

Arise & Shine Handy Cleanse 14 Daily Tracker

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| Day/Date | 6:30A | 8:00A 8:15A | 9:30A | 11:00A *10:00A | 12:30P | 2:30P | 4:00P | 5:30P | 7:00P 7:15P | 8:30P | 8:45P 9:15P | If you get off schedule allow a minimum of 45 to 60 minutes before and after a cleansing shake. Herb Sets should be taken 2 hours after completion of a meal. |
|---|-------|----------------|-------|-------------------|--------|-------|-------|-------|----------------|-------|----------------|---|
| Prep Week: Alkaline forming food & drink as much as possible. | | | | | | | | | | | | |
| 1 | S | H | S | H | Lunch | H | S | H | Dinner | FG | H | Gentle Phase |
| 2 | S | H | S | H | Lunch | H | S | H | Dinner | FG | H | |
| 3 | S | H | S | H | Lunch | H | S | H | Dinner | FG | H | |
| 4 | S | H | S | H | Lunch | H | S | H | Dinner | FG | H | |
| 5 | S | H | S | H | Lunch | H | S | H | Dinner | FG | H | |
| 6 | S | H | S | H | Lunch | H | S | H | Dinner | FG | H | |
| 7 | S | H | S | H | Lunch | H | S | H | Dinner | FG | H | |
| 8 | S | H | S | H | Lunch | H | S | H | S | H | FG | Power Phase |
| 9 | S | H | S | H | Lunch | H | S | H | S | H | FG | |
| 10 | S | H | S | H | Lunch | H | S | H | S | H | FG | |
| 11 | S | H | S | H | Lunch | H | S | H | S | H | FG | |
| 12 | S | H | S | H | Lunch | H | S | H | S | H | FG | |
| 13 | S | H | S | H | Lunch | H | S | H | S | H | FG | |
| 14 | S | H | S | H | Lunch | H | S | H | S | H | FG | |
| 15 | S | M | FG | H* | M | FG | | | M | FG | | Note: Post Cleanse week. First day is 2 Flora Grow after breakfast, lunch and dinner. Then 1 Flora Grow after each meal. Shake is Psyllium only. |
| <p align="center">Continue Flora Grow after dinner until bottle is empty.</p> <p align="center">S-Shake H-Herb Set FG - Flora Grow M-Meal</p> | | | | | | | | | | | | |
| Please refer to the Cleanse Guide for the full details. | | | | | | | | | | | | |