Dr. Larson’s tips for Weight Loss Success while doing the 7-Day Detox program:

1. The goal is 2 detox shakes per day and 1 meal. If you get hungry then eat a protein/vegetable snack or small 2nd meal during your day if needed. Hunger or cravings may be an issue initially but stick with your program and this will get better.
2. Keep your food choices simple: protein, vegetables, nuts and seeds
3. No sugar in food or beverage. No alcohol – alcohol is another form of a sugar.
4. No Fruit during the 7-DayDetox program – most fruit is healthy but it’s also added sugar.
5. Drink LOTS of water.
6. Shoot for a goal of at least 1 hour of cardio exercise per day. This will be important to put you in a calorie deficit and get your body to switch into a fat burning mode. First thing in the morning or at night before bed seems to work best, but don’t get hung up on timing as any time of day is good.
7. Get good rest.

You can enhance your detox shakes with extra nutrients by adding one scoop of our green drink called “Fruits and Greens” where they take fruits and vegetables and dry them down to a powdered form. One serving of Fruits and Greens is the antioxidant equivalent of 20 – 25 servings of fruits and vegetables, but without the sugar and low calorie. A great option for those who don’t eat enough vegetable consistently each day!