



## The NUTRISHOP Women's Clean & Lean 30-Day Challenge

### SUPPLEMENT COMPANION GUIDE

#### AM Supplements to be taken prior to breakfast:

- 1 scoop Nature's Fuel
- 2 capsules Detoxin
- 2 capsules Ketolean7

\*\*\* Advanced Program: Add ½ scoop Thermovex to the above.  
You can mix this with the Nature's Fuel or take separately.



#### Afternoon Supplements to be taken prior to lunch:

- 2 capsules Ketolean7
- \*\*\* Advanced Program: Add 1 scoop Thermovex to the above.



#### PM Supplements to be taken with bedtime protein shake:

- 2 capsules Detoxin
- \*\*\* Advanced Program: Add 1 scoop Thermovex PM. You can mix this with the protein or 3-4oz of water.

#### Before bed:

- 1 scoop scoop ForzaOne protein.

\*\* On days you work out with weights, take an ADDITIONAL half-scoop of ForzaPro immediately following the workout.

\*\*\* To speed results and recovery, you may use 1 scoop of the BCAA Sport right before your workout.

