

SHRED 10 SAMPLE PLAN

PHASE 1

Guidelines:

FOLLOW THESE DURING THE 10 DAY PERIOD

ADD:

1. More PLANT food & Juice +Capsules Daily
2. 2 Complete Shakes Daily
3. Plenty of Water
4. Take 10 Deep Breaths & Get 7 - 8 Hours of Sleep Daily
5. Exercise Most Days

ELIMINATE:

6. Caffeine & Alcohol
7. Eating after 6 pm*
8. Processed Foods
9. Gluten & Dairy
10. Artificial & Refined Sugars

*Flexible for children, pregnant/nursing mothers, elite athletes, and night shift workers

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST					
SNACK					
LUNCH					
SNACK					
DINNER					
EXERCISE					



SHRED 10 SAMPLE PLAN

PHASE 2

Guidelines:

FOLLOW THESE AFTER THE 10 DAY PERIOD

ADD:

1. More PLANT food & Juice +Capsules Daily
2. 1 - 2 Complete Shakes Daily
3. Plenty of Water
4. Take 10 Deep Breaths & Get 7 - 8 Hours of Sleep Daily
5. Exercise Most Days

REDUCE:

6. Caffeine & Alcohol
7. Eating after 6 pm*
8. Processed Foods

ELIMINATE:

(for at least 20 days)

9. Gluten & Dairy
10. Artificial & Refined Sugars

*Flexible for children, pregnant/nursing mothers, elite athletes, and night shift workers

Shred it. Live it. Share it.

bellashealthyliving.com/shred10
info@bellashealthyliving.com
(949) 445-3757



	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
BREAKFAST					
SNACK					
LUNCH					
SNACK					
DINNER					
EXERCISE					