

**BONUS #2: QUICK-START GUIDE** If you're anything like me, you wanna get right to the good stuff! I designed this guide to be an easy reference you can print out and start using right away without needing to read the longer core guide. It's a condensed version of the core guide that contains the 3-week schedule, shopping lists, prep guide, and smoothie recipes. This is a fast track "to do" list that will help you start enjoying the benefits of the program from the very first instant you download it