

DETOX

28 day

BENEFITS OF DETOXING:

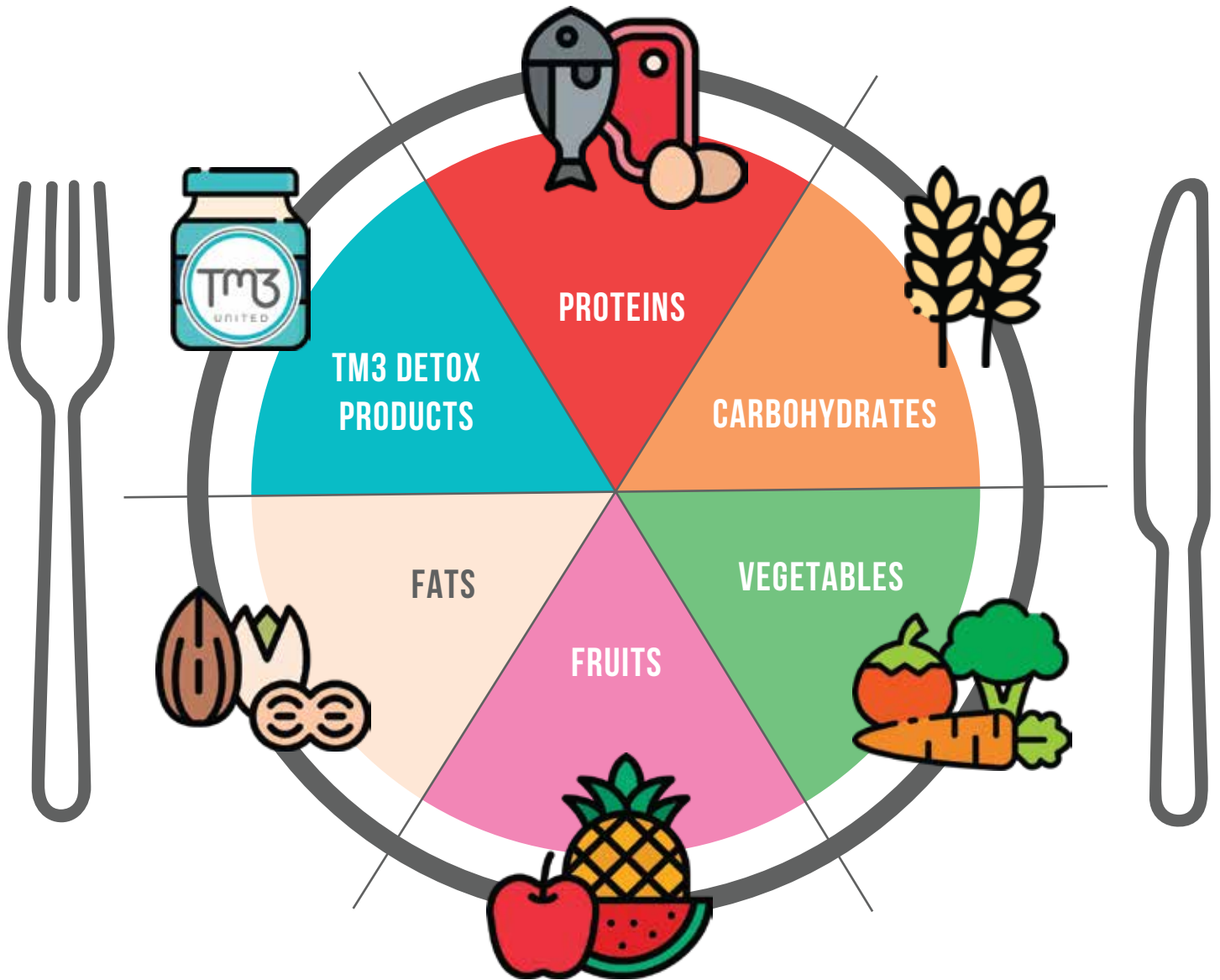
- **Boost Energy**
- **Improve Mental Clarity**
- **Reduce Hunger and Cravings**
- **Minimize Aches and Pain**
- **Restore Sleep Cycles**
- **Rebalance Hormones**
- **Support Digestion**
- **Strengthen the Immune System.**

TM3 United's 28 Day Detox, along with healthy lifestyle changes, including diet and exercise, was developed to help rid your body of environmental toxins and release unwanted weight. During your TM3 28 Day Detox you will follow an effective system that will help you break free from processed food, refined carbohydrates, sugar, and help you grow accustomed to eating whole foods. During TM3's 28 Day Detox as you break unhealthy habits, your energy levels will increase, you will find mental focus and clarity, and you will transform your body as you shed those extra pounds along the way.



28 DAY DETOX PROGRAM

Prior to starting your TM3 28 Day Detox, we encourage you to review the entire program, watch the Prep Video, and shop from the grocery list provided.



TM3 PRODUCT GUIDE



TRANSFORM



DAILY DETOX



FOCUS



CLEANSE



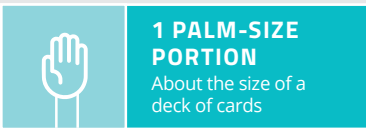
DREAMZ

FOOD GUIDE



PROTEINS

1 Palm-size Portion



- Fresh Fish
- Poultry (chicken / turkey)
- Beef (all kinds)
- Beans or Lentils
- Eggs
- Tofu
- Tempeh

Vegetarian Protein:

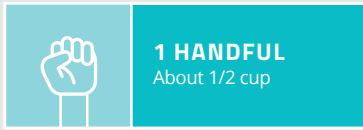
- Beans
- Chickpeas/
- Garbanzo Beans
- Lentils
- Raw or Sprouted
- Nuts
- Tempeh
- Low Carb Protein Bar

OTHER: Almond, Cashew or other Nut Milk (choose unsweetened)



CARBOHYDRATES

1 Handful



- Amaranth
- Barley
- Buckwheat
- Bulgur
- Kamut
- Millet
- Oats
- Quinoa
- Sweet Potato
- Rice (brown, red, wild)

AVOID PASTA, BREAD, CRACKERS, WHITE RICE AND POTATOES

BEANS AND LENTILS CAN ALSO BE USED AS CARBOHYDRATES.



VEGETABLES

2 Handfuls



- | | |
|---|--|
| <ul style="list-style-type: none"> Artichokes Asparagus Arugula Bean Sprouts Beets Greens Beets Brussel Sprouts Broccoli Cabbage Cauliflower Chicory Greens Chili Peppers Collard Greens Cucumbers Dandelion Greens Dark, Leafy Greens (spinach, collard greens, kale) Dill Pickles Endive Escarole Green Beans Green Leaf Lettuce | <ul style="list-style-type: none"> Kale Mixed Greens (Lettuce, romaine, butter, red leaf, green leaf, oak leaf, cilantro) Mushrooms Mustard Greens Onions Peas Radicchio Greens Radishes Red Leaf Lettuce Roots (turnip, ginger, carrot, radish, beet) Snap Peas Squash Sweet Peppers (green, yellow, red) Any non-starchy Vegetable |
|---|--|



FRUITS

- | | |
|--|--|
| <ul style="list-style-type: none"> Strawberries (1 cup) Blueberries (½ cup) Raspberries (½ cup) Blackberries (½ cup) 1 Plum (medium-size) 1 Apple (small) 1 Tangerine 1 Kiwi (medium-size) Cherries (½ cup) Cantaloupe (¾ cup) Pears Peaches | <ul style="list-style-type: none"> Tomatoes Grapefruit Grapes |
|--|--|



FATS

1-2 TBSP

- | | |
|--|--|
| <ul style="list-style-type: none"> Olive Oil Organic Virgin Coconut Oil Flax Oil Hemp Oil Sesame Oil Avocado Oil Organic Real Butter (not margarine or spread) Avocado | <ul style="list-style-type: none"> Nuts & Seeds (¼ cup) Almonds Cashews Pecans Walnuts Hazelnuts Brazil Nuts Macadamia Nuts Peanuts (legume) Sunflower Seeds |
|--|--|

AVOID ROASTED NUTS WITH ADDED OILS, VEGETABLE OIL, CORN OIL, PEANUT OIL AND DAIRY PRODUCTS (MILK, CHEESE, ETC.)



TM3 DETOX PRODUCTS

- TRANSFORM (capsules)**
- DAILY DETOX (drops)**
- FOCUS (capsules)**
- CLEANSE (capsules)**
- DREAMZ (drops)**

CONSUME FREELY

- Water
- Broth (vegetable, chicken, beef)
- Herbal Teas (sweeten with stevia; avoid artificial sweeteners)
- Dill Pickles
- Seasonings

WATER

Water intake is critical to any health plan. We recommend you consume half your body weight in fluid ounces.
AVOID: SPARKLING WATER AND ALCOHOL

DAILY DETOX CALENDAR

MEALS ARE HIGHLIGHTED IN TEAL.

DAY	EARLY MORNING 15-30 minutes before breakfast + 16 FL. OZ. WATER	BREAKFAST + 16 FL. OZ. WATER	LUNCH 15-30 minutes before lunch + 16 FL. OZ. WATER	MID-AFTERNOON + 16 FL. OZ. WATER	DINNER + 16 FL. OZ. WATER	EVENING
1 CLEANSE	TRANSFORM (1 capsule) DAILY DETOX (10-20 drops) CLEANSE (2 capsules)	GREEN SMOOTHIE: (1 Scoop) <i>Optional half cup blueberries raspberries or strawberries and a half banana</i>	TRANSFORM (1 capsule) DAILY DETOX (10-20 drops) Pickles or anything pickled 1 Fat 1 Non-Starchy Vegetable	FOCUS (3 capsules) Fruit or non-starchy veggies Herbal Tea	Broth 1 Non-Starchy Vegetable <i>*Consume 16 oz of water before bed</i>	DREAMZ (1-2ml before bed) CLEANSE (1-2 capsules, as needed)
	TRANSFORM (1 capsule) DAILY DETOX (10-20 drops) CLEANSE (2 capsules)	GREEN SMOOTHIE: (1 Scoop) <i>Optional half cup blueberries raspberries or strawberries and a half banana</i>	TRANSFORM (1 capsule) DAILY DETOX (10-20 drops) Pickles or anything pickled 1 Fat 1 Non-Starchy Vegetable	FOCUS (3 capsules) Fruit or non-starchy veggies Herbal Tea	Broth 1 Non-Starchy Vegetable <i>*Consume 16 oz of water before bed</i>	DREAMZ (1-2ml before bed) CLEANSE (1-2 capsules, as needed)
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DAY 8	SHAKE	DAY 9	MEAL	DAY 10	SHAKE	DAY 11	MEAL	DAY 12	SHAKE	DAY 13	CLEANSE
DAY 14	CLEANSE	DAY 15	SHAKE	DAY 16	MEAL	DAY 17	CHEAT DAY	DAY 18	SHAKE	DAY 19	MEAL
DAY 20	SHAKE	DAY 21	CLEANSE	DAY 22	CLEANSE	DAY 23	SHAKE	DAY 24	MEAL	DAY 25	SHAKE
DAY 26	MEAL	DAY 27	CLEANSE	DAY 28	SHAKE						

WHY DETOX?

Most people have no idea the amount of the toxins they encounter every single day. Whether it be from the food you eat, the liquids you drink, or the air you breathe. Your body is being exposed to toxins and chemicals everyday. The fact is, we live in a very toxic world. While our bodies have natural detoxification processes, the TM3 United 28-Day Detox Program is designed to support the bodies natural elimination processes. Leading to increased energy, clarity, weight-loss, and decreased inflammation.

Did you know, that the average American consumes the equivalent of six full size candy bars of sugar every single day? This sugar is not coming from sweets, but from processed food and refined carbohydrates. According to experts, the amount of sugar contributes sickness, cancer and disease.

While many people start the TM3 28-Day Detox with the goal to lose weight, we educate by following good health principles, you will feel more confident, energized and rejuvenated. The TM3 28-Day Detox Program is designed to reset your Mind, Body, and Spirit.



TM3UNITED.COM/28DAYDETOXGUIDE

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*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.