

28 Day Detoxification Meal Replacement Titration Schedule

	Detox Support Packets	PaleoCleanse	PaleoMeal*	PaleoFiber**	PaleoGreens***	Number of Shakes/day
Days 1-7	One AM pkt One PM pkt	N/A	N/A	N/A	N/A	N/A
Days 8-13	One AM pkt One PM pkt	1 scoop 2x/day	1 serving 2x/day	1 Tbsp total per day	1 Tbsp total per day	2
Days 14-17	One AM pkt One PM pkt	2 scoops 2x/day	1 serving 2x/day	1 Tbsp total per day	1 Tbsp total per day	2
Days 18-21	One AM pkt One PM pkt	2 scoops 3x/day	1 serving 3x/day	1 Tbsp total per day	1 Tbsp total per day	3
Days 22-25	One AM pkt One PM pkt	2 scoops 2x/day	1 serving 2x/day	1 Tbsp total per day	1 Tbsp total per day	2
Days 26-28	One AM pkt One PM pkt	1 scoop 2x/day	1 serving 2x/day	1 Tbsp total per day	1 Tbsp total per day	2

* One serving of Whey PaleoMeal is 1 scoop. One serving of DF PaleoMeal is 2 scoops.

** PaleoFiber can be taken all at once, or can be divided into separate dosages.

*** PaleoGreens can be taken all at once, or can be divided into separate dosages.

Detox Program Guidelines

Follow these guidelines THROUGHOUT the 28 Day Detoxification Program (including precleanse week):

- Nutritious foods may be consumed, but the Detox Program Food Guide is to be followed for the entire 28 day program.
- Drink one half oz per pound of body weight of purified water each and every day for the entire 28 day program.
- Take two Detoxification Support Packets each day and continue for entire 28 days.
- Eliminate dairy products such as milk, cheese or ice cream. If you are tolerant, you may use natural, unsweetened, live culture yogurt.
- Eliminate all foods containing yeast and all foods that promote yeast overgrowth (processed foods, refined sugars, commercially prepared condiments, breads, peanuts, vinegar and alcoholic beverages).
- Eliminate gluten by avoiding foods which contain wheat, oats, rye and barley. This includes pasta, bread products, crackers, cereals. Gluten-free grains include brown rice, millet, quinoa, wild rice and cornmeal. Pastas are available made from these grains as well.
- Eliminate meats such as beef, pork and veal. Chicken, turkey, lamb and cold water fish such as salmon, mackerel and halibut are acceptable fresh or canned. Select from free range whenever possible, and select wild salmon over farm-raised.
- Eliminate all alcohol-containing products including beer and wine.
- Eliminate all caffeine-containing beverages including coffee, tea and soda. Also avoid decaffeinated coffee.