

28 DAY BURN

LivePURE's 28-Day Burn, when combined with intentional movement and a whole-food mindset, was developed to help your body shift away from the cycle of convenience and back to the power of nourishment. This program is designed to help you break free from the grip of processed foods, hidden sugars, and refined flours that often leave us feeling sluggish and disconnected.

By simplifying your nutrition through our tiered 28-day approach, you aren't just "going on a diet"—you are growing accustomed to eating whole foods and mastering the daily habits that sustain a healthy life. During this journey, as you replace old patterns with nutrient-dense choices, you will experience a surge in natural energy, sharper mental focus, and a body that feels leaner, stronger, and more capable. The 28-Day Burn is where the spark of change becomes a lasting lifestyle..



WHAT TO TAKE & WHEN TO TAKE

Days 1-7 (2 Shakes/Day)

EARLY MORNING 20 minutes before breakfast	Focus Metabolic MAX (2-3 capsules)
BREAKFAST	Daily Build Nutrition Shake
BEFORE LUNCH 20 minutes before lunch	Focus Metabolic MAX (2-3 capsules)
LUNCH	Lean Protein (4-6oz) Veggies ½ Carb 1 Fat
DINNER	Daily Build Nutrition Shake
BEFORE BED	Cleanse (2 capsules)

NUTRITION SHAKE

Plant based Meal replacement, Keeps you nourished and feeling full. Enjoy 2 servings daily.

DAILY BUILD

Provides vitamins, minerals, trace minerals, and amino acids. Take half the daily serving with morning and evening meals.

FOCUS

Created for enhanced mental focus with natural sources of caffeine. Best taken on an empty stomach with 6-8oz water

METABOLIC MAX

Support for fat burning and building lean muscle—Take 15-20 minutes before breakfast and lunch.

CLEANSE

Natural & gentle detoxification for all 7 channels of elimination of the body. Take before bedtime.



Days 8-28 (1 Shake/Day)

EARLY MORNING 20 minutes before breakfast	Focus Metabolic MAX (2-3 capsules)
BREAKFAST	Daily Build Nutrition Shake
BEFORE LUNCH 20 minutes before lunch	Focus Metabolic MAX (2-3 capsules)
LUNCH	Lean Protein (4-6oz) Veggies ½ Carb 1 Fat
DINNER	Daily Build Lean Protein (4-6oz) Veggies ½ Carb 1 Fat
BEFORE BED	Cleanse (2 capsules)

HABITS

Focus before workout
8-10 glasses of water/day

SNACKS

Limit to the following and only mid morning and mid afternoon.

Raw veggies (2 - 4 oz)
Raw tree nuts (2 - 4 oz)
Small apple
Super-fruits/Fusion (2 - 4 oz)
Smoked meat or jerky (2 - 4 oz)
Broth
Herbal Teas

DOs & DON'Ts

What to mix shakes with?
Nut Milk (no dairy)
Fresh Berries
Green Veggies
Nuts

NO sugar
NO bread
NO pasta
NO corn
NO white potatoes

SAMPLE "ANYWHERE" WORKOUT

30 jumping jacks
30 sit ups
30 push ups
30 squats
30 jumping jacks

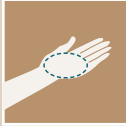
If you cannot do 30, do as many as you can until you work your way up to 30.

ADDITIONAL PRODUCTS TO CONSIDER: On Track, PureZyme, AquaLean, Mila, Fusion & GoYin

FOOD GUIDE

PROTEIN

1 Palm-size Portion



1 PALM-SIZE PORTION

About the size of a deck of cards

Fresh Fish
Poultry (chicken / turkey)
Beef (all kinds)
Beans or Lentils
Eggs
Tofu
Tempeh

OTHER: Almond, Cashew or other
Nut Milk (choose unsweetened)

1 CUP OF CASHEW MILK = 2g FAT,
1g CARBOHYDRATE and 1g
PROTEIN

CARBOHYDRATE

1 Handful



1 HANDFUL

About 1/2 cup

Amaranth
Barley
Buckwheat
Bulgar
Kamut
Millet
Oats
Quinoa
Sweet Potato
Rice (brown, red, wild)

Almond Flour or Almond Meal (2 Tbsp.)

AVOID PASTA, BREAD, CRACKERS, WHITE
RICE AND POTATOES

BEANS AND LENTILS CAN ALSO BE USED
AS CARBOHYDRATES.

VEGETABLE

2 Handfuls



2 HANDFULS

Broccoli	Asparagus
Cauliflower	Cucumbers
Green Beans	Roots (turnip, ginger, carrot, radish, beet)
Brussels Sprouts	Snap Peas
Dark, Leafy Greens (spinach, collard greens, kale)	Squash
Mixed Greens (Lettuce: romaine, butter, red leaf, green leaf, oak leaf, cilantro, parsley)	Sweet Peppers (green, yellow, red)
Any non-starchy vegetable	Onions
	Mushrooms
	Celery

AVOID CORN, GREEN PEAS AND TOMATOES
CHOOSE ORGANIC WHEN AVAILABLE.

FRUIT

Strawberries (1 cup)
Blueberries (½ cup)
Raspberries (½ cup)
Blackberries (½ cup)
1 Plum (medium-size)
1 Apple (small)
1 Tangerine
1 Kiwi (medium-size)
Cherries (½ cup)
Cantaloupe (¾ cup)

AVOID BANANAS, ORANGES, WATERMELON,
PINEAPPLE, MANGO AND GRAPES DUE TO
THEIR HIGHER SUGAR CONTENT.

FAT 1-2 TBSP

Olive Oil	Nuts & Seeds (¼ cup)
Organic Virgin Coconut Oil	Almonds
Flax Oil	Cashews
Hemp Oil	Pecans
Sesame Oil	Walnuts
Avocado Oil	Hazelnuts
Organic Real Butter (not margarine or spread)	Brazil Nuts
Avocado	Macadamia Nuts
	Peanuts (legume)
	Sunflower Seeds

AVOID ROASTED NUTS WITH ADDED OILS,
VEGETABLE OIL, CORN OIL, PEANUT OIL,
GRAPE-SEED OIL AND DAIRY PRODUCTS
(MILK, CHEESE, ETC.)

CONSUME FREELY

Pure Filtered Water
Broth (vegetable, chicken, beef)**
Herbal Teas (sweeten with stevia; avoid artificial sweeteners)
Dill Pickles

**Fatigue and muscle aches associated with calorie restriction are often caused by insufficient sodium in the diet. Broth is a great way to increase sodium intake; however, avoid MSG in some bullion products. Aim to increase your sodium intake on Cleanse days. Sodium can also help with nausea. Note: If you are on a sodium restricted diet, seek the advice of a medical professional to determine if this plan is right for you.

WATER

Adequate water intake is critical to this plan. You MUST consume half your body weight in fluid ounces daily. For example, if you weigh 160 pounds, strive to consume at least 80 ounces of water each day. IT IS RECOMMENDED TO TAKE SUPPLEMENT CAPSULES WITH WATER ONLY. AVOID SPARKLING WATER AND ALCOHOL.

BODY PROGRESS TRACKER

BUST

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

ARMS

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

WAIST

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

HIPS

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

THIGHS

WEEK 1: _____

WEEK 2: _____

WEEK 3: _____

WEEK 4: _____

GOAL TRACKER	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OVERALL
BUST					
ARMS					
WAIST					
HIPS					
THIGHS					
TOTAL INCHES					
OVERALL WEIGHT					