

# FIVE30 CHALLENGE

## 5 PRODUCTS. 30 DAYS. PURE RESULTS.

This program is your chance to boost fat burning, curb your appetite, increase your energy, and LOVE the way you feel and look! This is NOT a diet! Focus on creating new habits for healthy everyday living.



Full Program Guide



Five30 Challenge Facebook Group

## Food Tips

- Aim to include healthy and nutritious whole foods, fruits, and vegetables into your daily routine.
- This plan is more about what you can eat as opposed to restriction. You should never feel hungry on this plan. Not eating enough to satisfaction can have unintended consequences. If you feel hungry, eat a healthy snack.

## FIVE Daily Habits!

- 1/2 your body weight in ounces of water 💧
- Sleep, aim for 7-9 hours per night 🌙
- Win the morning, win the day 🏆
- 30 minutes of intentional movement 🏃‍♀️
- Take your products 📦

**AVOID** Added sugars, Processed foods, Refined flours/foods, Alcoholic beverages, Sugary drinks & juices, Fried foods, Refined oils

## LivePURE Supplement Guidance



### Energize

Boosts energy and mental clarity.\* **Energize** can be taken anytime during the day. It is an excellent morning starter or it's great for a pre-workout boost with **Metabolic MAX**.



### Metabolic MAX or TEN

Boost energy & metabolism and help curb your appetite. Use **MAX** for more energy or **TEN** for greater appetite control.\* You can vary the time when you take **Metabolic MAX** or **Metabolic TEN** based on individual preferences. You can take it mid-afternoon but be careful not to take it too late in the day as it might disrupt your sleep quality. One serving is 3 capsules. Do not exceed 6 capsules daily.



### Nutrition Shake

High protein, nutritionally balanced meal supplement. Made to provide the right blend of healthy fats, protein, and carbohydrates. Helps satisfy cravings and curb appetite. You can consume a **Nutrition Shake** for lunch or dinner instead of breakfast. Adjust your shake schedule according to your personal preferences. By day 29, introduce a third meal of the day in place of a serving of the **Nutrition Shake**.



### Mila

Superfood packed with protein, healthy fats (omega-3 fatty acids) and fiber. Fiber promotes feelings of fullness and helps with regularity. **Mila** is taken once daily. It can be taken with breakfast, lunch, dinner or for a snack. One serving is 2 tablespoons.



### Cleanse

Helps eliminate toxins by fortifying the body's 7 channels of elimination.\* For optimal results, take **Cleanse** for only 10 days.

You may choose to add **Mie**, **GoYin**, **Organic Sulfur**, and **Daily Build** (take with food [full meal], which is critical for nutrient absorption).

If you are currently using LivePURE products, continue to use them as recommended but be cautious of your caffeine intake. (Refer to our Caution section.)

## Caution

This program is not intended for pregnant women or persons with a medical condition. If you have a medical condition, seek the advice of licensed medical professional prior to starting this plan. Diabetics and individuals with cardiovascular conditions are strongly cautioned to seek medical approval prior to beginning this program. For diabetics, this plan may reduce the need for hypoglycemic medications. Changes in medications should only be made with the advice and guidance of a licensed medical professional.

Be aware of your caffeine intake. Do not exceed the recommended servings of Metabolic MAX, Metabolic TEN or Energize. Experts suggest up to 400mg a day is safe and does not cause negative side effects in normal, healthy individuals. Energize contains 110mg per serving; Metabolic MAX 90mg per serving (180mg/day – 6 capsules); Metabolic TEN 138mg per serving (276mg/day – 6 capsules). Energize with Metabolic MAX has 290mg/day of caffeine. Energize with Metabolic TEN is 386mg/day of caffeine. Add caution when using ENERGY (120mg caffeine) and PureCafé (150mg caffeine) in addition to these products.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Live  
PURE

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# DAILY GUIDANCE

Choose organic, grass-fed, free range, non-GMO food when possible. The suggested foods is a guide and is not intended to be inclusive of all acceptable foods.

## WAKE UP

Wake up with a nice glass of water!

Optional: Add **Energize** to boost your morning.

**Metabolic MAX or TEN**



## BREAKFAST

Start breakfast between 7 to 9 am; give yourself about 12 hours between dinner and breakfast

**Nutrition Shake** - Mix with **Mila** and water or unsweetened almond milk (or another nut milk)



## LUNCH<sup>†</sup>

Protein — 2 servings  
Carb — 1 serving  
Veggie — 2 servings  
Healthy Fat - 1 serving

Take 30 mins. before lunch.

**Metabolic MAX or TEN**



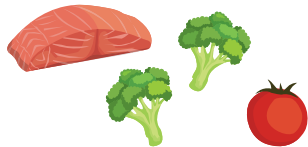
## SNACK TIME

Fruit or Veggie - 1 serving  
Healthy Fat — 1 serving



## DINNER<sup>†</sup>

Protein — 2 servings  
Carb — 1 serving  
Veggie — 2 servings  
Healthy Fat - 1 serving



## NIGHT

Set a consistent bedtime routine!

**Cleanse**  
For optimal results, take for only 10 days.



<sup>†</sup>Men or very active women may add: 1 extra serving of protein, veggie and healthy fat.

## PHYSICAL ACTIVITY

**5 times a week for 30 minutes!**

Determine the best workout times for you.

Take as a pre-workout. **Energize**



## PROTEINS

1 serving = about 3 oz.

Beans or lentils, 1/2 cup  
Beef (lean cuts)  
Chicken  
Eggs, 2  
Fresh fish  
Pork  
Turkey  
Tofu

## FRUITS

1 serving = specified below

Apple, 1 small  
Blackberries, 1/2 cup  
Blueberries, 1/2 cup  
Cantaloupe, 3/4 cup  
Cherries, 1/2 cup  
Dried prunes, 2  
Green Banana, 1/2  
Kiwi, 1 med/large  
Plum, 1 medium  
Raspberries, 1/2 cup  
Strawberries, 1 cup  
Tangerine, 1

No Grapes  
No Oranges  
No Ripe Bananas

## VEGGIES

1 serving = 1 cup

Asparagus	Lettuce
Beets	Mixed greens
Broccoli	Mushrooms
Brussels sprouts	Onions
Carrot	Radish
Cauliflower	Snap peas
Cucumbers	Spinach
Collard greens	Squash
Dark, leafy greens	Sweet peppers
Ginger	Turnip
Green beans	Zucchini
Kale	

## CARBS

1 serving = 1/2 cup or as specified

Amaranth	Rice
Barley	Brown
Beans or lentils, 1/3 cup	Red
Bran flakes	Wild
Buckwheat	Butternut, 3/4 cup
Bulgur	Squash, 3/4 cup
Corn	Sweet potato
Kamut	Whole oats (No instant)
Millet	
Quinoa	

## HEALTHY FATS

1 serving = 1-2 tbsp (or as specified)

Avocado	Nuts & seeds, 1/4 cup	Organic butter
Extra virgin olive oil	Almonds	Sesame seeds
Unsweetened nut butters	Cashews	
Almond	Macadamia	<b>No Nut butters with added sugar</b>
Cashew	Pecans	<b>No Roasted nuts</b>
	Walnuts	

## LivePURE Product Checklist (30 Days)

Check off each box as you take the products to help make sure you're not missing a serving.

We recommend taking **Metabolic MAX** or **TEN** two times daily. For optimal results, take **Cleanse** for only 10 days.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<b>Energize</b>										
<b>Metabolic MAX</b> or <b>TEN</b> (2x daily)										
<b>Nutrition Shake</b>										
<b>Mila</b>										
<b>Cleanse</b>										

	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<b>Energize</b>										
<b>Metabolic MAX</b> or <b>TEN</b>										
<b>Nutrition Shake</b>										
<b>Mila</b>										

	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<b>Energize</b>										
<b>Metabolic MAX</b> or <b>TEN</b>										
<b>Nutrition Shake</b>									Introduce 3 <sup>rd</sup> meal	
<b>Mila</b>										

## Physical Activity Checklist (30 Days)

Check off each box as you finish a exercise session to help make sure you're on track.

Make this part of your day fun! Go with a friend or partner. For best results, exercise 5 times a week for at least 30 minutes. Do yoga, resistance training, any sport activity (tennis, badminton, etc.), cycling, etc. Try something new and alternate your activities to keep it exciting. Exercise can be as simple as taking a brisk walk on days you designate. You can also keep track of your steps and increase the number of steps you take daily.

You've Got This! Follow the Plan with A Friend or Partner! Make It Fun!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Week 1</b>							
<b>Week 2</b>							
<b>Week 3</b>							
<b>Week 4</b>							
<b>Week 5</b>			Don't stop now, keep this healthy habit going!				



