

Organize Your 10 Day Cleanse into Zipper Bags

Needed:

10 Gallon Size Zipper Bags
10-15 Snack Size Zipper Bags
Daily Printout PDF's

1. Print out Days 1-5 and Days 6-10 PDF
2. Cut each Day out into strips
3. Staple Each day to the inside edge of a gallon size zipper bag.
4. Put your "1st thing" items into a snack bag (Catalyst & Probiotic Restore) and Staple to your Morning Spark packet. If using a canister of Spark, put a scoop of spark into a separate snack size bag so it's easy to grab and staple to the other "1st thing" items.
5. Put your lunch & dinner Omegaplex into a snack bag. In the mornings throw this bag into your purse or day bag.
6. Organize each bag by following the list on the printed strip so that you have everything needed for each day. (Fiber Drink, Catalyst (if using), Omegaplex, Spark w/ Probiotics & Catalyst), Herbal Cleanse Pills. Make sure not to confuse your days. Organize Carefully!

<p>Cleanse Day 1</p> <p>Immediately upon waking up: Spark & 3 Catalyst</p> <p>30 Minutes after Waking Up: Fiber Drink</p> <p>Lunch: 2 Omega Plex (Clear Yellow Gel)</p> <p>Afternoon 30 mins before snack: If need a boost, Spark & 3 Catalyst (Optional)</p> <p>Dinner: 2 Omegaplex</p> <p>Bedtime: Herbal Cleans Tabs (Large Brown Packet)</p>	<p>Cleanse Day 2</p> <p>Immediately upon waking up: Spark & 3 Catalyst</p> <p>30 Minutes after Waking Up: Fiber Drink</p> <p>Lunch: 2 Omega Plex (Clear Yellow Gel)</p> <p>Afternoon 30 mins before snack: If need a boost, Spark & 3 Catalyst (Optional)</p> <p>Dinner: 2 Omegaplex</p> <p>Bedtime: Herbal Cleans Tabs (Large Brown Packet)</p>	<p>Cleanse Day 3</p> <p>Immediately upon waking up: Spark & 3 Catalyst</p> <p>30 Minutes after Waking Up: Fiber Drink</p> <p>Lunch: 2 Omega Plex (Clear Yellow Gel)</p> <p>Afternoon 30 mins before snack: If need a boost, Spark & 3 Catalyst (Optional)</p> <p>Dinner: 2 Omegaplex</p> <p>Bedtime: Herbal Cleans Tabs (Large Brown Packet)</p>	<p>Cleanse Day 4</p> <p>Immediately upon waking up: Spark & 3 Catalyst & Probiotic Restore</p> <p>Lunch: 2 Omega Plex (Clear Yellow Gel)</p> <p>Afternoon 30 mins before snack: If need a boost, Spark & 3 Catalyst (Optional)</p> <p>Dinner: 2 Omegaplex</p> <p>Bedtime: Herbal Cleans Tabs (Large Brown Packet)</p>	<p>Cleanse Day 5</p> <p>Immediately upon waking up: Spark & 3 Catalyst & Probiotic Restore</p> <p>Lunch: 2 Omega Plex (Clear Yellow Gel)</p> <p>Afternoon 30 mins before snack: If need a boost, Spark & 3 Catalyst (Optional)</p> <p>Dinner: 2 Omegaplex</p> <p>Bedtime: Herbal Cleans Tabs (Large Brown Packet)</p>
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<p>Cleanse Day 6</p> <p>Immediately upon waking up:</p> <p>Spark & 3 Catalyst & Probiotic Restore</p>	<p>Cleanse Day 7</p> <p>Immediately upon waking up:</p> <p>Spark & 3 Catalyst & Probiotic Restore</p>	<p>Cleanse Day 8</p> <p>Immediately upon waking up:</p> <p>Spark & 3 Catalyst & Probiotic Restore</p>	<p>Cleanse Day 9</p> <p>Immediately upon waking up:</p> <p>Spark & 3 Catalyst & Probiotic Restore</p>	<p>Cleanse Day 10</p> <p>Immediately upon waking up:</p> <p>Spark & 3 Catalyst & Probiotic Restore</p>
<p>Lunch:</p> <p>2 Omega Plex (Clear Yellow Gel)</p>	<p>Lunch:</p> <p>2 Omega Plex (Clear Yellow Gel)</p>	<p>Lunch:</p> <p>2 Omega Plex (Clear Yellow Gel)</p>	<p>Lunch:</p> <p>2 Omega Plex (Clear Yellow Gel)</p>	<p>Lunch:</p> <p>2 Omega Plex (Clear Yellow Gel)</p>
<p>Afternoon 30 mins before snack:</p> <p>If need a boost, Spark & 3 Catalyst (Optional)</p>	<p>Afternoon 30 mins before snack:</p> <p>If need a boost, Spark & 3 Catalyst (Optional)</p>	<p>Afternoon 30 mins before snack:</p> <p>If need a boost, Spark & 3 Catalyst (Optional)</p>	<p>Afternoon 30 mins before snack:</p> <p>If need a boost, Spark & 3 Catalyst (Optional)</p>	<p>Afternoon 30 mins before snack:</p> <p>If need a boost: Spark & 3 Catalyst (Optional)</p>
<p>Dinner:</p> <p>2 Omegaplex</p>	<p>Dinner:</p> <p>2 Omegaplex</p>	<p>Dinner:</p> <p>2 Omegaplex</p>	<p>Dinner:</p> <p>2 Omegaplex</p>	<p>Dinner:</p> <p>2 Omegaplex</p>
<p>Bedtime:</p> <p>Herbal Cleans Tabs (Large Brown Packet)</p>	<p>Bedtime:</p> <p>Herbal Cleans Tabs (Large Brown Packet)</p>	<p>Bedtime:</p> <p>Herbal Cleans Tabs (Large Brown Packet)</p>	<p>Bedtime:</p> <p>Herbal Cleans Tabs (Large Brown Packet)</p>	<p>Bedtime:</p> <p>Herbal Cleans Tabs (Large Brown Packet)</p>

