

FOOD GUIDE AND DAILY CALENDAR



14-DAY SHRED



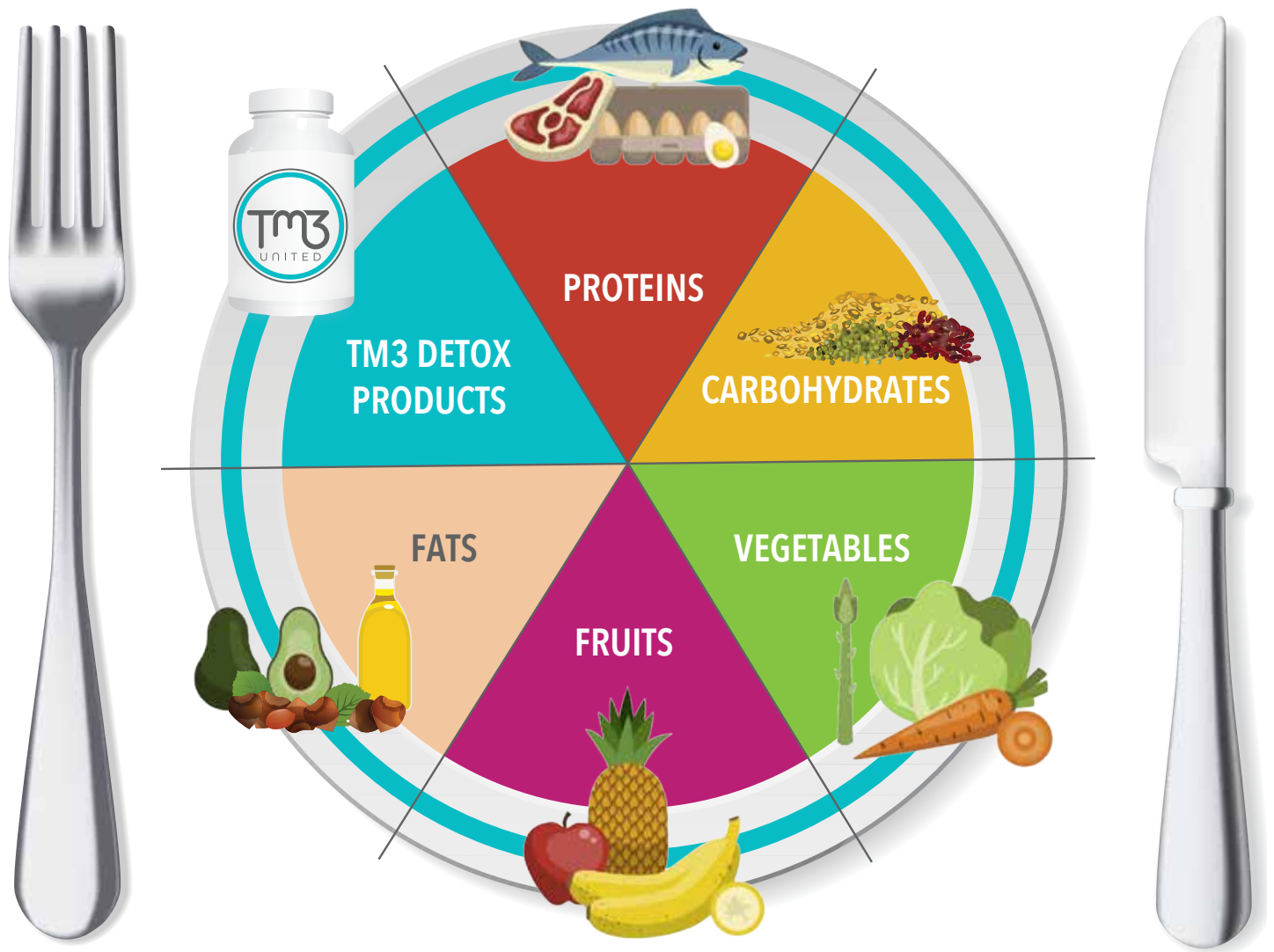
BENEFITS OF THE 14-DAY SHRED

- WEIGHT MANAGEMENT GOALS
- ENHANCED METABOLISM
- REDUCE HUNGER AND CRAVINGS
- BOOST ENERGY
- SUPPORT DIGESTION
- IMPROVE MUSCLE DEFINITION AND TONE

TM3 United's 14-Day Shred, 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 United 14-Day Shred 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 United's 14-Day Shred, 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.

14-DAY SHRED

Prior to starting your TM3 United 14-Day Shred, we encourage you to review the entire program, watch the Prep Video, and shop from the grocery list provided.



14-DAY SHRED PRODUCT GUIDE



TRANSFORM









GREEN SMOOTHIE



CAKE BATTER

FOOD GUIDE

PROTEINS 1 Palm-size Portion	CARBOHYDRATES 1 Handful	VEGETABLES 2 Handfuls
 1 PALM-SIZE PORTION About the size of a deck of cards	 1 HANDFUL About 1/2 cup	 2 HANDFULS
<p>Fresh Fish Poultry (chicken / turkey) Beef (all kinds) Beans or Lentils Eggs Tofu Tempeh</p> <p>Vegetarian Protein: Beans Chickpeas/ Garbanzo Beans Lentils Raw or Sprouted Nuts Tempeh Low Carb Protein Bar</p> <p>OTHER: Almond, Cashew or other Nut Milk (choose unsweetened)</p>	<p>Amaranth Barley Buckwheat Bulgur Kamut Millet Oats Quinoa Sweet Potato Rice (brown, red, wild)</p> <p>BEANS AND LENTILS CAN ALSO BE USED AS CARBOHYDRATES</p> <p>AVOID PASTA, BREAD, CRACKERS, WHITE RICE AND POTATOES</p>	<p>Artichokes Asparagus Arugula Bean Sprouts Broccoli Beets Greens Beets Brussel Sprouts 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</p> <p>Kale Mushrooms Mustard Greens Onions Peas Radicchio Greens Radishes Red Leaf Lettuce Mixed Greens (Lettuce, romaine, butter, red leaf, green leaf, oak Roots (turnip, ginger, carrot, radish, beet) Snap Peas Squash Sweet Peppers (green, yellow, red) Any non-starchy Vegetable</p>

FRUITS	FATS 1-2 TBSP	TM3 UNITED SHRED PRODUCTS
<p>Strawberries Blueberries (½ cup) Raspberries (½ cup) Blackberries (½ cup) 1 Plum (medium-size) 1 Apple (small) 1 Tangerine 1 Kiwi (medium-size)</p> <p>Cantaloupe (¾ cup) Cherries (½ cup) Pears Peaches Tomatoes Grapefruit Grapes</p>	<p>Olive Oil Organic Virgin Coconut Oil Flax Oil Hemp Oil Sesame Oil Avocado Oil Organic Real Butter (not margarine or spread) Avocado</p> <p>Nuts & Seeds (¼ cup) Almonds Cashews Pecans Walnuts Hazelnuts Brazil Nuts Macadamia Nuts Peanuts (legume) Sunflower Seeds</p> <p>AVOID ROASTED NUTS WITH ADDED OILS, VEGETABLE OIL, CORN OIL, PEANUT OIL AND DAIRY PRODUCTS (MILK, CHEESE, ETC.)</p>	<p> TRANSFORM (capsules)</p> <p> GREEN SMOOTHIE (scoop)</p> <p> CAKE BATTER (scoop)</p>

CONSUME FREELY	<p>Water Broth (vegetable, chicken, beef) Herbal Teas (sweeten with stevia; avoid artificial sweeteners) Dill Pickles Seasonings</p>
WATER	<p>Water intake is critical to any health plan. We recommend you consume half your body weight in fluid ounces. AVOID: SPARKLING WATER AND ALCOHOL</p>

CAUTION: TM3 United's 14-Day Shred is not intended for young children. If you are pregnant, nursing, taking prescription medication or have a medical condition, DO NOT follow this program without the advice of a licensed physician.

DAILY SHRED CALENDAR

MEALS ARE HIGHLIGHTED IN GREEN					
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
1 CLEANSE	TRANSFORM (1 capsule)	GREEN SMOOTHIE (1 scoop) <i>Optional half cup blueberries, raspberries or strawberries and a half banana</i>	TRANSFORM (1 capsule) Pickles or anything pickled 1 Fat 1 Non-Starchy Vegetable	Fruit or non-starchy veggie Herbal Tea	Broth 1 Non-Starchy Vegetable *Consume 16 oz of water before bed
2 CLEANSE	TRANSFORM (1 capsule)	GREEN SMOOTHIE (1 scoop) <i>Optional half cup blueberries, raspberries or strawberries and a half banana</i>	TRANSFORM (1 capsule) Pickles or anything pickled 1 Fat 1 Non-Starchy Vegetable	Fruit or non-starchy veggie Herbal Tea	Broth 1 Non-Starchy Vegetable *Consume 16 oz of water before bed
3 SHAKE	TRANSFORM (1 capsule)	GREEN SMOOTHIE (1 scoop) Either in Green Smoothie or Cake Batter Shake <i>Optional half cup blueberries, raspberries or strawberries and a half banana</i>	TRANSFORM (1 capsule) CAKE BATTER SHAKE (2 scoops)	Fruit or non-starchy veggie Herbal Tea	1 Protein 1 Non-Starchy Vegetable 1 Carbohydrate 1 Fruit 1 Fat Herbal Tea of choice if desired *Consume 16 oz of water before bed
4 MEAL	TRANSFORM (1 capsule)	GREEN SMOOTHIE (1 scoop) <i>Optional half cup blueberries, raspberries or strawberries and a half banana</i>	TRANSFORM (1 capsule) 1 Protein 1 Non-Starchy Vegetable 1 Carbohydrate 1 Fruit 1 Fat Herbal Tea of choice if desired	Fruit or non-starchy veggie Herbal Tea	1 Protein 1 Non-Starchy Vegetable 1 Carbohydrate 1 Fruit 1 Fat Herbal Tea of choice if desired *Consume 16 oz of water before bed
5 SHAKE	TRANSFORM (1 capsule)	GREEN SMOOTHIE (1 scoop) Either in Green Smoothie or Cake Batter Shake <i>Optional half cup blueberries, raspberries or strawberries and a half banana</i>	TRANSFORM (1 capsule) CAKE BATTER SHAKE (2 scoops)	Fruit or non-starchy veggie Herbal Tea	1 Protein 1 Non-Starchy Vegetable 1 Carbohydrate 1 Fruit 1 Fat Herbal Tea of choice if desired *Consume 16 oz of water before bed
6 CLEANSE	TRANSFORM (1 capsule)	GREEN SMOOTHIE (1 scoop) <i>Optional half cup blueberries, raspberries or strawberries and a half banana</i>	TRANSFORM (1 capsule) Pickles or anything pickled 1 Fat 1 Non-Starchy Vegetable	Fruit or non-starchy veggie Herbal Tea	Broth 1 Non-Starchy Vegetable *Consume 16 oz of water before bed
7 CLEANSE	TRANSFORM (1 capsule)	GREEN SMOOTHIE (1 scoop) <i>Optional half cup blueberries, raspberries or strawberries and a half banana</i>	TRANSFORM (1 capsule) Pickles or anything pickled 1 Fat 1 Non-Starchy Vegetable	Fruit or non-starchy veggie Herbal Tea	Broth 1 Non-Starchy Vegetable *Consume 16 oz of water before bed

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
SHAKE	MEAL	SHAKE	MEAL	SHAKE	CLEANSE	CLEANSE

*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.



TRANSFORM YOUR MIND, BODY, AND SPIRIT.

Along with getting rid of toxins, interval training, weight training and other cardio vascular exercise are excellent ways to build muscle mass and make your muscles stronger.

Before and After Results
COMING SOON!

BENEFITS OF THE

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 14-Day Shred 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 United 14-Day Shred with the goal to lose weight; following good healthy principles, you will feel more confident, energized and rejuvenated. The TM3 United 14-Day Shred Program is designed to reset your Mind, Body, and Spirit.

14-DAY SHRED



MAINTENANCE SECTION, WHAT'S NEXT?

Are you like us and loving your results from the TM3 United 14-Day Shred? The next choice is yours to make! You can maintain where you are with our Maintenance Pack, you can do another 14-Day Shred or if you are ready to step it up to our 28-Day Reset, we are ready to help! The choice is yours, and we encourage you to talk with the person who introduced you to TM3 United and chose one of these TM3- options that works best for you! Let's GOOOO!!

REBOUND AIR FOR
FULL AEROBIC
AND STRENGTH
WORKOUTS
AND IMPROVES
BALANCE AND
COORDINATION

AVAILABLE AT [TM3UNITED.COM](https://tm3united.com)



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OTHER PRODUCTS TO ADD TO YOUR DAILY ROUTINE

Establish a consistent exercise and meditation routine. Build your personal daily program with our unique blends of nutrients for your body.



TM3 UNITED FULL LINE OF PRODUCTS AVAILABLE AT [TM3UNITED.COM](https://tm3united.com)



14-DAY **SHRED**



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