[www.defineyoury.com](http://www.defineyoury.com)

12 Week Program (84 Days) 4 Most Effective Unicity Products

-Breakfast – **Complete Shake**, **Lifiber** and Water or Milk

-Lunch (First two weeks) – **Balance** + **Complete Shake**

-Lunch – **Balance** + FOOD

-Dinner – **Balance** + FOOD

-Energy – **Matcha**!! Super-Food for Energy

-**COACH** – Accountable, Teach and Train

-Online Journaling – Daily Snapshot for You and Coach