

5-Day High-Fiber Cleanse

Meals	Day 1	Day 2	Day 3	Day 4	Day 5
Morning Shake					
Early Snack					
Lunch Shake					
Afternoon Snack					
Evening Shake					
48-64 oz. Water					



STEP 1

5-Day High-Fiber Cleanse

Do you want to feel rejuvenated, healthy, and energetic? Could you use a “fresh start?” Your body needs a break from toxic, fatty, high-glycemic, and disease-causing foods. Follow the cleanse below and start living life in happiness and health.

HEALTH BENEFITS:

- Lose unwanted extra pounds
- Experience the cleansing benefits of a high-fiber diet
- Get off the roller coaster of high-glycemic carbs
- Reduce oxidative stress and add essential micronutrients
- Replace dangerous fats with heart-healthy omega-3s
- Maintain your energy, vitality, and focus

Your 5-Day High-Fiber Cleanse kit includes:

Then Add:



FIBERY®
Peach Mango
or
Almond Crème



NUTRIMEAL™
Dutch Chocolate,
Wild Strawberry,
or
French Vanilla



NUTRITION BAR
Wild Berry
or
Peanut Crunch



SOYAMAX™
Mild Vanilla



OPTOMEGA®



HEALTHPAK 100™
or **ESSENTIALS™ &**
ACTIVE CALCIUM

MEALS

DAYS 1 & 2

DAYS 3-5

Morning Shake	2 Fibery 1 SoyaMax 1 Tbsp OptOmega AM HealthPak 100 or Essentials/Active Calcium	2 Nutrimeal 1 SoyaMax 1 Tbsp OptOmega AM HealthPak 100 or Essentials/Active Calcium
Early Snack	Nutrition Bar	Nutrition Bar
Lunch Shake	2 Nutrimeal 1 SoyaMax 30 min. walk (3,000 steps)	2 Nutrimeal 1 SoyaMax 30 min. walk (3,000 steps)
Afternoon Snack	Nutrition Bar	Nutrition Bar
Evening Shake	2 Fibery 1 SoyaMax 1 Tbsp OptOmega PM HealthPak 100 or Essentials/Active Calcium	2 Fibery 1 SoyaMax 1 Tbsp OptOmega PM HealthPak 100 or Essentials/Active Calcium

Pedometer Goal: Gradually work up to 10,000 steps per day.

***Mix all shakes in 11 oz. of purified water. In addition to shakes, drink a minimum of 48-64 oz. of purified water throughout the day.

Bonus

2 servings of vegetables or fruit per day.
May be mixed in shakes.

TIPS:

- You will feel less hungry and achieve the best results if you follow the plan of five evenly spaced meals throughout the day.
- If well tolerated, a full dose of Active Calcium is also recommended during the cleanse.
- If at any time during the cleanse you feel faint or light-headed, take a short break from your activities. If the symptoms continue, consider supplementing with an additional shake or bar.
- Flavor variety helps make the cleanse easier. Try having two flavors of Nutrimeal, Fibery, and Nutrition Bars on hand. Also, cucumbers, celery, radishes, carrots, and/or dark, leafy vegetables may be substituted for Nutrition Bar snacks.



CONGRATULATIONS

on taking the first step toward a healthier future with USANA's 5-Day High-Fiber Cleanse

STEP 2

Choose Your Track:

After completing the cleanse, answer the following questions to decide which maintenance track to follow:

- Do you eat healthy meals with plenty of vegetables and fruits (no fast food)? Yes or No
- Are you happy with your new weight? Yes or No

If you answered No to either of these questions, please consider following Track I.

If you answered Yes to both questions, please consider following Track II.



MEALS	TRACK I-Continued Weight Loss Replace 2 meals per day	TRACK II-Healthy Maintenance Replace 1 meal per day
Morning Shake ☞ = scoop	Any 2 ☞ combination of Nutrimeal and/or Fibergy plus 1 ☞ SoyaMax. AM HealthPak 100 or Essentials/Active Calcium	Any 2 ☞ combination of Nutrimeal and/or Fibergy plus 1 ☞ SoyaMax. AM HealthPak 100 or Essentials/Active Calcium
Early Snack	Nutrition Bar or Fibergy Bar	Nutrition Bar or Fibergy Bar
Lunch Shake	Any 2 ☞ combination of Nutrimeal and/or Fibergy plus 1 ☞ SoyaMax. 30 min. walk (3,000 steps)	Healthy meal with plenty of fresh vegetables and fruits. 30 min. walk (3,000 steps)
Afternoon Snack	Nutrition Bar or Fibergy Bar	Nutrition Bar or Fibergy Bar
Dinner	Healthy meal with plenty of fresh vegetables and fruits. 1 Tbsp OptOmega PM HealthPak 100 or Essentials/Active Calcium	Healthy meal with plenty of fresh vegetables and fruits. 1 Tbsp OptOmega PM HealthPak 100 or Essentials/Active Calcium

Pedometer Goal: Gradually work up to 10,000 steps per day.

**Mix all shakes in 11 oz. of purified water. In addition to shakes, drink a minimum of 48 oz. of purified water throughout the day.

www.usana.com/cleanse

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It is suggested that you take these products to your physician and secure his/her advice if you intend to change your diet, begin an exercise program, are pregnant, lactating, have allergies, are taking medications, or are under the care of a physician. The USANA High-Fiber Cleanse is FOOD, not a DRUG. The USANA High-Fiber Cleanse is not intended to diagnose, treat, cure, or prevent any disease. Results will vary.

As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight loss results.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

