

“You’ll look great in a NuLean body!”

Cleansed, energized and lean!



Transform your body from fat storing, to a fat burning machine!

Cleanse out harmful toxins and revitalize your health!

The NuLean system is designed to naturally re-energize your metabolism so that it stops storing fat and starts burning it like never before. It accomplishes this by:

- 1 Clearing your body of fat producing toxins through cellular cleansing.
- 2 Reducing your carb and sugar cravings by infusing your body with life-enhancing nutrients.
- 3 Prompting healthy eating habits and a more active lifestyle.

NuLean[®]

800-948-5307 - www.NuLean.com

The 21-Day program is not just a weight loss program. It's also a detoxification program. It is designed to help rid your body of toxins stored in your fatty tissues. Please keep that in mind as you read the following instructions. You are about to embark on a health journey. Don't think of it as giving up bad food, but rather as a method of gaining a new, healthy, lean body — a NuLean body!

The first week of the NuLean 21-Day program is the **Cleanse Phase (or Phase 1)**. During this phase your body is introduced to nutrients and dietary changes that trigger it to gently detoxify. According to a study, in addition to weight loss, in just one week the participants experienced life improvements as seen in their blood, such as the lowering of cholesterol, triglycerides and glucose levels. Per the study, the average weight loss in the first week was 7.5 pounds. However, if you don't lose that many pounds in the first week don't worry. Your body and health is changing. In addition to weighing yourself, make sure to measure yourself in accordance with the graph below. Some people lose inches easier than pounds at first. *Measure and weigh* yourself.

Weeks two and three are the **Acceleration Phase (or Phase 2)**. During this phase your body chemistry, as well as your eating habits, evolve to a purer, healthier state. Your body starts to lose fat in deep-seated places that had stored toxins and fat for the longest times. This is where your body begins to transform into the dream body you've always wanted. Following are the directions for both the Cleanse Phase and the Acceleration Phase.

Measure and weigh your progress

	Weight	Measure Neck	Measure Waist	Measure Upper L. Arm	Measure Upper R.. Arm	Measure Upper L. Thigh	Measure Upper R. Thigh	Measure Chest	Measure Hips
Beginning Week 1									
Beginning Week 2									
End of Week 3									

Throughout the 21 days...

Step by Step Instructions

1. Drink eight 8oz glasses of purified or bottled water each day in addition to the water you drink with the protein powder and super cleanse.
2. Walk or run each day for at least 20 minutes. Swift walking is best with bursts of speed running, if possible (called walk/run). After running is over return to walking until your heartbeat returns to normal, then burst into a run for a short interval -- walk, run, walk, etc. If running isn't possible because of physical limitations try power walking.
3. Power walking consists of picking up and laying down your feet. Roll through from heel to toe. When you get to the ball of your foot, push off and then lay down your heel. When done correctly you will feel your legs working. Hold your head straight up so that your ears are vertically over your shoulders, while freely swinging your arms. When you walk this way you will feel your legs working. Power walking burns roughly 50% more calories than normal walking.
4. Step four. Follow the Cleanse Protocol below.

The Cleanse Stage (Days 1 - 7)

MORNING

- Two capfuls of SUPER CLEANSE in 8oz of water on an empty stomach.
- One scoop of SUPER PROTEIN in 8oz of water.
- Two QUICK BURN Capsules.

Note: These two drinks can be taken close together.

MID-MORNING

- Snack on vegetables such as cucumber, lettuce or celery, or raw almonds (not cooked, baked or salted).

LUNCH

- Two scoops of SUPER PROTEIN in 8oz of water.
- One capful of SUPER CLEANSE in 8oz water on the first four days of the diet only.

Note: These two drinks can be taken close together.

AFTERNOON

- Snack on vegetables such as cucumber, lettuce or celery, or raw almonds (not cooked, baked or salted).

DINNER

- One 400 to 600 calorie meal. This could be a broiled or grilled fish, chicken or turkey meal with vegetables. Nothing fried, ever. For more meal ideas go to www.NuLeanLife.com/cookbook.pdf
- Two QUICK BURN Capsules.

EVENING

- One scoop of PROTEIN POWDER in 8oz of water.
- Two capfuls of SUPER CLEANSE in water.

BEFORE BEDTIME

Take 1 to 2 capsules of NuLean Colon Cleanse as needed to stay regular.

NOTE: If you are doing the program for one week only you will have Super Protein and Quick Burn caps left over. After the week substitute breakfast with 2 scoops of Super Protein until the bottle runs out. Also, take 3 capsules of Quick Burn each day until the bottle runs out. If you are doing the full 21-Day program these extra products will be used over the next two weeks per the following instructions.

If you completed the one week Phase 1 program and had not purchased the entire 21-Day program but want to lose more weight, it is suggested that you proceed by doing the 21-Day program.

The Acceleration Stage (Days 8 – 21)

During this phase you will practice Scheduled Eating, which consists of Meal Days and Slimming Days. On Meal days you eat two meals a day and replace breakfast with two scoops of Super Protein and one capful of the Power Cleanse. On Slimming Days (every other day) you skip regular meals and substitute meals with two scoops of the NuLean Protein Powder three times a day.

MEAL DAYS

(days 8, 10, 12, 14, 16, 18, 20)

MORNING

- One capful of POWER CLEANSE and one scoop of SUPER PROTEIN in 8oz of water. (Mix the Power Cleanse and Protein together in one glass or drink them separately.)
- Two QUICK BURN Capsules.

MID-MORNING

- Snack on vegetables with a high water content (such as cucumber, lettuce or celery), or raw almonds (not cooked, baked or salted).

LUNCH

- One 400 to 600 calorie meal. This could be a broiled or grilled fish, chicken or turkey meal with vegetables. Nothing fried, ever. (For more meal ideas go to www.NuLeanLife.com/cookbook.pdf)

DINNER

- One 400 to 600 calorie meal. This could be a broiled or grilled fish, chicken or turkey meal with vegetables. Nothing fried, ever. (Go to www.NuLeanLife.com/cookbook.pdf)
- Two QUICK BURN Capsules.

EVENING

- One capful of POWER CLEANSE in 8oz water.

SLIMMING DAYS

(days 9, 11, 13, 15, 17, 19, 21)

MORNING

- One capful of POWER CLEANSE and TWO scoops of SUPER PROTEIN in 8oz of water. (Mix the Power Cleanse and Protein together in one glass or drink them separately.)
- Two QUICK BURN Capsules.

MID-MORNING

- Snack on vegetables with a high water content (such as cucumber, lettuce or celery), or raw almonds (not cooked, baked or salted).

LUNCH

- TWO scoops of SUPER PROTEIN in 8oz of water.

AFTERNOON

- Snack on vegetables with a high water content (such as cucumber, lettuce or celery), or raw almonds (not cooked, baked or salted).

DINNER

- TWO scoops of SUPER PROTEIN in 8oz of water.
- Two QUICK BURN Capsules.

EVENING

- One capful of POWER CLEANSE in 8oz water.

If you completed the NuLean 21-Day program and wish to lose more weight simply do it again. The 21-Day program can be repeated as many times as you like. It is recommended that after two 21-day back to back repetitions you take a one week break before starting your next 21-day program, During the break just continue with the healthy eating habits you enjoyed while doing the program.