 mile walk/jog
(if you cannot do 30, do as many as you can until you work your way up to 30)

maintain

continue to use R28 products and follow habits listed above that you have established.

