










DAILY SCHEDULES

Start the appropriate schedule from the time you wake up and then follow the intervals accordingly:

10-DAY TRANSFORMATION

TRANSFORM YOUR BODY IN JUST 10 DAYS.

 Wake	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake – 2 scoops mixed with water or a Flex Beverage*
 2 hours later	Super Amino 23 – 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
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 2 hours later	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake – 2 scoops mixed with water or a Flex Beverage*
 2 hours later	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake – 2 scoops mixed with water or a Flex Beverage*
 2 hours later	Daily Fiber Blend – 1 scoop Apothe-Cherry – 2 tbsp. <i>Mix both products together with water or a Flex Beverage (You may also choose to take products separately, if you prefer.)</i>

* Transformers are encouraged to have 1 - 3 Flex Foods or Flex Beverages daily (see other side for options), ideally with the Super Amino 23. Modification option: replace 1 Power Shake with approved Flex Meal. See page 23 of the Core3 Lifestyle Guide for approved Flex Meal options.

10-DAY ATHLETE PROGRAM

ENHANCE PERFORMANCE. NATURALLY.

 Wake	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage* Super Life Formula - 3 capsules**
 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage* Super Life Formula - 3 capsules
 2 hours later	Super Amino 23 - 5 tablets <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake - 2 scoops mixed with water or a Flex Beverage* Super Life Formula - 3 capsules
 2 hours later	Apothe-Cherry – 2 tbsp. mixed with water or a Flex Beverage*
 After workout	Flex Meal – have a protein rich meal made from approved food sources*

* Athletes are encouraged to have 1 - 3 approved Flex Foods or Flex Beverages per day (see other side for options), ideally with the Super Amino 23, PLUS 1 Flex Meal of 300 calories per every 30 minutes of exercise completed that day. See page 23 of the Core3 Lifestyle Guide for approved Flex Meal options.

What's Next? After the 10-Day Transformation, we recommend continuing with the Reset Pack to boost your levels of adiponectin so you can continue to lose weight. After the 10-Day Athlete Program or for general health, we recommend using the Daily Core3 to ensure that you receive high quality protein, fruits, and vegetables every day.

PREPARATION

PRIOR TO STARTING

1. Two days prior to starting your Transformation omit dairy, processed foods and meat from your diet.
2. Get started with a positive mental attitude, “I can and will!”
3. Make sure to have Flex Foods on hand before you start. (Athletes should also be prepared for their daily Flex Meals.)
4. Take your “Before” photo, weigh and measure yourself
5. Text the code word “Transformation” or “Athlete” the day before you start to 55678 (USA) or 70734 (Canada) to receive daily inspirational messages from David Sandoval.

SAFETY FIRST

The AMA recommends consulting a doctor before starting any weight loss regimen. If you have a substantial amount of weight to lose, please consider eating at least one solid meal every day and using the Transformation products for the other 2 meals. Also, be extra diligent with your preparation and your hydration.

FLEX FOODS

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(be sure to chew thoroughly)

- 1 organic apple
- Half of a large avocado (or 1 small)
- 1 c. of watermelon or organic berries
- Organic cucumber slices (optional: add sea salt & cayenne pepper)
- 1 c. quality fermented vegan foods like sauerkraut or kimchi

WARM FLEX FOODS

- 1/2 c. squash, spinach, broccoli, or kale sautéed in coconut oil with garlic and sea salt

Please do not consume caffeine or add dressings or toppings except Himalayan sea salt, fresh lemon, garlic, vinegar, cayenne pepper or other spices (raw honey and coconut oil in moderation).

FLEX BEVERAGES

FLEX BEVERAGES

- 8 oz of unsweetened almond milk (without preservatives preferably)
- 8 oz of unsweetened coconut milk (without preservatives preferably)
- 8 oz of unsweetened coconut milk or coconut water (without preservatives preferably)
- Kombucha
- Any Purium “green drink”

WARM FLEX BEVERAGES

- 8 oz unsweetened, decaffeinated tea (herbal teas)
- Hot water w/lemon, honey, and cinnamon
- Vegetable broth

**We don't plan
to fail,
we fail to plan.**

DO'S AND DON'TS

DO drink more water, broth and fresh juices and eat fresh, raw fruit and veggies, dark leafy green salads and high quality, high fiber meals, prior to starting. Do switch from using “table salt” to “sea salt.”

DO stay hydrated – be sure to drink more than half your body weight in ounces per day, as well as any time you feel thirsty or hungry.

DO eliminate temptations - remove cookies, cakes, chips and other treats from your cupboards.

DON'T binge eat, drink or consume a large meal the day before starting as this will result in discomfort.

DON'T schedule your Transformation during a stressful or hectic time.

Transformers – DO only light yoga, walking, rebounding, etc.; strenuous exertion or over-exercising is counter-productive on the Transformation.

Athletes – DO work up a sweat daily (and be sure to add 300 calories for every 30 minutes of exercise).