



SAMPLE DAY

...a day in the life

WAKE UP

- Cup of cleantox tea
- Fizz stick if you need caffeine first thing
- Can add fizz to tea for a "tizzy"

BREAKFAST

- Feel fit protein shake
- Digestion & Microbiome Support (can be added to shake if you drink within 30 minutes or mix with water and drink alone)

SNACK

- Fizz stick
- Choose an approved snack from the healthy snacking page

LUNCH

- Feel fit protein shake
- Or whole foods, nutrient-dense meal

SNACK

- Feel fit protein shake (if you didn't have 2 yet)
- Or whole foods, nutrient-dense meal

DINNER

- Whole foods, nutrient-dense meal
 - lean protein (fist-sized)
 - non-starchy vegetables, brown rice (or other high fiber carbs)
 - small amount of healthy fat