

The logo for the 7-Day Burn Challenge. It features a large, stylized number '7' in a brownish-gold color. A teal-colored swoosh with an arrowhead at its end curves around the '7'. To the right of the '7' is the word 'DAY' in a white, outlined, sans-serif font. Below '7' and 'DAY' are the words 'BURN' and 'CHALLENGE' stacked vertically. 'BURN' is in a brownish-gold, bold, sans-serif font, and 'CHALLENGE' is in a dark blue, bold, sans-serif font.

7 DAY BURN CHALLENGE

LivePURE's 7-Day Burn Challenge is an intentional 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 this accelerated 7-day approach, you aren't just "going on a diet"—you are experiencing how quickly your body can respond to whole foods and nutrient-dense fuel. During this week-long journey, as you replace old patterns with intentional choices, you will ignite a surge in natural energy, sharpen your mental focus, and prove that a leaner, stronger, and more capable version of yourself is just seven days away.

WHAT TO TAKE & WHEN TO TAKE

Days 1-3 (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 4-7 (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

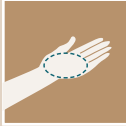
If you cannot do 30, do as many as you can until you work your way up to 30.

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
Beef Tallow	Cashews
Hemp Oil	Pecans
Ghee	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.

WHY THE 7-DAY RESET?

WE LIVE IN A WORLD OF CONVENIENCE and our bodies are constantly bombarded with inflammatory ingredients and nutrient-depleted "food-like" substances. While we have more access to calories than ever before, we are often nutritionally starved. These refined products are found in almost every meal we eat out, every snack we grab on the go, and the hidden aisles of our grocery stores. Our bodies are designed to run on high-quality fuel; however, when we feed them a steady diet of processed triggers, our systems become sluggish and overburdened. Over time, this poor nutritional foundation takes a toll on our health—leading to chronic low energy, stubborn weight gain, brain fog, and a reliance on caffeine and sugar just to get through the day.

The average person consumes nearly 200 lbs. of refined flour and cereal products annually, alongside an staggering 77 to 88 pounds of added sugar. That is the equivalent of eating over five full-size candy bars every single day. Most people would never consciously choose to eat that much candy for breakfast or lunch, yet through hidden additives in processed foods, that is exactly what is happening. This constant intake of refined carbohydrates and sugar keeps us locked in a cycle of insulin spikes and crashes, making it nearly impossible to maintain a healthy weight or consistent mood.

As you progress through the LivePURE 7-Day Reset, you are giving your body the opportunity to break that cycle. By flooding your system with nutrient-dense PURE products and whole foods, you will benefit from increased natural energy, reduced cravings, and a re-calibrated palate. You are setting yourself on a path of positive, long-term change where you no longer just "eat to get by," but "nourish to thrive."

TIME-RESTRICTED FEEDING

The 7-Day Reset utilizes the power of time-restricted eating to optimize your results. We recommend a 12-hour window of rest for your digestive system. Choose a cutoff time that works for your schedule (7 p.m., 8 p.m., or 9 p.m.) and wait 12 hours before consuming your first meal or shake the next morning. This simple habit allows your body to focus its energy on cellular repair and fat metabolism rather than constant digestion.

POST-RESET MOMENTUM

Completing the 7-Day Reset is just the beginning of your transformation. To maintain your results and continue building your foundation of health, we recommend moving directly into the 28-Day PURE Reset. Or transition to utilizing the CORE4 products—Cleanse, GoYin, Daily Build, and Focus—which are designed to keep your body in a state of balance and high performance. Focus on a lifestyle of plant-based whole foods, healthy fats, and lean proteins while avoiding the refined "convenience" foods that lead to depletion.



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