

VELOVITA CHECKLIST

DAY 1

- TAKE BRAN SNAP
- BREAKFAST: EAT AROUND 300 WHOLESOME CALORIES
- MORNING SNACK: GRAB A 100 - 200 CALORIE PROTEIN
PACKED SNACK. DRINK AT LEAST 16OZ OF WATER
- LUNCH: EAT A BALANCED WHOLESOME MEAL AROUND 500 -
600 CALORIES. DRINK AT LEAST 16OZ OF WATER
- AFTERNOON SNACK: GRAB A 100 - 200 CALORIE PROTEIN
PACKED SNACK. DRINK AT LEAST 16 OZ OF WATER
- DINNER: EAT A BALANCED WHOLESOME MEAL AROUND 500
- 600 CALORIES. DRINK AT LEAST 16OZ OF WATER

NOTES:

DAY 2

- TAKE BRAN SNAP
- BREAKFAST: EAT AROUND 300 WHOLESOME CALORIES
- MORNING SNACK: GRAB A 100 - 200 CALORIE PROTEIN
PACKED SNACK. DRINK AT LEAST 16OZ OF WATER
- LUNCH: EAT A BALANCED WHOLESOME MEAL AROUND 500
- 600 CALORIES. DRINK AT LEAST 16OZ OF WATER
- AFTERNOON SNACK: GRAB A 100 - 200 CALORIE PROTEIN
PACKED SNACK. DRINK AT LEAST 16 OZ OF WATER
- DINNER: EAT A BALANCED WHOLESOME MEAL AROUND
500 - 600 CALORIES. DRINK AT LEAST 16OZ OF WATER

NOTES:

DAY 3

- TAKE BRAN SNAP
- BREAKFAST: EAT AROUND 300 WHOLESOME CALORIES
- MORNING SNACK: GRAB A 100 - 200 CALORIE PROTEIN
PACKED SNACK. DRINK AT LEAST 16OZ OF WATER
- LUNCH: EAT A BALANCED WHOLESOME MEAL AROUND 500
- 600 CALORIES. DRINK AT LEAST 16OZ OF WATER
- AFTERNOON SNACK: GRAB A 100 - 200 CALORIE PROTEIN
PACKED SNACK. DRINK AT LEAST 16 OZ OF WATER
- DINNER: EAT A BALANCED WHOLESOME MEAL AROUND
500 - 600 CALORIES. DRINK AT LEAST 16OZ OF WATER
- TAKE STAGE 1 ZLEM SNAP

NOTES:

VELOVITA CHECKLIST

DAY 4

- TAKE BRAN SNAP
- BREAKFAST: EAT AROUND 300 WHOLESOME CALORIES
- MORNING SNACK: GRAB A 100 - 200 CALORIE PROTEIN PACKED SNACK. DRINK AT LEAST 16oz OF WATER
- LUNCH: EAT A BALANCED WHOLESOME MEAL AROUND 500 - 600 CALORIES. DRINK AT LEAST 16oz OF WATER
- AFTERNOON SNACK: GRAB A 100 - 200 CALORIE PROTEIN PACKED SNACK. DRINK AT LEAST 16 oz OF WATER
- DINNER: EAT A BALANCED WHOLESOME MEAL AROUND 500 - 600 CALORIES. DRINK AT LEAST 16oz OF WATER
- TAKE STAGE 1 ZLEM SNAP

NOTES:

DAY 5

- TAKE PLOS SNAP WITH A FAVORITE MORNING BEVERAGE
- BREAKFAST: EAT AROUND 300 WHOLESOME CALORIES
- TAKE BRAN SNAP
- MORNING SNACK: GRAB A 100 - 200 CALORIE PROTEIN PACKED SNACK. DRINK AT LEAST 16oz OF WATER
- LUNCH: EAT A BALANCED WHOLESOME MEAL AROUND 500 - 600 CALORIES. DRINK AT LEAST 16oz OF WATER
- AFTERNOON SNACK: GRAB A 100 - 200 CALORIE PROTEIN PACKED SNACK. DRINK AT LEAST 16 oz OF WATER
- DINNER: EAT A BALANCED WHOLESOME MEAL AROUND 500 - 600 CALORIES. DRINK AT LEAST 16oz OF WATER
- TAKE STAGE 1 ZLEM SNAP

NOTES:

DAY 6

- TAKE PLOS SNAP WITH A FAVORITE MORNING BEVERAGE
- BREAKFAST: EAT AROUND 300 WHOLESOME CALORIES
- TAKE BRAN SNAP
- MORNING SNACK: GRAB A 100 - 200 CALORIE PROTEIN PACKED SNACK. DRINK AT LEAST 16oz OF WATER
- LUNCH: EAT A BALANCED WHOLESOME MEAL AROUND 500 - 600 CALORIES. DRINK AT LEAST 16oz OF WATER
- AFTERNOON SNACK: GRAB A 100 - 200 CALORIE PROTEIN PACKED SNACK. DRINK AT LEAST 16 oz OF WATER
- DINNER: EAT A BALANCED WHOLESOME MEAL AROUND 500 - 600 CALORIES. DRINK AT LEAST 16oz OF WATER
- TAKE STAGE 1 ZLEM SNAP

NOTES:

LIVOLGY CHECKLIST

DAY 7

- TAKE PLOS SNAP WITH A FAVORITE MORNING BEVERAGE
- BREAKFAST: EAT AROUND 300 WHOLESOME CALORIES
- TAKE BRAN SNAP
- MORNING SNACK: GRAB A 100 - 200 CALORIE PROTEIN PACKED SNACK. DRINK AT LEAST 16OZ OF WATER
- LUNCH: EAT A BALANCED WHOLESOME MEAL AROUND 500 - 600 CALORIES. DRINK AT LEAST 16OZ OF WATER
- AFTERNOON SNACK: GRAB A 100 - 200 CALORIE PROTEIN PACKED SNACK. DRINK AT LEAST 16 OZ OF WATER
- TAKE UUTH SNAP
- DINNER: EAT A BALANCED WHOLESOME MEAL AROUND 500 - 600 CALORIES. DRINK AT LEAST 16OZ OF WATER
- TAKE STAGE 1 ZLEM SNAP

DAY 8

- TAKE PLOS SNAP WITH A FAVORITE MORNING BEVERAGE
- BREAKFAST: EAT AROUND 300 WHOLESOME CALORIES
- TAKE BRAN SNAP
- MORNING SNACK: GRAB A 100 - 200 CALORIE PROTEIN PACKED SNACK. DRINK AT LEAST 16OZ OF WATER
- LUNCH: EAT A BALANCED WHOLESOME MEAL AROUND 500 - 600 CALORIES. DRINK AT LEAST 16OZ OF WATER
- AFTERNOON SNACK: GRAB A 100 - 200 CALORIE PROTEIN PACKED SNACK. DRINK AT LEAST 16 OZ OF WATER
- TAKE UUTH SNAP
- DINNER: EAT A BALANCED WHOLESOME MEAL AROUND 500 - 600 CALORIES. DRINK AT LEAST 16OZ OF WATER
- START STAGE 2 ZLEM

MAINTENANCE

CONTINUE USING DAY 8 AND USE ZLEM SLEEP & SLIM AS DIRECTED. EACH BOX YOU WILL START WITH STAGE ONE WHICH WILL HELP THE MONTHLY DETOX PROCESS.

WE RECOMMEND ADDING 1 PRODUCT AT A TIME TO ALLOW YOUR BODY TO ADJUST BEFORE ADDING ANOTHER PRODUCT

YOU CAN USE THIS AS A REGULAR DAILY GUIDE WHILE ON YOUR JOURNEY FOR REAL WEIGHT LOSS NOT JUST FLUID LOSS OR STARVATION EFFECTS LIKE WITH A DIET.

SOME OF YOU ARE LOOKING TO STIMULATE A MORE RAPID WEIGHT LOSS AND THIS INFO IS FOR YOU. FOLLOW THESE FOOD TIMING TIPS TO HELP JUMPSTART YOUR METABOLISM AND SUPPORT STRONGER WEIGHT LOSS EFFORTS...

NOTES:

NOTES:

NOTES: