



John Gray's Mars Venus 7 Day Cleanse Instructions

The Mars Venus 7 Day Cleanse consists of:

- DAY 1: SHAKE DAY**
- DAY 2: SHAKE DAY**
- DAY 3: CLEANSE DAY**
- DAY 4: CLEANSE DAY**
- DAY 5: SHAKE DAY**
- DAY 6: SHAKE DAY**
- DAY 7: SHAKE DAY**

Shake Day (Day 1,2,5,6,7):

1. Morning/ Breakfast: Have 1 scoop of the Mars-Venus Super Cleanse with 8 oz. of purified water and 2 Super Minerals in the morning before breakfast. For best results, go for a walk for one hour. Then, drink a Mars or Venus Super Foods Shake. Please see below for directions.

Directions/ Ingredients to add to your Shake:

Blend 2 Scoops of Shake mix with the following

Ice (about 1 cup)

6-8 oz. Purified Water

Small handful of Nuts (walnuts, almonds, brazil, or pine nuts/ raw and unsalted)

1TBLS. Organic Unrefined Coconut Oil

1TBLS. Pure Cacao (organic chocolate nibs)

1 tsp. Black Strap Molasses

1-2 tsp. Maca Root

1/2 tsp. psyllium seed husk powder

Mix all ingredients together in a blender. ENJOY!

*****If 2 scoops of Shake does not completely satisfy your hunger for 4-5 hours, then use 3 scoops each time.**

2. Lunch: Have a salad with as many raw vegetables and avocado as you wish, along with some form of protein (i.e. beans, nuts, chicken, fish, steak, etc.) Don't deprive yourself. For dressing, use olive oil and lemon or olive oil and apple cider vinegar. It's great to also add nuts to your Salad (walnuts, almonds, brazil or pine nuts). Eat as much as you want but don't stuff yourself.

3. Dinner: Blend Mars or Venus Super Foods Shake, follow the same directions as for breakfast (see above).

****Try to go at least 4 hours between meals without any food or snacks. See the information under IMPORTANT NOTES for information about snacks.*

Cleanse Day (Day 3,4):

Upon waking and every 4 hours after that, have 1 scoop of Super Lemon Cleanse with 8 oz. purified water and 2 Super Mineral. About 1-2 hours after drinking each Super Cleanse, have a glass of purified water or herb tea. If you are hungry, tired, or need more energy, take 1 additional Super Mineral with water. AVOID ALL SOLID FOODS.

Important Notes about Cleanse Day:

- Super Lemon Cleanse can be mixed in warm water for a warm drink.
- Maximum 5 Super Cleanses each day (in a minimum of 8 oz. of purified water).
- We suggest that you drink 8-10 glasses of purified water daily.
- NO SOLID FOOD

IMPORTANT NOTES:

FOODS TO AVOID:

Avoid ALL wheat, breads, pastas, starches, ALL dairy products, junk food, processed foods, MSG, refined sugars, and artificial sweeteners.

ABSOLUTELY NO ALCOHOL

CAFFEINE: If you MUST have caffeine or coffee, only have Espresso shots with 1 tsp of Sugar. (no dairy or creamer allowed). Try to gradually decrease your caffeine intake.

SPECIAL CIRCUMSTANCES: On your "Shake Day," if you would rather eat your "meal" in the evening, you can swap the lunch directions for dinner. *Example:* If you

would like to have dinner with friends or family, have your lemon cleanse, minerals and shake for lunch instead of for dinner, and have your salad for dinner.

SNACKS:

If at any time you are feeling extremely hungry, try the following:

1. If you are feeling hungry and you are only using 2 scoops of shake, up your intake to 3 scoops instead. This should help control your hunger. (only on shake day)
2. You can also help hunger pains by taking two more super minerals along with 8 oz of water and one scoop of Mars Venus Super Cleanse. You can also add approximately 1/8 TSP of REAL Salt (also Himalayan Salt) to your Super Cleanse drink. By adding the salt, it will increase electrolytes thus increasing you energy levels.
3. If you MUST snack, snack on a small handful of nuts (walnuts, almonds, pine nuts/ raw and unsalted). *However, you should not need to snack.* (only on shake day)

*****This program utilizes the Mars Venus Wellness Solution that can be purchased at www.marsvenus.com.**

These statements have not been regulated or approved by the FDA. John Gray, and John Gray's Mars Venus LLC, does NOT guarantee any weight loss results. Please contact our office for any questions (415) 381-5743.