

NuLean for Life Program

Phase Two Instructions

There is one product that comes with the *NuLean for Life* Phase Two program. The NuLean *Power Cleanse*, taken as directed should last for one week.

MORNING

One capful of the POWER CLEANSE in 8oz of water on an empty stomach.

MID-MORNING

Snack on vegetables with a high water content (such as cucumber, lettuce or celery), or raw almonds (not cooked, baked or salted).

LUNCH

One 400 to 600 calorie meal. This could be a broiled or grilled fish or chicken meal with vegetables. Nothing fried, ever. *For more detailed meal recipes go to www.nuleanlife.com*

AFTERNOON

Snack on vegetables with a high water content (such as cucumber, lettuce or celery), or raw almonds (not cooked, baked or salted).

DINNER

One 400 to 600 calorie meal. This could be a broiled or grilled fish or chicken meal with vegetables. Nothing fried, ever. *For more detailed meal recipes go to www.nuleanlife.com*

EVENING

One capful of the POWER CLEANSE in 8oz of water on an empty stomach.

For a complete explanation of how the NuLean for Life Program works go to www.nuleanlife.com and watch the short movie.

For extra energy you can also take the NuLean Super Protein as a meal replacement in the morning, or anytime during the day that you are hungry. See your health provider to get the Super Protein.

THROUGHOUT EACH THE DAY

1. Drink a total of eight, 8oz glasses of bottled or purified water, in addition to the water you take with the cleanse and protein drink.

2. Do aerobic exercise for at least 20 minutes a day, fast walking or running is best.

WEIGHT AND MEASUREMENT

- * Weigh yourself before the diet and write down the exact number.
- * Weigh yourself again after the diet and write down the number.
- * Make sure you use the same scale for both the before and after weights.

Note: *Always weigh yourself first thing in the morning before eating.*

Measure yourself before and after the diet, please write down exact measurements.

Measure these areas: * Waist * Hips, including buttock.* Each upper arm.* Each Thigh. * Neck.

Remember: Inches lost are more important than pounds. Inches are what you see.

For a more detailed explanation on how to take NuLean, including FAQs and the NuLean Cookbook (scrumptious meal recipes), go to: www.nuleanlife.com