

FAQ for Dump the Junk

What is Dump the Junk?

It is a 5 day body reset program.

What do I eat?

3 meals and 2 snacks a day.

What type of milk should I use?

Fat-Free or Skim dairy milk. Almond or Coconut milk may be substituted, however more protein will need to be added to compensate for the lack of protein in these milks.

What amount of fruits and vegetables can I eat during a day on Dump the Junk?

Any amount of fruit and vegetables may be consumed as long as the calorie count for the day is not exceeded. Remember the calorie count for the day includes all smoothies, snacks, fruits, and vegetables.

Why are Shaklee products suggested for Dump the Junk?

As Health Educators we have had the best results when using this 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.

How much water should I be consuming in one day?

The amount of water is different for each person. To figure out how much water you should be consuming take your body weight and divide in half. This number is the amount of ounces you should be consuming each day. *Example: 150lbs divided by 2 = 75oz. 75oz = about 9.5 cups*