

Saba's 5-Day Cleanse



Saba's 5-Day Cleanse combines an effective meal plan with Saba's Co-Clenz to help you achieve a healthier body inside and out. Follow the Saba 5-Day Cleanse instructions 100% and you will see results that will have you feeling more alive and exuberant. Use this program to help reduce the feeling of bloating and shed pounds quickly for a slimmer, healthier you!*

How it can benefit you:

- Use it to kick start your extended weight loss program*
- Replenish and revive your body with healthy foods*
- Support proper digestive system function with Co-Clenz*

Your Name

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saba[™]
for you. for life.

WE'RE
CHANGING
LIVES

SLIM DOWN[™]
POWER UP

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Results may vary based on a variety of factors, including individual medical history, body type, diet and exercise. The information provided is for your general knowledge only and is not a substitute for professional medical advice or treatment of medical conditions. You should not disregard or delay seeking medical advice based on any information listed here, on sabaforlife.com and its subsidiaries or from an independent Saba distributor.

FOLLOW 100% FOR BEST RESULTS

- Follow these meals exactly for 5 consecutive days. No added sugar or sugar substitutes are recommended, and absolutely no starches (bread, potatoes, rice, pasta, etc.) are allowed. Use sugarless (with no sugar substitute) balsamic vinaigrette, oil and vinegar or a squeeze of lemon for salad dressing. You can use butter to fry your eggs or to place on your vegetables.
- Grapefruit is essential to this diet. It will help stimulate your metabolism and begin the fat-burning process.* If you must substitute, use fresh pineapple (not canned) or unsweetened pineapple juice instead.
- NO CAFFEINE STIMULANTS. This means no tea, coffee, energy drinks, soda, Saba ACE or other Saba caffeine containing products.
- NO SALT. Use salt-free seasonings for your food or fresh salsa.
- USE ORGANIC PRODUCTS IF AT ALL POSSIBLE.
- VEGANS OR VEGETARIANS MAKE YOUR OWN WISE SUBSTITUTIONS.
- Drink Distilled water between meals.

BREAKFAST



- 2 eggs cooked any style (fry eggs in butter)
- 2 slices of bacon (turkey or pork)
- Half grapefruit or 8 oz glass of unsweetened grapefruit juice
- 8-10 oz glass of distilled water

LUNCH



- 4-6 oz lean meat (chicken, fish or lean cut of beef)
- Mixed Salad (as much as you can eat) with sugarless dressing (no sugar substitutes) or oil and vinegar
- Red, green or yellow vegetables (no corn or potatoes)
- Half grapefruit or 8 oz glass of unsweetened grapefruit juice
- 8-10 oz glass of distilled water

MID-AFTERNOON SNACK

- Celery (as many as you like) with 1 Tbs natural peanut butter or almond butter
- 8-10 oz glass of distilled water



DINNER



- 4-6 oz lean meat (chicken, fish or lean cut of beef)
- Mixed Salad (as much as you can eat) with sugarless dressing (no sugar substitutes) or oil and vinegar
- Red, green or yellow vegetables (no corn or potatoes)
- Half grapefruit or 8 oz. glass of unsweetened grapefruit juice
- 8-10 oz glass of distilled water

EVENING SNACK

- Celery (as many as you like) with 1 Tbs natural peanut butter or almond butter
- 8-10 oz glass of distilled water
- 2 Saba Co-Clenz capsules

