

14-DAY *Ningxia* reset

WHAT IS IT?

EACH DAY FOR 2 WEEKS, YOU WILL:

- **ENERGIZE:** DRINK 12 OZ OF NINGXIA RED (FIRST 3 DAYS), AND 6 OZ OF NINGXIA RED ON DAYS 4-14.
- **FUEL:** EAT CLEAN - WE PROVIDE MEAL PLAN CHOICES AND RECIPES (TO KEEP IT SIMPLE AND FIT YOUR STYLE).
- **HYDRATE:** DRINK 1/2 YOUR BODY WEIGHT IN OUNCES OF WATER.
- **FLOW:** MOVE YOUR BODY FOR 30 MINUTES - WORKOUT CHOICES PROVIDED

