



7-Day Healthy Cleanse

Feel Fresh In Seven Days

Helps your body detoxify naturally
Supports healthy digestion
Helps jump-start weight loss
Helps increase focus and energy
Helps with hunger management
Helps improve sleep quality



Why Detox?



Reset your system to jump start your health goals.

Our program helps to reset the detox system by promoting healthy intestinal activity, supporting healthy liver function, reduce bloatedness, burn fat and providing a natural body cleanse.

This detox program also helps building healthy eating habits, creating active lifestyle, reduce cravings for unhealthy food by introducing more fiber into the diet.

**PROVE IT
LIVE IT
SHARE IT**

 Shaklee

PROVE IT

Ready, Set, Cleanse

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Start With a 7-day Cleanse

Feel healthy and refreshed in one week!

SET

1

JOM DETOX

Reset your body systems by promoting healthy intestinal activity, supporting healthy liver functions, reduce bloatedness, burn fat and providing a natural body cleanse.

SET

2

JOM VIVIX

Time-tested products designed to help you jump start your health goals, feel vibrant, full of energy and vitality.

And/Or



JOM DETOX Set

- DTX
- Herblax
- Peppermint Ginger
- Alfalfa
- Cinch Shake



JOM VIVIX Set

- VIVIX Liquid
- Cinch Shake

7-DAY HEALTHY CLEANSE SUPPLEMENTS



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Cinch Shake Mix

To replace one meal daily and provide you with clinically backed vitamins, minerals, and non-GMO protein.

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Vivix

Delicious botanical beverage that offers a broad spectrum of polyphenols.

1

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Alfalfa Complex

To help provide a wide variety of nutrients, including calcium, phosphorus, vitamins, chlorophyll, and bioflavonoids.

5

5



DTX Complex

Provides natural herbs of peppermint, ginger, fennel and anise for soothing and calming effects on your digestive system

1

2



Peppermint-Ginger Plus

Provides natural herbs of peppermint, ginger, fennel and anise for soothing and calming effects on your digestive system

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3



Herb-Lax[®]

To encourage a mild cleansing action to aid the body's natural processes.*

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4

In addition to the Healthy Cleanse supplements, you may continue to take all your regular Shaklee supplements.



Here's the *Plan:*

Step 1: Preparation (one week out)

- Set a date to begin the Healthy Cleanse program.
- Optional: find someone who'll partner with you in the program.
- Start reducing your consumption of coffee, soft drinks, alcohol, fatty or high-starch foods, and refined sugars.
- Stock up on raw vegetables and fruit – organic whenever possible.
- Choose a follow-up program to continue your health journey.

Step 2: Start the 7day detox program

- **Day 1**, you start with healthy and tasty salad that is packed with **FIBRE** followed by
- vegetable SOUP in **Day 2** to increase your fluids intake.
- **Day 3**, you can mix all sort of **COLOURs** in your meal through fruits and vegetables.
- **Day 4**, include protein fruit smoothie in your diet that helps boost your **ENERGY**.
- **Day 5**, focus on diets that increase your **FOCUS** and concentration.
- **Day 6**. go ahead and have more protein in your meal for **VITALITY**.
- **Day 7**, you will feel lighter and **FRESH!**

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Tips during detox

- Do simple stretches and exercise for at least 30 minutes a day to support your detox plan.
- Drink at least 8 glasses of water a day.
- Reduce your smoking and alcohol intake.
- Choose healthy cooking methods: grilling, baking, steaming, stewing, boiling braising, quick stir frying (with little or no oil)
- Strive for 7 to 8 hours of sleep each night.
- Avoid eating CRAP food:
 - Carbonated drinks
 - Refined sugars
 - Artificial foods
 - Processed foods
- Consume all food before 8.00pm.
- Avoid busy schedule and reduce number of outdoor activities as you get started.
- If you have unmanageable hunger during the 7 days, add a serving of protein in the form of a shake or steamed/broiled fish or chicken is permissible.



Let's Get Started!

The 7-day menu plan



Day 1

It's all about

FIBRE

Start your journey to feel amazing with fibre to get rid of any build up of solid waste in your body and regulate your bowel movement.

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Breakfast



Medium fruit
Cinch Shake

1 whole
2 scoops

Lunch



Chicken & Salad

Chicken breast with pepper
Salad (Lettuce, cabbage, rocket salad,)
Salad seasoning

6 slices
1 bowl
1 tablespoon

Dinner



Egg Salad

Green leafy vegetables with
olive oil & little salt/ soya sauce
(Broccoli, asparagus, okra, cauliflower)
Hard-boiled egg

1 big bowl

1 whole

Snacks*

Medium fruit
Steamed asparagus
Leafy vegetables salad

1 whole
1 cup
1 bowl

*You can take snacks in between breakfast and lunch or lunch and dinner.

7-DAY DETOX PLAN

DAY-1

Lunch



Dinner



Breakfast



Snack



Snack



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Day 2

It's all about

SOUP

A detox soup takes many of the healthiest ingredients possible and puts them together in one pot to flush the fat away.

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Breakfast



Medium fruit
Cinch Shake

1 whole
2 scoops

Lunch



Vegetable Soup

Chicken cube
Tofu, small size
Green leafy and
non-leafy vegetable

4 cubes
3 pieces
1 bowl

(Cabbage, carrot, onion, celery, pepper, kale, tofu)

Dinner



Leafy vegetables with egg

Green leafy vegetables
(Cabbage, baby spinach, kale)
Hard-boiled egg
Anchovies

1 bowl

1 egg
¼ cup

Snacks*

Spinach soup 1 bowl
Long beans, carrot, cabbage mixture 1 bowl

*You can take snacks in between breakfast and lunch or lunch and dinner.

7-DAY
DETOX PLAN

DAY-2

Lunch



Dinner



Breakfast



Snack



Snack



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Day 3

It's all about
COLOUR

Vitamins and minerals from rainbow fruits and vegetables helps to activate detox enzymes that destroy toxins and prevent damage to cells.

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Breakfast



Medium fruit
Cinch Shake

1 whole
2 scoops

Lunch



Fish & Salad Meal

Foiled baked lemon fish
Raw leafy and non-leafy vegetables
(Mix as many colour as you can i.e tomato, carrot, cucumber, lettuce, baby spinach, rocket salad)

1 palm size
1 big bowl

Salad seasoning

1 tablespoon

Dinner



Chickpea Egg Salad

Chickpea
Hard-boiled egg
Leafy and non-leafy vegetables

½ cup
1 egg
1 big bowl

Snacks*

Rainbow salad
Greek yogurt with colorful fruit cubes

1 bowl
1 cup

*You can take snacks in between breakfast and lunch or lunch and dinner.

7-DAY DETOX PLAN

DAY-3

Lunch



Dinner



Breakfast



Snack



Snack



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Day 4

It's all about

ENERGY

High protein food increase lean body mass, gives you sustained energy hour after hour, and keep you going mile after mile!

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Breakfast



Medium fruit
Cinch Shake

1 whole
2 scoops

Lunch



Roasted Chicken

Roasted chicken

1 palm size

Fruit Salad

Medium fruit

1 whole

Leafy and non-leafy vegetables

1 bowl

Salad dressing

1 tablespoon

Dinner



Grilled chicken slices

3 slices

Raw Leafy/non leafy vegetable

2 cups

Salad seasoning

1 teaspoon

Snacks*

Yogurt

1 cup

Cherry tomato

1 cup

*You can take snacks in between breakfast and lunch or lunch and dinner.

7-DAY
DETOX PLAN

DAY-4

Lunch



Dinner



Breakfast



Snack



Snack



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Day 5

It's all about

FOCUS

Stay sharp, boost mental focus and regain your brain power through brain boosting foods!

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Breakfast



Medium fruit
Cinch Shake

1 whole
2 scoops

Lunch



Fish Meal

Grilled Salmon
Stir-fried asparagus

1 palm size
1 cup

Dinner



Avocado Egg Salad

Avocado
Hard-boiled egg
Leafy and non-leafy vegetables
Salad dressing

1 whole
1 egg
1 big bowl
1 tablespoon

Snacks*

Walnuts
Medium fruit
Leafy and non-leafy vegetables

1 cup
1 whole
1 cup

*You can take snacks in between breakfast and lunch or lunch and dinner.

7-DAY DETOX PLAN

DAY-5

Lunch



Dinner



Breakfast



Snack



Snack



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Day 6

It's all about
VITALITY

Improve your vitality
with the nutritious
meal to stay active
and healthy
throughout your day
to day activity.

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Breakfast



Medium fruit
Cinch Shake

1 whole
2 scoops

Lunch



Protein rich meal

Steamed chicken
Steamed baby kailan
Salad seasoning

1 palm size
1 big bowl
1 tablespoon

Dinner



Vegetable Spring roll

Leafy and non-leafy vegetables
Egg

4 small rolls
1 cup
1 whole

Snacks*

Spinach soup
Steamed mix vegetables

1 cup
1 cup

*You can take snacks in between breakfast and lunch or lunch and dinner.

7-DAY DETOX PLAN

DAY-6

Lunch



Dinner



Breakfast



Snack



Snack



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Day 7

It's all about
**A FRESH
START!**

Maintains the habit of
healthy eating to
continue to feel
amazing!

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Breakfast



Medium fruit
Cinch Shake

1 whole
2 scoops

Lunch



Fish & vegetables

Baked fish
Ulam-ulaman
(Ulam raja, pegaga, winged bean, cucumber)
Rice

1 whole
1 big bowl

½ cup

Dinner



Tofu Salad

Tofu/ Bean Curd
Leafy and non-leafy vegetables

2 pieces
1 bowl

Snacks*

Steamed lady's finger
Ulam-ulaman
Medium fruit

1 bowl
1 bowl
1 whole

*You can take snacks in between breakfast and lunch or lunch and dinner.

7-DAY DETOX PLAN

DAY-7

Lunch



Dinner



Breakfast



Snack



Snack



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CONGRATULATIONS!

LIVE IT

Step 3: Day 8 and beyond - Nourish With Daily Essential Set (Continue feeling Amazing)

Congratulate yourself for completing the program!

Now is the best time to nourish your body with Daily Essential nutrients to help you feel healthier every day.



SPECIAL OFFERS

Don't miss out the chance to enjoy 10% off on Daily Essential set! (Valid within 60 days of joining)

DAILY ESSENTIAL SET

Adopt a daily nutrition routine

Start your day with a delicious soy based shake as and clinically backed vitamins, minerals, phytonutrients and fish oils as a healthy breakfast. Build a foundation for a healthier life with the Daily Essential Set.

- VIVIX Liquid
- Vita-Lea Iron Plus
- Vita-C Plus
- OmegaGuard
- B-Complex
- ESP Soy Protein

What do you do with the leftover supplements?

You may use peppermint ginger, Alfalfa Complex, and DTX® Complex daily, as directed on the label, after you complete the 7-day Healthy Cleanse to help support healthy digestion and overall good health. However, Herb-Lax® is recommend for occasional use only – not for daily use.

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Why Daily Essential Set?

Daily essential set offers advanced nutrition with a full spectrum of clinically support vitamins, minerals, antioxidant, phytonutrients, omega 5 fatty acids to nutrients to help you feel healthier, more energized, and more focused while you build the foundation for a healthier life.

It was designed based on the Landmark health study.

LIVE IT

Daily Essential set



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DAILY ESSENTIAL SET SUPPLEMENTS



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ESP Soy Protein

Delivers Sustained Energy, with Plant-Based Protein Available

1

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Vivix

Delicious botanical beverage that offers a broad spectrum of polyphenols.

1

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Vita-Lea Iron Formula

Delivers 28 essential vitamins and critical minerals to fill the nutritional gaps from your daily food intake.

1

1



B-Complex

Provides all 8 types of B vitamins vital for proper bodily function as they help convert food into energy for your cells.

1

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SR Vita-C Plus

Gives all natural vitamin C for healthy teeth, gums, bones, collagen and basically everything that make-up body.

1

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OmegaGuard

Provides purified, concentrated fish oil with full spectrum of omega-3 important for a normal function, and healthy body.

1

2

In addition to the Daily Essential supplements, you may continue to take all your regular Shaklee supplements.

Visit www.shaklee.com.my/PLS or ask your Shaklee Independent Distributor to get started today!

**7 DAYS TO A
HEALTHIER,
HAPPIER YOU.**

#ProveItLiveItShareIt
@shakleeproductsmalaysia



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Landmark Study?



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THE SHAKLEE DIFFERENCE®

**Our products are safe, proven,
and 100% guaranteed.**

At Shaklee, we never sacrifice safety and purity for efficacy. We create safe products that do what we say they will do. Every single time. We ensure the highest quality standards—conducting over 100,000 quality tests per year.

CAUTION: This program is not intended for use by children, or pregnant or lactating women. If you are taking medication or have a medical condition, please discuss with your physician prior to use.

Get started today

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