

Back to Health Nulean Program-Phase 1, Days 1-2 & 6-7

	AM	Mid-AM	Lunch	Afternoon	Dinner	PM
Super Cleanse liquid concentrate	2 capfuls in 8 oz. of water upon awakening		2 capfuls in 8 oz. of water		2 capfuls in 8 oz. of water	2 capfuls in 8 oz. of water
Quick Burn capsules	2 capsules				2 capsules	
Super Protein meal replacement powder	2 scoops in 8 oz. of water anytime in the morning		1 scoop in 8 oz. of water		2 scoops in 8 oz. of water	
Healthy snacks (celery, cucumber, or almonds)		Snack on high water content vegetables (cucumbers, lettuce, or celery) or raw almonds		Snack on high water content vegetables (cucumbers, lettuce, or celery) or raw almonds		
Aerobic exercise (fast walking or running)	At least 20-min./day					
Water (bottled or purified)	Eight 8-oz. glasses/day in addition to water mixed with the cleanse and protein drink					

Back to Health Nulean Program-Phase 1, Days 3-5

	AM	Mid-AM	Lunch	Afternoon	Dinner	PM
Quick Burn capsules	2 capsules				2 capsules	
Super Protein meal replacement powder	2 scoops in 8 oz. of water upon awakening		1 scoop in 8 oz. of water			
Healthy snacks (celery, cucumber, or almonds)		Snack on high water content vegetables (cucumbers, lettuce, or celery) or raw almonds		Snack on high water content vegetables (cucumbers, lettuce, or celery) or raw almonds		
Aerobic exercise (fast walking or running)	At least 20-min./day					
400-400 calorie meal					Broiled or grilled protein (fish or chicken) with vegetables	
Water (bottled or purified)	Eight 8-oz. glasses/day in addition to water mixed with the cleanse and protein drink					

Back to Health Nulean Program-Phase 2, Days 1-7

	AM	Mid-AM	Lunch	Afternoon	Dinner	PM
Quick Burn capsules	2 capsules (until out)					
Power Cleanse liquid concentrate	1 capful in 8 oz. of water on an empty stomach		1 scoop in 8 oz. of water			1 capful in 8 oz. of water on an empty stomach
Healthy snacks (celery, cucumber, or almonds)		Snack on high water content vegetables (cucumbers, lettuce, or celery) or raw almonds		Snack on high water content vegetables (cucumbers, lettuce, or celery) or raw almonds		
Aerobic exercise (fast walking or running)	At least 20-min./day					
400-400 calorie meal			Broiled or grilled protein (fish or chicken) with vegetables		Broiled or grilled protein (fish or chicken) with vegetables	
Water (bottled or purified)	Eight 8-oz. glasses/day in addition to water mixed with the cleanse and protein drink					