

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. All the products should last for one week except the Quick Burn Capsules. After one week of doing the program take 2 capsules a day until the bottle runs out.

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

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 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

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 2 a day, until the bottle runs out.