

Welcome to Dump the Junk!

Dump the Junk is a 5 day mini cleanse designed to reboot your body. It rejuvenates, energizes, and removes the toxic junk from your body. It is a great way to reset your cravings, help you feel energized and maybe even lose a few pounds without going hungry, workouts, or cooking.

So what's involved? For 5 days you will eat 3 meals a day along with 2 snacks all while dumping the junk. As Health Educators we realized the importance of cleansing once in a while to reset the body. Just as important as cleaning out the junk is the need to maintain good nutrition and consistent blood sugar levels when doing it. It's also an excellent way to kick start a weight loss or clean eating program.

This is why Dump the Junk is so great. Enjoy a nutritious smoothie for breakfast, lunch, and dinner along with two tasty snacks during the day. At dinner you also have the option to add a salad or steamed vegetables to meet your daily calorie needs. Dump the Junk - 5 Day Mini Cleanse is adapted from celebrity fitness trainer, Harley Pasternak's book, The Body Reset Diet.

If you are ready to Dump the Junk we would love to have you join us. We will start on Monday, January 25, 2016.

Dumping the Junk is as easy as 1, 2, 3...

1. Figure out your calorie total for the day using the chart provided.
2. Use the Dump the Junk "Meal Planner" to plan your meals and snacks. (make sure to meet and not exceed your calories for the day)
3. Use our handy Dump the Junk "Pantry List" to help you shop for the necessary items.

Your current weight	Your calorie level*
up to 150 lbs.	1,200 calories
151 - 200 lbs.	1,500 calories
201 - 250 lbs.	1,800 calories
251 + lbs.	2,100 calories

* Nursing Moms add 500 calories

...then start Dumping the Junk. Daily tips and suggestions will be posted in our Facebook group before, during and after the 5 day event.

As Health Educators we have had the best results when using the Shaklee line of food supplements. We have contacted many vitamin companies asking for their research, clinical studies, and quality testing. Shaklee is the company that comes out at the top. We have also found the Shaklee products used in Dump the Junk to be the most nutritionally complete.

(We encourage you to shop for your grocery items the weekend before and to place your Shaklee order by January 15th to ensure you have everything needed for a successful 5 days.)

Snack Suggestions	Serving Size	Calories	Dietary Fiber (grams)	Protein (grams)
Boiled Egg	1	78		6.3
Peanut Butter & Celery	1 TBLS + 5 celery ribs	155	1	4
Peanut Butter & Apple	1 TBLS + ½ apple	157	3.5	4.5
Almonds, raw unsalted	23	163	3.5	6
Shaklee 180 Snack Bar	1	130-150	3	9-10

Find additional information, smoothie recipes, snack options, fruit and vegetable charts, and FAQs in the attached files. If you have any other questions, concerns, or need more information please contact the person who invited you. We are here to help you have a successful Dump the Junk.

Liability: By participating, you agree with the following statement: "I have been advised to consult with my physician regarding any past or current health issue or injury that may affect my participation in this challenge. I assume these risks and responsibility along with all liability for damage arising from any personal injury, illness or other health issue caused to myself, or other persons or property, caused by our participation in this event."