

# 28DC

DAILY USAGE GUIDE

PTG



## DAYS 1-7 (2 SHAKES/DAY)

**EARLY MORNING**  
30 minutes  
before breakfast

Energy or PURE Café  
Metabolic One (2-3 capsules)

**BREAKFAST**

360 Complete Shake\*\*  
Mila (1 scoop)  
GoYin  
Daily Build

**BEFORE LUNCH**  
30 minutes  
before lunch

Metabolic One (2-3 capsules)

**LUNCH**

360 Complete Shake\*\*  
Mila (1 scoop)

**DINNER**

Lean Protein (5-8oz)  
Steamed or Raw Veggies or Salad

**BEFORE BED**

Healthtrim® Cleanse  
(2 capsules)

## DAYS 8-28 (1 SHAKE/DAY)

**EARLY MORNING**  
30 minutes  
before breakfast

Energy or PURE Café  
Metabolic One (2-3 capsules)

**BREAKFAST**

360 Complete Shake\*\*  
Mila (1 scoop)  
GoYin  
Daily Build

**BEFORE LUNCH**  
30 minutes  
before lunch

Metabolic One (2-3 capsules)

**LUNCH**

Lean Protein (5-8oz)  
Steamed or Raw Veggies or Salad

**DINNER**

Lean Protein (5-8oz)  
Steamed or Raw Veggies or Salad

**BEFORE BED**

Healthtrim® Cleanse  
(2 capsules)

\*ENERGY can be taken again before lunch or mid-afternoon.

\*\*360 Complete Shake can be substituted for Matcha Vegan Shake.

### 360 COMPLETE SHAKE

Meal replacement with potato extract promotes healthy weight loss. Enjoy 2 servings daily.

### DAILY BUILD

Provides vitamins, minerals, trace minerals, and amino acids. Take half the daily serving with morning and evening meals.

### ENERGY

Powdered drink mix with no added sugar or artificial sweeteners. Created for enhanced mental focus with natural sources of caffeine. Enjoy any time of day.

### GOYIN

A proprietary blend of superfruits, herbs and other fruits to promote overall wellness.\* Take in the morning on an empty stomach.

### HEALTHTRIM® CLEANSE

Natural detoxification for the body. Take before bedtime for 1 week.

### METABOLIC ONE

Manage stress eating while controlling fat.\* Take 15-20 minutes before breakfast and lunch.

### MILA

Raw, micro-sliced chia is a natural source of omega-3s, antioxidants and fiber. Enjoy any time of day.

### PURE CAFÉ

Curb hunger, boost metabolism, and increase energy. Enjoy in the morning.

### HABITS

ENERGY before workout  
8-10 glasses of water/day

### SNACKS

*Limit to the following and only mid morning and mid afternoon.*

Raw veggies (2 - 4 oz)  
Raw tree nuts (2 - 4 oz)  
Small apple  
Superfruits/Fusion (2 - 4 oz)  
Smoked meat or jerky (2 - 4 oz)  
Cottage Cheese (1/2 cup) or Cheese Stick (1 oz)

### DOs & DON'Ts

What to mix shakes with?  
Water or Nut Milk (no dairy)  
NO sugar  
NO bread  
NO pasta  
NO white potatoes

### SAMPLE "ANYWHERE" WORKOUT

30 jumping jacks  
30 sit ups  
30 push ups  
30 squats  
30 jumping jacks

If you cannot do 30, do as many as you can until you work your way up to 30.

## SUBMIT YOUR BEFORE & AFTERS

Email your before and after pics and your story in 120 words or less to [support@pureteamglobal.com](mailto:support@pureteamglobal.com) for your chance to have your story featured online and at Events. \*By submitting your story and photos, you authorize PTG to utilize your photos and story in Marketing Materials and PTG Events.