















# BODY BURN

## WEIGHT LOSS















1	2	3	4	5	6	7	8	9	10	11	12	13	14
													
✓		✓	M O V E   T O   N E X T   M E N U										

✓ DAYS TO CHECK IN WITH YOUR COACH

TIMING	MŌDERE	CLEANSE	MEAL MENU
<b>BREAKFAST</b> ____ : ____	<b>1 TRIM</b> <i>required</i> <b>1 BURN</b> <i>required</i>  <b>1 BIO CELL</b> <b>1 MULTIVITAMIN</b> <b>1 OMEGA</b> <b>1 ALOE VERA</b> <b>1 LOGIQ or TRIA</b>	Based on your goals, metabolism, energy output and age your food and portions will be in the columns below. The first three days will be specific to the goal of helping the body increase digestion and absorption along with immune system support.	You will have the option to utilize premade meals and menus or create your own meals based off the types of foods allowed and portions allotted
<b>SNACK</b> ____ : ____		Food categories and portions will be specified	
<b>LUNCH</b> ____ : ____	<b>1 BURN</b> <i>required</i>  <b>2 OMEGA</b> <b>2 DIGESTIVE ENZYMES</b>	Food categories and portions will be specified	
<b>SNACK</b> ____ : ____		Food categories and portions will be specified	
<b>DINNER</b> ____ : ____	<b>2 DIGESTIVE ENZYMES</b>	Food categories and portions will be specified	
<b>OPTIONAL SNACK</b> ____ : ____	<b>1 ACTIVATE</b> <i>required</i>  <b>1 BIO CELL</b> <b>1 PROBIOTIC</b>	Food categories and portions will be specified	
<b>ANY TIME</b>	<b>1 REVITALIZE</b> <b>1 FIBER or SYNC</b>	<b>POST LIFTING:</b> Calories to add post workout based on where your metabolism is	<b>KEY:</b> <b>REQUIRED SUPPLEMENTS</b> <b>OPTIMAL SUPPLEMENTS</b> <b>OPTIONAL SUPPLEMENTS</b>

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## WEIGHT LOSS

1	2	3	4	5	6	7	8	9	10	11	12	13	14
													
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✓ DAYS TO CHECK IN WITH YOUR COACH

TIMING	MŌDERE	BURN	REFUEL	MEAL MENU
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<b>SNACK</b> ___ : ___	<b>1 BURN <i>required</i></b>  <b>1 TRIA or LOGIQ</b>	Food categories and portions will be specified	Food categories and portions will be specified	
<b>DINNER</b> ___ : ___	<b>2 DIGESTIVE ENZYMES</b>	Food categories and portions will be specified	Food categories and portions will be specified	
<b>OPTIONAL SNACK</b> ___ : ___	<b>1 BIO CELL</b> <b>1 MULTIVITAMIN</b> <b>1 OMEGA</b> <b>1 PROBIOTIC</b>	Food categories and portions will be specified	Food categories and portions will be specified	
<b>WEIGHT LIFTING WORKOUTS</b>	<b>1 REVITALIZE</b> <i>During First Half</i>	<b>POST LIFTING:</b> Calories to add post workout based on where your metabolism is	<b>POST LIFTING:</b> Calories to add post workout based on where your metabolism is	<b>KEY:</b> <b>REQUIRED SUPPLEMENTS</b> <b>OPTIMAL SUPPLEMENTS</b> <b>OPTIONAL SUPPLEMENTS</b>
<b>ANYTIME</b>	<b>1 FIBER or SYNC</b>			

# BODY BURN

## WEIGHT LOSS

RE ORDER

15	16	17	18	19	20	21	22	23	24	25	26	27	28
✓							✓						

✓ DAYS TO CHECK IN WITH YOUR COACH

Days 29-56

TIMING	MÖDERE	BURN	REFUEL	MEAL MENU
<b>BREAKFAST</b> ___ : ___	<b>1 TRIM <i>required</i></b> <b>1 BURN <i>required</i></b>  <b>1 BIO CELL</b> <b>1 MULTIVITAMIN</b> <b>1 OMEGA</b> <b>1 ALOE VERA</b> <b>1 LOGIQ + CREAMER</b>	Based on your goals, metabolism, energy output and age your food and portions will be in the columns below	Based on your goals, metabolism, energy output and age your food and portions will be in the columns below	You will have the option to utilize premade meals and menus or create your own meals based off the types of foods allowed and portions allotted
<b>SNACK</b> ___ : ___		Food categories and portions will be specified	Food categories and portions will be specified	
<b>LUNCH</b> ___ : ___	<b>1 BURN <i>required</i></b>  <b>2 DIGESTIVE ENZYMES</b>	Food categories and portions will be specified	Food categories and portions will be specified	
<b>SNACK</b> ___ : ___	<b>1 BURN <i>required</i></b>  <b>1 TRIA or LOGIQ</b>	Food categories and portions will be specified	Food categories and portions will be specified	
<b>DINNER</b> ___ : ___	<b>2 DIGESTIVE ENZYMES</b>	Food categories and portions will be specified	Food categories and portions will be specified	
<b>OPTIONAL SNACK</b> ___ : ___	<b>1 BIO CELL</b> <b>1 MULTIVITAMIN</b> <b>1 OMEGA</b> <b>1 PROBIOTIC</b>	Food categories and portions will be specified	Food categories and portions will be specified	
<b>WEIGHT LIFTING WORKOUTS</b>	<b>1 REVITALIZE</b> <i>During First Half</i>	<b>POST LIFTING:</b> Calories to add post workout based on where your metabolism is	<b>POST LIFTING:</b> Calories to add post workout based on where your metabolism is	<b>KEY:</b> <b>REQUIRED SUPPLEMENTS</b> <b>OPTIMAL SUPPLEMENTS</b> <b>OPTIONAL SUPPLEMENTS</b>
<b>ANYTIME</b>	<b>1 FIBER or SYNC</b>			

## BREAKFAST: Protein + Carb

Cook YP egg whites in a pan. Add YP of  
cooks and sprinkle with **REVITALIZE**.

Note: On BURN DAYS take out oats and smear nat  
**REVITALIZE** for a PB & Jelly crepe

1 TBSP BIOCELL, 1 MULTI, 1 OMEGA

## SNACK: ½ Protein + Fruit

Mix YP **PURE CHOC WHEY** w/ just en  
sweeter) making a thick pudding textu

fruit berries.

Add an extra serving of berries if for F

## LUNCH: Protein + Veg +

YP of chicken w/ YP of brown ri  
Flavor with your choice of G Hu

Sauces.

## SNACK: Protein + ½ Carb

YP lean ground turkey, ½ serving o  
mustard. Add in a handful of veggi

## DINNER: Protein + Veg

YP mixed veggies salad and YP o  
Farms 0 cal Ranch dressing and s

## SNACK: ½ Protein + V

½ YP egg whites with a mix of sp  
and onions in a scramble using s

1 TBSP BIOCELL, 1 MULTI, 1 O

YP = Your Portion  
TT = To Taste

## BREAKFAST: Protein + Fat

Egg & Avocado Scramble

Scramble YP of egg whites

Top with YP sliced avocado, sea salt, pe

1 TBSP BIOCELL, 1 MULTI, 1 OMEGA

## SNACK: Veg + Fat

Sliced bell peppers dipped in YP organ

## LUNCH: Protein + Veg + ½

Sheet Pan Chipotle Chicken & V

Pre heat oven to 425. Marinade cubed

veggies for 30 minutes w/ juice of 1 li

Grill Mates Chipotle powder seasoning

Bake 15 to 20 minutes or until veggie

Serve with YP of avocado or drizzle

## SNACK: Protein 1 BURN

Flavored tuna (tuna creations Jalape

## DINNER: Protein + Veg

Buffalo Chicken Strips. Carrot

Pre heat oven to 425. Season chic

powder, paprika, chili powder, & pe

Toss Chicken Tenders in a zip lock

Sugar Free sweet & spicy BBQ sa

Serve with YP carrots, celery & W

## SNACK OPTION: Pr

Chocolate Peanut butter Sm

Blend ¾ YP **PURE CHOC WHEY**

1 TBSP BIOCELL, 1 MULTI, 1 O

YP = Your Portion  
TT = To Taste

## BURN DAILY MENU

## BREAKFAST: Pure Whey + ½ Fruit 1 BURN

Acai Bowl Mix YP of **PURE CHOCOLATE WHEY** with just enough water  
to make a brownie better consistency. Add YP of frozen blueberries & a  
packet of Stevia.

1 TBSP BIOCELL, 1 MULTI, 1 OMEGA

## SNACK: Fruit + Fat

Banana & Peanut Butter delight

Slice YP of banana, Fill with YP peanut butter and freeze. Dip in Chocolate  
**TRIM**

## LUNCH: Protein + Veg + Carb 1 BURN

Oven Baked Chicken Fajitas

On a large sheet pan, mix chicken, bell peppers, onion, fajita seasoning

1 TBSP chili powder, 1 Tea salt, 1Tsp paprika, 1/2 Tsp onion powder,

1/2 Tsp garlic powder, 1/2 Tsp cumin. Bake at 425 for about 20 minutes.

Add YP Brown Rice

## SNACK: Fruit + Fat 1 BURN

Orange & YP raw almonds

**REVITALIZE**

## DINNER: Protein + Veg

Lemon Garlic Shrimp & Asparagus

Preheat grill & cut sheets of foil.

Divide YP shrimp and asparagus among each foil pack

Add in 1 TBSP dry white wine, 1 tsp garlic, and ½ tsp lemon zest to each and  
season with salt and pepper. Wrap foil and seal edges.

Grill, sealed side upward, until shrimp has cooked through, about 9 – 10 minutes.

Carefully unwrap then drizzle with fresh lemon juice and sprinkle with parsley.

1 TBSP BIOCELL, 1 MULTI, 1 OMEGA

## CLEANSE DAILY MENU

