




Get Your Body Back–NOW!

**PRESCRIPTION TRACKER – PHASE TWO**

	A.M.	MID-MORNING	LUNCH	AFTERNOON	DINNER	P.M.
<b>Quick Burn capsules</b>	2 capsules (take remaining Phase ONE capsules until out)					
<b>Power Cleanse liquid concentrate</b>	1 capful in 8 oz. of water					1 capful 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		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					

*Note: You are afforded one “free or unrestricted day” for each week of Phase TWO, during which you can enjoy alcohol, alternative proteins, sweets and carbohydrates... in moderation.*

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