

21day CHANGE

	Day 1 Date _____	Day 2 Date _____	Day 3 Date _____	Day 4 Date _____	Day 5 Date _____	Day 6 Date _____	Day 7 Date _____
30 Minutes Before Breakfast	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water
Breakfast	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build
30 Minutes Before Lunch	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water
Lunch	<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS	<input type="checkbox"/> CS
Dinner	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water
Before Bedtime	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC
Workout	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water

**MB: Metabolic Boost • **GCB: Green Coffee Bean • **LC: Liquid Cleanse* • *CS: Complete Shake

Genesis
PURE™
Independent Business Owner

Brought to you by: 

21day CHANGE

	Day 8 Date _____	Day 9 Date _____	Day 10 Date _____	Day 11 Date _____	Day 12 Date _____	Day 13 Date _____	Day 14 Date _____
30 Minutes Before Breakfast	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water
Breakfast	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build
30 Minutes Before Lunch	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water
Lunch	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water
Dinner	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water
Before Bedtime	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC
Workout	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water



**MB: Metabolic Boost • **GCB: Green Coffee Bean • **LC: Liquid Cleanse* • *CS: Complete Shake



21day CHANGE

	Day 15 Date _____	Day 16 Date _____	Day 17 Date _____	Day 18 Date _____	Day 19 Date _____	Day 20 Date _____	Day 21 Date _____
30 Minutes Before Breakfast	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> Energy <input type="checkbox"/> 2 MB <input type="checkbox"/> 2 GCB <input type="checkbox"/> 16 oz water
Breakfast	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build	<input type="checkbox"/> CS <input type="checkbox"/> Go Yin <input type="checkbox"/> Daily Build
30 Minutes Before Lunch	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 2 MB <input type="checkbox"/> 2GCB <input type="checkbox"/> 16 oz water
Lunch	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water
Dinner	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water	<input type="checkbox"/> 5-8 oz lean protein <input type="checkbox"/> Steamed/raw veggies or salad <input type="checkbox"/> 16 oz water
Before Bedtime	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC	<input type="checkbox"/> 2 droppers LC
Workout	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water	<input type="checkbox"/> E2 <input type="checkbox"/> 16 oz water

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