

The *Blended For You* & *2 Guys With Knives* 3-Day Cleanse & Reset Plan

Whether you're starting a clean eating diet for the first time, kick-starting weight loss, or need a reset to get back on track with healthy eating, we've got your back with our 3-Day Cleanse & Reset Plan.

This 3-day plan creates awareness about how much and which types of food you are eating, energizes your body with nutrient dense foods and supports your health goals. The *Blended For You* smoothies in this program support toxin removal, immunity and rejuvenation. The vegan snacks and meals have been hand-crafted by *2 Guys With Knives* to support your health, nutrition and clean eating goals. Together, we've created one mega nutrient-packed, energizing, health-reset program.

Your program includes all the meals & snacks you'll need for the 3 days:

- **9** x Blended For You Smoothies
- **3** x 2 Guys With Knives Vegan Snacks
- **6** x 2 Guys With Knives Vegan Meals
- Sample eating schedule & plan (follows)



Sample Eating Schedule

Getting into the habit of eating on a regular schedule is an important part of keeping your metabolism up and reaching your weight goals. It also reduces the chance of snacking on junk foods and grabbing unhealthy foods to go. Adjust depending on your wake up time and avoid eating 2 hours before bed.

7:00 AM	Breakfast	Blended For You Smoothie
10:00 AM	Morning Snack	2 Guys Vegan Snack Box
12:30 PM	Lunch	2 Guys Vegan Meal
3:30 PM	Afternoon Snack	Blended For You Smoothie
6:00 PM	Dinner	2 Guys Vegan Meal
8:00 PM	Evening Snack	Blended For You Smoothie (let soften & spoon from the pack vs blending to avoid extra liquid consumption before bed)

We recommend drinking at least eight 8 oz glasses of water per day to help with digestion, detoxification, and hydration. Add another 8 oz of water for every hour of physical activity.

Tip: adding lemon or cucumber to your water will support detoxification. Track your great water work with this chart:

Glass:	1	2	3	4	5	6	7	8
Day 1								
Day 2								
Day 3								



Your Cleanse Meal Plan

The smoothies, snacks and meals in your program have been chosen to help with the cleansing process, provide you with daily mega-nutrient dosing, as well as keep you energized. Here's the breakdown:

DAY	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
1	Greens Daily Dose Smoothie	Vegan Snack Box	Vegan Kale Caesar	The Athlete Smoothie	Lemon Pepper Tofu	The Organic Green Mo Smoothie*
2	Acai Radiance Smoothie	Vegan Snack Box	The Big Veggie Salad	Greens D-Tox Smoothie	Vegan Pesto Power Bowl	Vita-C Immunity Smoothie*
3	The Remedy Smoothie	Vegan Snack Box	Chimichurri Tofu Salad	Be Green Smoothie	Goddess Chickpea Bowl	The Athlete Smoothie*

Prepping Your Smoothies

There are 3 ways to enjoy your Blended For You smoothies:

- 1) Blended with your fave liquid (see directions back of pack)
- 2) Spoon straight from the pack (let soften partially & stir)*
We recommend having your evening smoothie this way to avoid too much liquid consumption at night.
- 3) Shaker cup: empty the packet contents into your shaker cup with liquid, add liquid, let soften until partially thawed (if it isn't already) & start shaking. Pro-tip: *if you're having your blend post-workout,*



add the smoothie 'puck' to the shaker cup (with liquid) before your workout and it will be 'ready-to-shake' when your sweat session is done.



Your FAQs

Should I consult a doctor before starting?

If you are making a significant change to your diet, are pregnant or breastfeeding, have a medical condition and/or are taking medication, it is always best to consult your healthcare practitioner before starting a new program.

Can I workout on the 3-day program?

This is not a calorie restrictive plan – you should have plenty of energy to continue your workouts. We recommend that you exercise daily and try to take at least 30 minutes each day for quiet, technology-free personal time (we know it can be hard, but give meditation or yoga a chance).

Can I drink coffee and tea during the program?

You're not alone in your coffee love! It is best to eliminate coffee for the 3 days, but 1 to 2 cups of green tea per day is ok. Herbal teas are a great option, too. When you've completed the 3 days, try to limit coffee to one cup per day.

Can I expect any physical symptoms during the program?

Switching to a clean eating program, which encourages toxin elimination, cleansing, and includes a lot of high fibre foods, may result in experiencing flu-like symptoms at the start. Drink lots of water during your cleanse. If symptoms continue, drop us



a line and ease up on the program - you may need to move into clean eating more gradually.

Can I do the program for more than 3 days?

Yes! Continue on your journey to reaching your health goals. To order again, jump on to the 2 Guys site or email us.

If you have any questions about the meals, smoothies or plans in general, please email us at info@blendedforyou.com or hello@2guyswithknives.com.

We'd love to hear your feedback and tips, so please share them with us.

XO

Blended For You & 2 Guys With Knives

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