

# CLEAN<sup>®</sup> maintenance guide for MAINTENANCE PLUS

am



**1 capsule**

Take probiotic first thing in the morning on an empty stomach with water.

\*Protect stays most potent when kept in the refrigerator.

Read the *Keep It Clean Manifesto*, our post-cleanse guide that suggests a variety of ways to create a CLEAN Life after you've completed your 21 day program!

am OR pm



**1 level scoop**

Please make sure you use the corresponding scoop with it's powder, since they're different sizes

+



**1 level scoop**

Please make sure you use the corresponding scoop with it's powder, since they're different sizes

once daily  
shake

**breakfast or dinner**

Blend, shake or briskly stir all 3 powders into 6 to 8 ounces of water, coconut water, or non-dairy milk (almond/hemp/rice/coconut) in your shake. For added flavor and substance, add handfuls of spinach, organic berries and/or other fruit (fresh or frozen). For a thicker shake with additional protein and calories, add in avocado, coconut oil, a handful of nuts or seeds or nut butter.

am AND pm



**1 packet**

Take with morning meal



**1 packet**

Take with evening meal

Want to make some tasty meals and shakes? Visit our forums for recipes and shake ideas.