

## **7 Day Cycling Calorie Plan**

**Monday: Cleanse day: 4 ounces of cleanse with 8 ounces of water 4x per day**

**Tuesday: 2 shakes and one meal**

**Wednesday: 2 shakes and 2 meals**

**Thursday: 2 shakes and one meal**

**Friday: 2 shakes and one meal**

**Saturday: Cheat day. Have a least one shake or two and then eat whatever you want.**

**Don't skip the cheat day because it will throw the cycle off. CHEAT!**

**Sunday: 2 shakes and one meal**

**REPEAT THE CYCLE.**