

IT'S TIME TO COME **KLEAN**

“The hardest part for me was getting started. The KLEAN program really worked well for me. I lost 11 lbs in 3 weeks. My energy level was so high that I stopped craving unhealthy foods and drinking coffee. The juices really kept me going. Highly recommend for feeling your best!”

MIKE MONROE
Red Bank architect



SO WHAT IS IT EXACTLY?

*It's not a cleanse...It's a **KLEAN!***

Here at KO we've created a 6 day progressive 3 phase program. Eating **KLEAN** doesn't leave you hungry and hoping for food. It delivers healthy, delicious, nutrient-dense fuel to and for your body each and every day.

This 21 day - 3 phase program is designed to help you to help yourself be, feel and live healthier.

PHASE ONE

DAY ONE/WEEK ONE SAMPLE

- 7:00 AM** **rise and shine**
- 7:00 AM** **elixr / kitch₂₀ water**
- 8:00 AM** **green without envy cp juice**
- 10:00 AM** **immune to be cp juice**
- 12:00 PM** **cruciferous salad**
- 2:00 PM** **ko green lemonade cp juice**
- 4:00 PM** **kitch₂₀ water**
- 6:00 PM** **soup**
- 8:00 PM** **kitch₂₀ water**
- 9:00 PM** **get some rest...zzzz on**

