



# MEAL PROGRAM

**Before you start the ProLon® Meal Program**


Remember to sign up for our helpful tips on how to successfully take ProLon® on our website at [www.prolon.eu](http://www.prolon.eu)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
 <b>BREAKFAST</b>	L-Bar Nut-based Herbal Tea Algal Oil (1)	L-Bar Nut-based Herbal Tea	L-Bar Nut-based Herbal Tea	L-Bar Nut-based Herbal Tea	L-Bar Nut-based Herbal Tea Algal Oil (1)
 <b>LUNCH</b>	Butternut Squash Soup Mix NR-3 (2) Crackers Olives	White Bean & Spinach Soup Mix NR-3 (2) Olives	Butternut Squash Soup Mix NR-3 (2) Crackers	Tomato Soup Mix NR-3 (2) Olives	White Bean & Spinach Soup Mix NR-3 (2) Crackers
 <b>AFTERNOON</b>	Herbal Tea L-Bar Nut-based	Herbal Tea Olives	Herbal Tea	Herbal Tea Olives	Herbal Tea
 <b>DINNER</b>	Black Bean Soup Mix L-Bar Choco Crisp	Butternut Squash & Quinoa Soup Mix L-Bar Choco Crisp	Minestrone Soup Mix	Black Bean Soup Mix L-Bar Choco Crisp	Butternut Squash & Quinoa Soup Mix
		L-Drink	L-Drink	L-Drink	L-Drink

**Transition Diet (NOT INCLUDED)** At the end of the 5-day meal program, on DAY 6 and for a period of 12 hours, you should keep your meals light and small. Resume your regular healthy diet gradually, starting with liquid foods, such as soups and fruit juices, followed by light meals, including rice, pasta and small portions of meat, fish and/or beans. Your regular healthy diet may be resumed on DAY 7. As each person's dietary requirements are different, please discuss this with your licensed healthcare professional to confirm what is the right transition diet for you.

## PROLON® MEAL PROGRAM

The kit contains 5 boxes – each labeled for one of the 5 days of the meal program. You will be eating and drinking what you find in that day's box. You may change the order in which you eat the day's items, but **DO NOT switch components from one day to another.**

<p><b>SOUPS</b></p>	<p>Read instructions on packages for ways to prepare. The Minestrone, Black Bean, and Butternut Squash &amp; Quinoa Soup Mixes are stove top preparations and are <b>NOT MICROWAVEABLE</b>. It is suggested that you prepare them when you have access to a stove/cooktop.</p>
<p><b>SUPPLEMENTS</b></p>	<p>Take with food.</p>
<p><b>NR-3 SUPPLEMENT</b></p>	<p>2 capsules per day, with food. The NR-3 dietary supplement capsules are packaged in a sachet.</p>
<p><b>L-DRINK</b></p> 	<p><b>DO NOT DRINK FROM THE SMALL BOTTLE WITHOUT DILUTION.</b> How much L-Drink you can consume depends on your weight. Pour a portion of the L-Drink concentrate into the supplied 950 ml drinking bottle, so that the concentrate left in the bottle matches your weight on the label. <b>DISCARD THE REMAINING CONCENTRATE.</b> Fill your drinking bottle with cold water and enjoy. If desired, add the equivalent of 1-2 tea bags of the Hibiscus Herbal Tea or 1 of either the Lemon Spearmint or Spearmint Leaves for flavour, cold steeping for as long as you like. Do not add boiling water to the drinking bottle. Drink throughout the entire day - not all at once.</p>
<p><b>TEAS</b></p>	<p>Please read instructions on packages for preparation.</p>

