

NuLean for Life Program

Phase One Instructions

There are two methods of doing the *NuLean for Life* Phase One Program. Below are instructions for doing the program for one week, while eating a full meal on only *three of the days*. On side two of this sheet you will find instructions for eating a full meal *each day* for the week. Consult your NuLean practitioner as to which method is best for you.

There are three products that come with the *NuLean for Life* Phase One program:

1) The NuLean Super *Cleanse*. 2) The NuLean Super *Protein*. 3) The NuLean *Quick Burn Capsules*.

All three products should last for one week except the Quick Burn Capsules. After one week of doing the program take 3 Quick Burn capsules a day until the bottle runs out.

Do the following for one week:

DAYS 1 & 2, 6 & 7

MORNING

- Two capfuls of the SUPER CLEANSE in 8oz of water, upon awakening.
- Two scoops of SUPER PROTEIN in 8oz water any time in the morning.
- Two QUICK BURN capsules.

Note: These two drinks can be taken close together or up to an hour or two apart.

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

- Two capfuls of SUPER CLEANSE in 8oz or water.
- One scoop of SUPER PROTEIN in 8oz water.

Note: These two drinks can be taken close together or up to an hour or two apart.

MID AFTERNOON

- Vegetable snack (celery or cucumber or a few raw almonds).

DINNER

- Two capfuls of SUPER CLEANSE in 8oz of water.
- Two scoops of SUPER PROTEIN in 8oz water.
- Two QUICK BURN capsules.

EVENING

- Two capfuls of SUPER CLEANSE in 8oz of water.

DAYS 3, 4 & 5

MORNING

- Two scoops of SUPER PROTEIN in 8oz or water, upon awakening.
- Two QUICK BURN capsules.

MID MORNING

- Vegetable snack (celery or cucumber or a few raw almonds).

LUNCH

- One scoop of SUPER PROTEIN in 8oz water.

MID AFTERNOON

- Vegetable snack (celery or cucumber or a few raw almonds).

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*
- Two QUICK BURN capsules.

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

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.

At the end of one week you should have 62 Quick Burn Capsules left over. Take 3 a day, until the bottle runs out. If you start Phase II immediately still take the Quick Burn Capsules until the bottle runs out.

Turn the sheet over for instructions eating a full meal for each day.

NuLean for Life Program Phase One Instructions (with full meals each day.)

There are three products that come with the *NuLean for Life* Phase One program:

1) The NuLean Super *Cleanse*. 2) The NuLean Super *Protein*. 3) The NuLean *Quick Burn Capsules*.

All three products should last for one week except the Quick Burn Capsules. After one week of doing the program take 3 Quick Burn capsules a day until the bottle runs out.

Do the following for one week:

MORNING

- Two capfuls of SUPER CLEANSE in 8oz of water on an empty stomach.
- One scoop of SUPER PROTEIN in 8oz of water.
- Two QUICK BURN Capsules.

Note: These two drinks can be taken close together or up to an hour or two apart.

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

- Two scoops of SUPER PROTEIN in 8oz of water.
- One capful of SUPER CLEANSE in 8oz water on the *first four days* of the diet only.

Note: These two drinks can be taken close together or up to an hour or two apart.

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*
- Two QUICK BURN Capsules.

EVENING

- One scoop of PROTEIN POWDER in 8oz of water.
- Two capfuls of CLEANSE in water.

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 buttocks.* 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

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

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.

At the end of one week you should have 62 Quick Burn Capsules left over. Take 3 a day, until the bottle runs out.
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