

Day	Supplement Plan	Water	Eating Plan	Optional w/o
1 – Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)	<input type="checkbox"/> Interval Cardio <input type="checkbox"/> Weights
2 – Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)	<input type="checkbox"/> Moderate Cardio
3 – Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)	<input type="checkbox"/> Interval Cardio <input type="checkbox"/> Weights
4 - Refuel	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts & Fruit <input type="checkbox"/> Lunch (Protein & Carbs) <input type="checkbox"/> Muscle Gain & Fruit (afternoon snack) <input type="checkbox"/> Dinner (Protein & Carbs) <input type="checkbox"/> PM Snack (Optional: Protein & Carbs)	<input type="checkbox"/> Light Cardio
5 – Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)	<input type="checkbox"/> Interval Cardio <input type="checkbox"/> Weights
6 – Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)	<input type="checkbox"/> Moderate Cardio
7 – Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)	<input type="checkbox"/> Interval Cardio <input type="checkbox"/> Weights
8 - Refuel	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts & Fruit <input type="checkbox"/> Lunch (Protein & Carbs) <input type="checkbox"/> Muscle Gain & Fruit (afternoon snack) <input type="checkbox"/> Dinner (Protein & Carbs) <input type="checkbox"/> PM Snack (Optional: Protein & Carbs)	<input type="checkbox"/> Light Cardio
9 – Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)	<input type="checkbox"/> Interval Cardio <input type="checkbox"/> Weights
10 – Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)	<input type="checkbox"/> Moderate Cardio
11 – Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)	<input type="checkbox"/> Interval Cardio <input type="checkbox"/> Weights
12 - Refuel	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts & Fruit <input type="checkbox"/> Lunch (Protein & Carbs) <input type="checkbox"/> Muscle Gain & Fruit (afternoon snack) <input type="checkbox"/> Dinner (Protein & Carbs) <input type="checkbox"/> PM Snack (Optional: Protein & Carbs)	<input type="checkbox"/> Light Cardio
13 – Burn	<input type="checkbox"/> MNS Color Packet #1 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> MNS White Packets <input type="checkbox"/> MNS Color Packet #2 + (3) Catalyst + (1 or 2) ThermoPlus <input type="checkbox"/> Energy Drink(s)	<input type="checkbox"/> 1 gallon of water	<input type="checkbox"/> Meal Replacement Shake (breakfast) <input type="checkbox"/> Nuts <input type="checkbox"/> Lunch (Protein & Veggie) <input type="checkbox"/> Muscle Gain (afternoon snack) <input type="checkbox"/> Dinner (Protein & Veggie) <input type="checkbox"/> PM Snack (Optional: Protein & Veggie)	<input type="checkbox"/> Interval Cardio <input type="checkbox"/> Weights

What's next? Continue taking your supplements to burn fat, maintain your ideal goal, keep your ENERGY UP, and gain health. Following the product regimen outlined will ensure that as you lose weight, you are retaining muscle. Remember, ENERGY is the KEY to controlled eating and mental capacity to exercise.