

DAY 4-8



7
am

BREAKFAST

- 1 SUPER SHAKE OR BEST WHEY PROTEIN
- 2 LIVCLEAR II
- 1 PRO COLORS

10
am

MORNING SNACK



1
pm

LUNCH

- 2 LIVCLEAR II

4
pm

AFTERNOON SNACK



7
pm

DINNER

- 2 LIVCLEAR II

Visit our website and go to the "Programs" tab for our "Detox Recipe Guide".

NOTE ON CAFFEINE: TRY TO LIMIT TO 2 CUPS OR LESS OF COFFEE PER DAY.
AVOID CHEMICALS AND PROCESSED FOODS.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

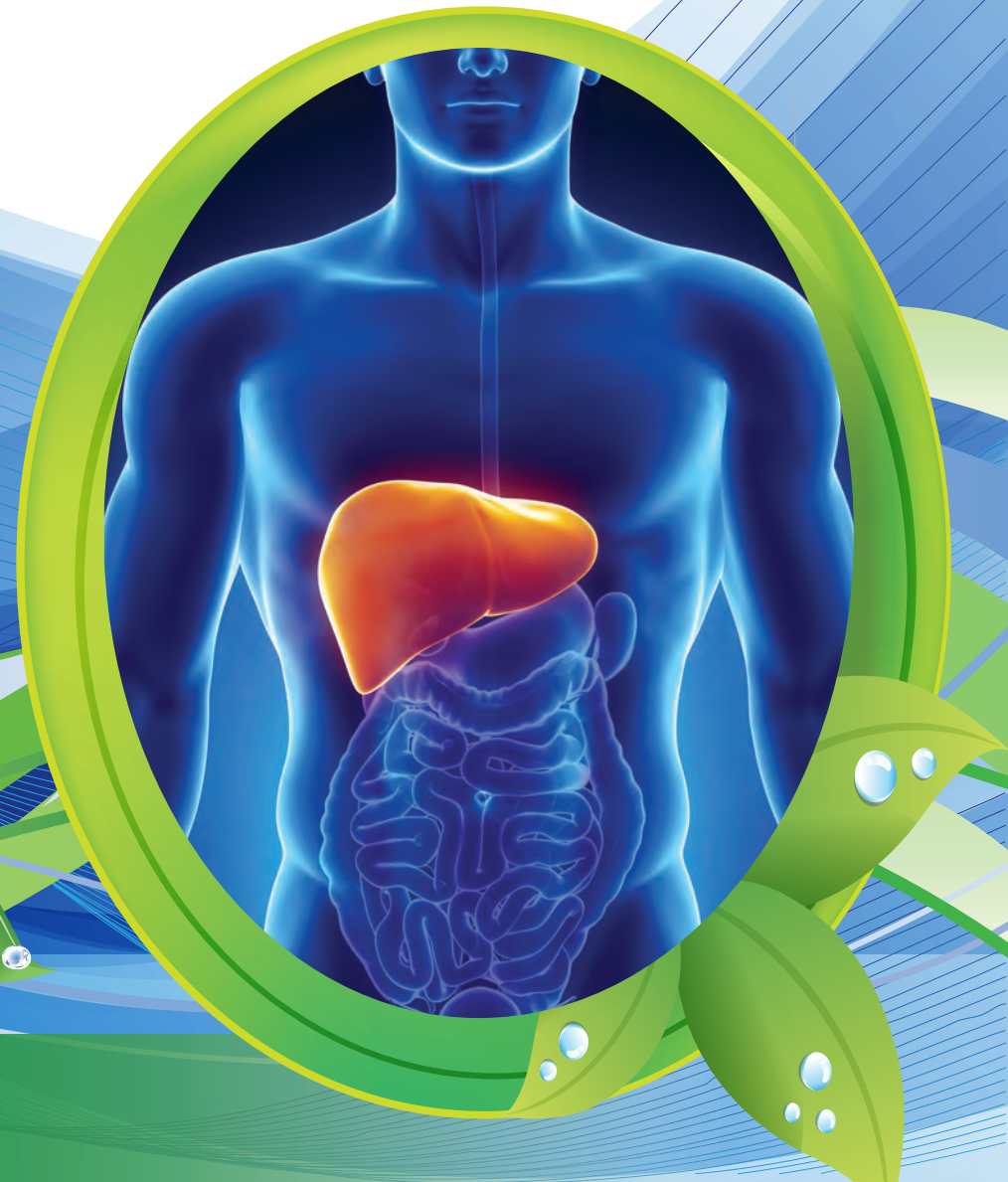


Nutritional Frontiers

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WELLNESS

DETOX SOLUTIONS



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DETOX PROGRAM

NOTE: IF CONSTIPATED, TAKE FRONTIER CLEANSE (4 CAPSULES) ONE HOUR AFTER MEALS UP TO 3 TIMES PER DAY.

DAY 1-3 AND 9-10

1 SUPER SHAKE OR BEST WHEY PROTEIN

1 LIVCLEAR II

1 PRO COLORS

7 am

BREAKFAST IDEAS

- Vanilla chia pudding
- Chia seed breakfast bowl
- Organic eggs
- Baked millet with berries



10 am

MORNING SNACK IDEAS

- Fruit
- Hummus and carrots
- Roasted butternut squash
- Grilled fruit kabobs
- Kale chips
- Cherry date oat bars
- Coconut trail mix



1 pm

LUNCH IDEAS

1

LIVCLEAR II

- Avocado strawberry spinach salad
- Lentil soup
- Black bean lettuce wraps
- Tuna fish and brown rice with any vegetable
- Cauliflower soup
- Veggies and quinoa
- Greens with cannellini beans
- Apple and walnut spinach salad with cranberries



4 pm

AFTERNOON SNACK IDEAS

- Protein bites (use Super Shake/Best Whey Protein)
- Tuna celery salad
- Roasted chickpeas
- Nuts
- Bean dip and veggies
- Roasted pumpkin seeds
- Steamed green beans with lemon
- Baked sweet potato chips



7 pm

DINNER IDEAS

1

LIVCLEAR II

- Black bean and quinoa veggie burgers
- Veggie shish kebab served with cooked grains
- Lemon chicken stew
- Grilled eggplant
- Balsamic-salmon with a spinach salad
- Salmon with roasted sweet potatoes

