



Immediately Upon Waking

- Take Energy or E2 with Metabolic Boost

** Be sure to eat Breakfast within 20-30 minutes!*

With Breakfast

- Take 1oz. Nutrition + 1-2oz. Go-yin



Immediately before Lunch

- Take Metabolic Boost + *Energy or E2 (optional)*

** Be sure to eat Lunch within 20-30 minutes!*



At Bedtime

- Take Liquid Cleanse (mix with 2-4oz of juice or water)



BREAKFAST, LUNCH, DINNER, SNACK

- Meal Replacement can act as great option for ANY meal

