

# THE BUTTERFLY DIET™

AWAKEN YOUR AGELESS AUTHENTIC BODY SIZE AND  
YOUR HIGHER LIFE PURPOSE!

**Instructions on how to use the weekly calendar schedule. You must pick which weekly calendar fits you according to your metabolism:**

**Weekly Calendar 1 green soup or smoothie a day**

Please note this schedule fits low to medium/low metabolism

**Weekly Calendar 2 green soups our smoothie a day**

Please note this schedule fits medium/high to high metabolism

\*Please understand that you must gradually build up to this, you might want to add 1 green soup and smoothie a week and build up until you build the entire week with it. Also note that this not about removing your old pattern of eating, but adding this first and then eating whatever it is that you want to eat. As your body builds its nourishment, it will naturally not want to eat junk-food and you will reduce more of the foods you don't need. Also please print out the calendar and post in on your vision board or somewhere you can see it daily. As the law of attraction states, what you focus on, through affirmation or visualization you will attract.

