

INTERMITTENT FASTING

This path is all about Intermittent Fasting. Incorporate nutrient-rich superfoods while consuming substantially all your calories in a 6-8 hour window.

8 AM DAYS 1-20

Infuse your muscles with predigested protein without breaking your fast

- Super Amino 23 (5 tablets = 20 calories)

8 AM DAYS 21 - 30

Muscle support and a deep colon cleanse.

- Super Amino 23 (5 tablets = 20 calories)
- Super CleansR (2 capsules)

10 AM

Gently break your fast with organic greens, healthy fats, whole carbs, and plant protein.

- Power Shake (5.5 TBSP = 150 calories)

12 PM

Time to eat some “real food!”

- Enjoy your first meal (750 calories MAX, for best results)
- Biome Medic (2 capsules)

2 PM

More muscle support.

- Super Amino 23 (5 tablets = 20 calories)

4 PM

Fuel your cells with more organic greens.

- Power Shake (5.5 TBSP = 150 calories)

5:30 PM

Complete final meal prior to 6 PM before your 16 hour fast.

- Enjoy your final meal (900 calories MAX, for best results)
- Apothe-Cherry (2 TBSP = 60 calories)
- Biome Medic (2 capsules)

- **Eat all of your meals within an 8-hour window,** allowing 16 hours of fasting
- **Water is not considered food**
drink half of your body weight in ounces anytime throughout the day
- **Eat as healthy as you feel comfortable,** emphasizing organic foods
- **See the sample schedule to the left** and adjust based upon your wake-up time
- **Eat nothing after 5:30PM meal**
- **For best results,** keep a consistent schedule
- **Add Super CleansR to your 8AM Super Amino 23 serving during the final 10 days** (for a natural, deep colon cleanse)
- **Modify 1-2 capsules of Biome Medic and Super CleansR according to your body’s digestive response**
(Biome Medic and Super CleansR aid in waste elimination)