

DE-Detox Essentials (4 Capsules, 2x a day) CF-Candida Force (5 Capsules 3x a day)

McCombs Plan - Week 1

Day of Week	Daily Tracking				Start Date: ___/___/___
	DE	CF	Sweat!	Drink Plenty of Water	
	DE	CF	Sweat!	Drink Plenty of Water	
	DE	CF	Sweat!	Drink Plenty of Water	
	DE	CF	Sweat!	Drink Plenty of Water	
	DE	CF	Sweat!	Drink Plenty of Water	
	DE	CF	Sweat!	Drink Plenty of Water	
	DE	CF	Sweat!	Drink Plenty of Water	

Quote

The greatest wealth is health.
Virgil

McCombs Plan - Week 3

Day of Week	Daily Tracking			
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water

 * **TIME TO ORDER MONTH 2**

McCombs Plan - Week 2

Day of Week	Daily Tracking			
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water

Quote

If we're not willing to settle for junk living, we certainly shouldn't settle for junk food.
Sally Edwards

McCombs Plan - Week 4

Day of Week	Daily Tracking			
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water
	DE	CF	Sweat!	Drink Plenty of Water

Month 1 2 Candida Force (250 capsules per bottle)
 2 Detox Essentials (120 capsules per bottle)

To Order  Online: McCombsPlan.com **Month 2** 2 Candida Force (250 capsules per bottle)
 By phone: 1-888-236-7780
 2 Detox Essentials (120 capsules per bottle)
 1 Flora Prime (100 per bottle)

DE-Detox Essentials (4 Capsules, 2x a day) CF-Candida Force (5 Capsules 3x a day) FP - Flora Prime (5 Capsules 2x a day)

McCombs Plan - Week 5

Day of Week	Daily Tracking	Start Date: ___/___/___
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>	
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>	
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>	
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>	
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>	
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>	
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>	

Quote

We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are.

Adelle Davis

McCombs Plan - Week 7 (Begin using Flora Prime this week)

Day of Week	Daily Tracking
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>

McCombs Plan - Week 6



Day of Week	Daily Tracking
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>

Quote

The rest of the world lives to eat, while I eat to live.

Socrates

McCombs Plan - Week 8

Day of Week	Daily Tracking
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>
	DE <input type="checkbox"/> <input type="checkbox"/> CF <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FP <input type="checkbox"/> <input type="checkbox"/> Sweat! <input type="checkbox"/> <input type="checkbox"/> Drink Plenty of Water <input type="checkbox"/>

* **TIME TO ORDER MONTH 3**

Month 2	2 Candida Force (250 capsules per bottle)	1 Flora Prime (100 per bottle)
	2 DetoxEssentials (120 capsules per bottle)	

To Order	Online: McCombsPlan.com	Month 3	2 DetoxEssentials (120 capsules per bottle)
	By phone: 1-888-236-7780		3 Flora Prime (100 per bottle)

DE-Detox Essentials (4 Capsules, 2x a day) FP - Flora Prime (5 Capsules 2x a day)

McCombs Plan - Week 9*

Day of Week	Daily Tracking				Start Date: ___/___/___			
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	

*You may add back dried fruit, juices, soy sauce, vinegar, legumes, tofu, nuts, popcorn.

Quote

He who has health has hope; and he who has hope has everything.
Arabic Proverb

McCombs Plan - Week 11*

Day of Week	Daily Tracking							
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	

* **TIME TO ORDER MONTH 4**

*You may add back grains

McCombs Plan - Week 10

Day of Week	Daily Tracking							
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	

Quote

Vegetables are the food of the earth; fruit seems more the food of the heavens.
Sepal Felicivant

McCombs Plan - Week 12

Day of Week	Daily Tracking							
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	
	DE		FP		Sweat!		Drink Plenty of Water	

Month 3 2 Detox Essentials (120 capsules per bottle)
 2 Flora Prime (100 per bottle)

To Order Online: McCombsPlan.com Month 4 2 Detox Essentials (120 capsules per bottle)
 By phone: 1-888-236-7780 3 Flora Prime (100 per bottle)

DE-Detox Essentials (4 Capsules, 2x a day) FP - Flora Prime (5 Capsules 2x a day)

McCombs Plan - Week 13*

Day of Week	Daily Tracking				Start Date: ___/___/___
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	

*You may add back pasta, bread, chips, crackers, etc.

Quote

*Wisdom is to the soul
what health is to
the body.*
De Saint-Real

McCombs Plan - Week 15*

Day of Week	Daily Tracking				End Date: ___/___/___
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	

*You may add back sugars.

McCombs Plan - Week 14

Day of Week	Daily Tracking				End Date: ___/___/___
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	

Quote

*The spirit cannot
endure the body when
overfed, but, if under-
fed, the body cannot
endure the spirit.*
St. Frances de Sales

McCombs Plan - Week 16

Day of Week	Daily Tracking				End Date: ___/___/___
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	
	DE	FP	Sweat!	Drink Plenty of Water	

Month 4 2 Detox Essentials (120 capsules per bottle) Contact Online: www.McCombsPlan.com
3 Flora Prime (100 per bottle) By phone: 1-888-236-7780

WEEK 17
You may add back dairy.

WEEK 17
Keep Sweating!

WEEK 17
Drink plenty of water!

WEEK 17
Listen to your body.