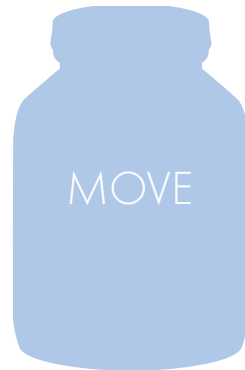


CLEAN[®] maintenance guide for SHAKES + ESSENTIALS

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



one packet

Take with morning meal



one packet

Take with evening meal

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!

Want to make some tasty meals and shakes? Visit our forums for [recipes and shake ideas](#).