

28 Day Detox Program

Place on Refrigerator to keep on track

<p>Day 1: Stop eating all foods under "Eliminate" on page 1 (This will last 28 days 1 scoop UC 1 - AdvaClear - 2x</p>	<p>Day 2: 1 scoop UC 1 AdvaClear - 2x</p>	<p>Day 3 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 4 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 5 2 scoops UC 2AdvaClear - 2x</p>	<p>Day 6 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 7 Eat only: Poultry, fish Fruits, Fats Veggies RICE only 2 scoops UC 2 AdvaClear - 3x</p>
<p>Day 8 Eat only: Poultry, fish Fruits, Fats Veggies RICE only 2 scoops UC 2 AdvaClear - 3x</p>	<p>Day 9 Eat only: Poultry, fish Fruits, Fats Veggies RICE only 2 scoops UC 2 AdvaClear - 3x</p>	<p>Day 10 Eat only: Poultry, fish Fruits, Fats Veggies RICE only 2 scoops UC 2 AdvaClear - 3x</p>	<p>Day 11 Eat only: Fruits, Fats Veggies RICE 2 scoops UC 2 AdvaClear - 3x</p>	<p>Day 12 Eat only: Fruits, Fats Veggies RICE 2 scoops UC 2 AdvaClear - 3x</p>	<p>Day 13 Eat only: Fruits, Fats Veggies RICE 2 scoops UC 2 AdvaClear - 3x</p>	<p>Day 14 Add Back: Poultry/Fish/ Bread/Cereal/ Starches & Milk from approved list 2 scoops UC 2 AdvaClear - 3x</p>
<p>Day 15 Poultry/Fish Bread/Cereal/ Starches & Milk Substitutes from approved list 2 scoops UC 2 AdvaClear - 3x</p>	<p>Day 16 Add Back: Legumes, nuts & seeds 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 17 Add Back: Legumes, nuts & seeds 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 18 Add Back: Legumes, nuts & seeds 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 19 Add Back: Meat 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 20 Add Back: Meat 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 21 Add Back: Meat 2 scoops UC 2 AdvaClear - 2x</p>
<p>Day 22 Add Back: Meat 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 23 Add Back: Meat 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 24 Add Back: Meat 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 25 Add Back: Meat 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 26 Add Back: Meat 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 27 Add Back: Meat 2 scoops UC 2 AdvaClear - 2x</p>	<p>Day 28 Congratulations Program Complete!</p>