

10DAY

TRANSFORMATION

Discovering Your Maintenance Plan

For the 10 days immediately following the program (days 11 through 20), choose a SINGLE meal to eat, either breakfast or lunch, and continue taking the Power Shake, Master Amino Acid Pattern tablets and Apothe-Cherry drink, for 2 servings each day.

	Write down ONE meal (breakfast or lunch) and the time of day you ate it.	How did you feel after eating this food? How did you feel at the end of the day?	Okay to eat?
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			

For the next 10 days (days 21 through 30), add an additional meal to your day, for a total of 2 meals. Continue taking the Power Shake, Master Amino Acid Pattern tablets and Apothe-Cherry drink, for one serving each day.

	Write down TWO meals each day (breakfast, lunch or dinner) and the time of day you ate it.	How did you feel after eating this food? How did you feel at the end of the day?	Okay to eat?
Day 21			
Day 22			
Day 23			

Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			

Once you have completed days 11 through 30, write down which foods were and which foods were not compatible with your body in the table below. Keep this table handy to use as a guide when choosing which foods to consume on a regular basis. The more often you avoid the foods that do not work well with your body, the healthier you will look and feel.

Foods that I can eat		Foods that ARE NOT GOOD for me right now	