

# Testimonials

Before I started the 21-day challenge, I was constantly feeling sluggish, tired, and feeling like I couldn't get anything done even though I had a whole day, I knew something had to change. It was then that I was introduced to this challenge. I was nervous at first and honestly a little ashamed. Within the first few days I felt amazing, I had more energy, was more productive, and happy! I even managed to get into the gym a few days a week, which I never thought I would do! I lost SEVEN POUNDS in the first week! I couldn't believe it! As the time went on it only got better and easier. Not only were the pounds coming off, I was even losing inches. This program works, and the shakes taste amazing and help curb cravings. It was all worth it in the end as I won the challenge by becoming healthier and happier. To anyone struggling you can do it!

- Dariane

In the first week of the 21 day challenge I lost 4lbs. I had 2 shakes a day and 1 healthy meal. The tea helped me push through my workouts everyday.

- Tyiesha

