




Get Your Body Back—NOW!

**PRESCRIPTION TRACKER – PHASE ONE**

	A.M.	MID-MORNING	LUNCH	AFTERNOON	DINNER	P.M.
<b>Quick Burn capsules</b>	2 capsules					2 capsules
<b>Super Protein meal replacement powder</b>	1 scoop in 8 oz. of water		2 scoops in 8 oz. of water			1 scoop in 8 oz. of water
<b>Super Cleanse liquid concentrate</b>	2 capfuls in 8 oz. of water		1 capful in 8 oz. of water (for first four days only)			2 capfuls in 8 oz. of water
<b>Healthy snacks (celery, cucumber or almonds)</b>		High water content vegetables (cucumbers, lettuce or celery) or raw almonds		High water content vegetables (cucumbers, lettuce or celery) or raw almonds		
<b>400-600 calorie meal</b>					Broiled or grilled protein (fish or chicken) with vegetables	
<b>Aerobic Exercise (fast walking or running)</b>	20 minutes / day					
<b>Water (bottled or purified)</b>	Eight 8-oz glasses / day					