

# Welcome to the #ProvelChallenge

In just 30 days, feel HEALTHIER, more ENERGIZED, more FOCUSED,  
and ready to take on anything life throws your way.

**1**

## Join our community

Get support, recipes, and inspiration from the **'Official Shaklee 7-Day Healthy Cleanse'** Facebook Group.



**2**

## Ready, set, cleanse

DAYS 1-7

Start with a 7-Day Healthy Cleanse to completely reset your system. Get started by downloading our support tools at [www.Shaklee.com/HealthyCleanse](http://www.Shaklee.com/HealthyCleanse)



**3**

## A strip and shake a day

DAYS 8-30

Adopt a daily nutrition routine: Replace one meal with a Life Shake™ and take a Vitalizer™ strip for clinically backed vitamins, minerals, and protein.

