

5

TIPS TO LOOK AND FEEL LIKE A *Billion Bucks*

1. DRINK 30 OZ OF WATER IN THE MORNING AND 10 OZ EVERY HOUR
2. WORKOUT 1-3 HOURS BEFORE YOUR 1ST MEAL
3. DRINK BLACK COFFEE OR GREEN TEA
4. DRINK NATURAL AMINO ACIDS
5. HAVE A BALANCED MEAL OF PROTEIN, CARBS AND FAT AFTER YOUR FAST

