



3-DAY
REFRESH

Planner

	Day 1	Day 2	Day 3
Upon Waking	8-10 oz. Filtered water	8-10 oz. Filtered water	8-10 oz. Filtered water
Breakfast	Shakeology made with 1 1/4 cups water + 1 svg fruit _____	Shakeology made with 1 1/4 cups water + 1 svg fruit _____	Shakeology made with 1 1/4 cups water + 1 svg fruit _____
Optional Morning Tea	1 cup (8oz) of herbal or green tea (stevia allowed)	1 cup (8oz) of herbal or green tea (stevia allowed)	1 cup (8oz) of herbal or green tea (stevia allowed)
Mid-Morning	Fiber Sweep w/8 oz water	Fiber Sweep w/8 oz water	Fiber Sweep w/8 oz water
Lunch	Vanilla Fresh with 1 1/4 cup water + 1 svg fruit _____ + 1 svg veggies _____ + 1 svg healthy fats _____	Vanilla Fresh with 1 1/4 cup water + 1 svg fruit _____ + 1 svg veggies _____ + 1 svg healthy fats _____	Vanilla Fresh with 1 1/4 cup water + 1 svg fruit _____ + 1 svg veggies _____ + 1 svg healthy fats _____
Afternoon Snack	1 svg veggies _____ + 1 svg healthy fats _____ OR raw juice _____	1 svg veggies _____ + 1 svg healthy fats _____ OR raw juice _____	1 svg veggies _____ + 1 svg healthy fats _____ OR raw juice _____
Optional Afternoon Tea	1 cup (8oz) of caffeine free herbal tea (stevia allowed)	1 cup (8oz) of caffeine free herbal tea (stevia allowed)	1 cup (8oz) of caffeine free herbal tea (stevia allowed)
Dinner	Vanilla Fresh with 1 1/4 cup water + 1 svg of dinner _____ + (optional) 1 cup organic vegetable broth with seasonings	Vanilla Fresh with 1 1/4 cup water + 1 svg of dinner _____ + (optional) 1 cup organic vegetable broth with seasonings	Vanilla Fresh with 1 1/4 cup water + 1 svg of dinner _____ + (optional) 1 cup organic vegetable broth with seasonings
Optional Evening Tea	1 cup (8oz) of caffeine free herbal tea (stevia allowed)	1 cup (8oz) of caffeine free herbal tea (stevia allowed)	1 cup (8oz) of caffeine free herbal tea (stevia allowed)