

Wholy Tea NUTRITION "MAKEOVER PROGRAM"

• Targeting increased energy, weight management, cardiovascular health, digestive health, joint and muscle well being.

it's as easy as 1, 2, tea!

STEP ONE - 7 DAY CLEANSE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRE-BREAKFAST	1 cup WHOLY TEA	1 cup WHOLY TEA	1 cup WHOLY TEA	1 cup WHOLY TEA	1 cup WHOLY TEA	1 cup WHOLY TEA	1 cup WHOLY TEA
BREAKFAST	1/2 cup orange juice 3/4 cup yogurt (no added sugar) 2 boiled eggs (discard one yolk) or poached eggs 1 apple or orange 1 cup water	3/4 cup hot cereal or oatmeal 1 serving of fruit 3/4 cup yogurt (no added sugar) 1 cup water or herbal tea	1 Bodyflex AM breakfast shake with mixed fruit* 1 cup water	2 scrambled eggs 1/2 orange 3/4 cup yogurt (no added sugar) 1 cup water	1 Bodyflex AM breakfast shake with mixed fruit* 1 slice multigrain toast 1 cup water	2 Breakfast choices: 2 egg omelette 4 slices tomato 1/2 orange or other type of fruit 1 cup water or 1 cup oatmeal 1 serving of fruit 1 cup water	2 Breakfast choices: 1 Bodyflex AM breakfast shake with mixed fruit* 1 cup water or 3/4 cup cottage cheese 2 poached eggs 1 apple 1 cup water
MORNING SNACK	50 g cheese cubes 1 serving of fruit 1 cup water or herbal tea	1 can tomato juice 1 can tuna (snack size) 1 cup water or herbal tea	1/2 cup celery/baby carrots & blue cheese dip 1 cup water	3/4 cup yogurt (no added sugar) or 1 orange 1 oz of almonds 1 cup water and herbal tea	1 apple 1 oz. havarti cheese 1 cup water	1 cup soya milk (unsweetened) or almond milk 1 serving of fruit 1 cup water	1 can vegetable juice 50 g cheese or yogurt (no added sugar) 1 cup water
LUNCH	1 chicken caesar salad (with extra tomato and onion) 1 cup soup (low sodium) 1 cup water	2 cups spinach salad with chicken breast soup (low sodium & low fat) 1 cup water or herbal tea	1 1/2 cup tossed or greek salad with chicken and extra tomato 1/2 banana 1/2 cup juice 1 cup water or decaffeinated herbal tea with lemon 50 g cheese cubes (optional) 3/4 cup yogurt (sugar free) 1 cup water	1 cup chili 2 celery sticks 1 apple 1 cup water or tomato juice	1 1/2 cups avocado & cheese spinach salad with chicken breast and extra tomato 1-2 cups water	1 1/2 cups mixed low sodium vegetable soup & 2 celery sticks 1 cup tomato juice 1 cup tossed salad 1 cup water	1 egg salad wrap 1 cup soup (low sodium & low fat) 2-3 cups water
AFTERNOON SNACK	60 ml raisins 1 apple 1 cup water	1 fruit cup (unsweetened) 1 oz of almonds 1 cup water	50 g cheese cubes (optional) 3/4 cup yogurt (sugar free) 1 cup water	1 serving of fruit 1 cup yogurt (sugar free) 1 cup water	60 ml mixed nuts or decaffeinated herbal tea with lemon 1 apple 1 cup water	3/4 cup yogurt (sugar free) 1/2 cup WHOLY TEA 1-2 cups water	1 small can vegetable juice 50 g cheese or sugar free yogurt. (optional: Wholy Tea is edible, you may add contents of tea bags into yogurt) 1 cup water
DINNER	75 g -100 g lean pork chop or pork tenderloin or fish 1/2 cup mixed vegetables 1/2 cup baked or mashed potato 1/2 cup WHOLY TEA 1 cup water	75 g - 100 g turkey breast 1 cup tossed salad with extra tomato 1/2 cup broccoli/carrot/cauliflower 1/2 cup WHOLY TEA 1 cup water	75 g - 100 g salmon 1/2 cup brown rice 1/2 cup coleslaw 1 cup water 1 cup herbal tea 1/2 cup WHOLY TEA 1 cup water	1 bowl of soup and large tossed salad 1/2 cup WHOLY TEA 1 cup water	75 g - 100 g chicken or fish stir-fry with vegetables, cauliflower 1/2 cup brown rice 1 cup herbal tea 1/2 cup WHOLY TEA 1 cup water	1/2 cup mixed beans 1/2 cup coleslaw & 1/2 baked potato 75 g pork chop or other lean meat 1 scoop ice cream & 50 g brownie 1 glass red wine or unsweetened grape juice 1/2 cup WHOLY TEA 1 cup water	75 g -100 sirloin steak 1 cup caesar salad 1/2 cup scalloped potato 1-2 cups herbal tea 1/2 cup WHOLY TEA 1 cup water
EVENING BEVERAGE	1 cup tomato juice (with lemon)	1 cup herbal tea (with sliced lemon)	1 scoop CardioFlex** mixed with 1 cup of water/juice	1 scoop CardioFlex** mixed with 1 cup of water/juice	1 scoop CardioFlex** mixed with 1 cup of water/juice	1 scoop CardioFlex** mixed with 1 cup of water/juice	1 cup herbal Tea
BED TIME	1 cup WHOLY TEA	1 cup WHOLY TEA	1 cup WHOLY TEA	1 cup WHOLY TEA	1 cup WHOLY TEA	1 cup WHOLY TEA	1 cup WHOLY TEA

Keys to Program:
Target 20-30 g protein per meal, 5-7 g protein for most snacks (Consuming adequate amounts of protein is required to stabilize blood sugar levels at 4-6. Blood glucose spiking is a major contributor to obesity, cardiovascular disease, diabetes and arthritis). No caffeine, limited alcohol, low grain intake, no sugar, no artificial flavors/colors, reduce preservatives such as sodium nitrate, no commercial sauces/condiments. Always consume 6-8 cups of quality water per day. No aluminium based anti-perspirants, no laurel sulphate based shampoos, use only natural body and hair care products. Remember: you are cleansing the liver, so avoid anything that places an unnecessary burden on the liver and other organs. **Cardioflex (A unique blend of vitamins and amino acids taken daily as nutritional support to enrich cardiovascular health) Mix one scoop of Cardioflex in water or juice. (Preferred juices are unsweetened organic grape, cranberry, or raspberry).

**Bodyflex AM breakfast shake" (smoothie) (Nutritionally balanced for healthy lifestyles)
1 1/2 cups milk (1% milk or unsweetened soymilk or "Lactaid")
1 scoop french vanilla "Bodyflex AM breakfast shake" (available at most Health Stores)
4 frozen strawberries (available at all grocery stores) or 1/2 cup frozen blueberries
1/4 banana (keep banana portions small as they are high in sugar)
1 tablespoon Yellow Flax or Salba (Chia Seed) for fibre (optional)
Blend in a blender for 45 seconds, then consume within 10 minutes and follow with 1 cup of water. Have Bodyflex AM breakfast shakes for breakfast and after workouts.

Notes: This program is for reference only, the portion size may vary depending on individual energy requirement. In addition to this program, one may also consider periodic treatments with detox services offered at leading spas and salons. *Disclaimer: The information should not be used for diagnosing or treating a health problem. Not all diet and exercise plans suit everyone. You should always consult your licensed healthcare provider before starting a diet, taking any form of prescription medication, or embarking on any nutrition, fitness or weight training program.*

Wholy Tea NUTRITION "MAKEOVER PROGRAM"

• Targeting increased energy, weight management, cardiovascular health, digestive health, joint and muscle well being.

it's as easy as 1, 2, tea!

STEP TWO - Maintenance Cleansing Program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRE-BREAKFAST	1 scoop of CardioFlex in 1 cup of water or juice	1 scoop of CardioFlex in 1 cup of water or juice	1 scoop of CardioFlex in 1 cup of water or juice	1 scoop of CardioFlex in 1 cup of water or juice	1 scoop of CardioFlex in 1 cup of water or juice	1 scoop of CardioFlex in 1 cup of water or juice	1 scoop of CardioFlex in 1 cup of water or juice
BREAKFAST	1 BodyFlex Am Breakfast Shake with blueberries 1 cup water or herbal tea	1 BodyFlex Am Breakfast Shake with strawberries and 1/2 banana 1 cup water	2 poached eggs 1 serving of fruit 1 slice 12 grain toast 1 cup 1% milk 1 cup water	1 cup organic flaxseed oatmeal 1 orange 1 cup herbal tea 1 cup 1% milk	1 BodyFlex Am Breakfast Shake with blueberries and 1/2 banana 1 /2 whole wheat bagel with 1 tbsp of almond butter 1 cup water or herbal tea	2 egg omelette with 50g-75g cheese with your choice of vegetable filling (optional: sausage, bacon, or ham) 1 cup milk 1 fruit of choice	2 poached eggs with tomato slices 1/4 slice of watermelon 1/2 cup baked hash browns 1/2 grapefruit 1 cup water
MORNING SNACK	3/4 cup probiotic yogurt with 1/4 cup granola 1 cup water	1 serving of fruit 1 cup decaffeinated herbal tea	1 cup mixed raw veggies and dip 1 cup milk or water	1 cup yogurt (with no added sugar) 1 cup water	1 to 2 carrot sticks with ranch dressing 1 cup water or herbal tea	1 piece rye or whole wheat toast with 1 tbsp peanut butter or almond butter 1 cup water	1 cup tomato juice 1/2 can tuna 5 crackers 1 cup water
LUNCH	2 cups spinach salad with mandarin orange and grilled chicken breast 1 apple 1 cup water	1 whole wheat wrap with chicken, lettuce and veggies 1/2 cup brown rice 1/2 cup yogurt 1 cup water or herbal tea	1 1/2 cups caesar salad with grilled chicken 1 cup low sodium soup 1/4 cup raisins 1 cup juice or herbal tea 1 cup water	large greek salad with chicken breast 1 cup juice 1 cup broth soup 1 cup water	2 cups spinach with 1 tbsp of slivered almonds, small handful of dried cranberries, few pieces of a mandarin orange topped with light asian vinaigrette dressing 1 serving of fruit 1 cup water	1 whole wheat or flaxseed pita or wrap with (50 g) light sliced cheese optional: salsa for dipping 1 cup salad 1 cup water 10 minute walk	1 cup chili 1 cup spinach salad with mandarin oranges and vinaigrette dressing 1/2 banana 1 cup herbal tea 10 minute walk
AFTERNOON SNACK	1 cup mixed raw veggies with dip 1 cup water	50 g cheese cubes 1/2 cup mixed nuts 1 cup tomato juice 1 cup water or herbal tea	1 cup yogurt with fresh raspberries 1-2 cups herbal tea or water	50 g cheese cubes 15 almonds 1 small can veggie juice 1 cup water or herbal tea	1 small can tuna 4 small multi-grain crackers 1 cup herbal tea	1 cup yogurt with fresh berries and almonds. 1 natural ice tea 1 cup water	50 g cheese cubes 10 whole wheat crackers 1 cup water
DINNER	1 cup low sodium tomato soup 75 g - 150 g roasted chicken (grocery stores have ready to serve) (or weekend left overs) 1 cup tossed salad with extra tomatoes 1 cup juice or decaffeinated herbal tea	75 g - 125 g pork loin or other lean meat small caesar salad 1/2 baked potato grilled zucchini or green beans 1 cup water	75 g - 125 g grilled lean meat 1/2 cup beans 1/2 cup coleslaw or salad 1 cup of red wine or natural grape juice 1 cup water	75 g - 125 g salmon stirfry with assorted vegetables 3/4 cup wild rice 1 cup water	pasta dinner of your choice (try brown pasta) 1 cup caesar salad 1 light beer, wine, or beverage of choice 1 cup water	75 g - 125 g grilled steak 1 cup mashed potatoes 1 cup steamed vegetables 1 glass red wine 3/4 cup cherries topped with warmed ricotta cheese and almond. Optional: 1 scoop ice cream. 1 cup water.	75 g - 125 g grilled salmon or walleye 1 cup salad 1 cup brown rice 1 cup sauteed red, yellow and orange peppers 1 cup juice 1 cup water
EVENING EXERCISE	20-30 minute walk	15 - 20 minute light weight training in front of TV	15 minute stretching (perhaps while watching a tv program)	15 - 20 minute light weight training in front of TV	15 - 20 minute walk	30 minute dancing	10 minute hot tub, 10 min stretching
EVENING BEVERAGE	1 cup of herbal tea	1 cup of herbal tea	1 cup of herbal tea	1 cup water	1 glass of white or red wine	1 cup of herbal tea	1 scoop CardioFlex** mixed with 1 cup of water
BED TIME	1 cup WHOLY TEA	1 cup WHOLY TEA	1 cup WHOLY TEA	1 cup WHOLY TEA	1 scoop CardioFlex** mixed with 1 cup natural fruit juice	1 scoop CardioFlex** mixed with 1 cup natural fruit juice	2 cups WHOLY TEA

Other Fine Natural Health Products by Innotech Nutrition:



"Natural Artery Cleanse" "The Natural Statin and Nerve Relaxer" "Smoothie Mix for All Day Energy" "Throat spray for coughs, colds etc" "Juiced Greens for Gentle Detox" "Easy and Convenient Spray Vitamins" "Ionic Nano Particle Calcium/Magnesium"