

# Plantsulin Program - Quick Recap

Just follow this easy, 3-Step Program and watch your blood sugar stabilize.

## STEP 1

Fixing a clogged liver is crucial to balance blood sugar levels. In this first step, you'll use the powerful combination of herbs in Plantsulin to gently cleanse fat out of your liver. Use as instructed on the bottle.

## STEP 2

The Plantsulin Diet is easy. Simply follow the 12-Week program outlined in the Quick Start fasting guide and the Meal Plans. This diet was designed to support the herbs in clearing out liver fat.

## STEP 3

For people that want to accelerate their results, adding some light exercise such as walking is a great idea. Exercise helps burn up excess sugar and clear out deposits of fat from the liver and pancreas.

## How To Use This Tracking Guide

To use this tracking guide you'll need a blood sugar meter. If you don't already have one, ask your doctor or your local pharmacy to pick one up for free.

Before starting each meal, you'll want to check your blood fasting sugar levels and track them in the sheet below. This means you're tracking your blood sugar levels at breakfast, lunch and dinner for the duration of this program.

You may also include your dose if you're taking any medication. This will help you and your doctor determine how to adjust our medication. Here's an example for reference:

WEEK 1	MON	TUE	WED
BREAKFAST	180 / 150U	172 / 150U	164 / 150U
LUNCH	210	193	181
DINNER	159 / 150U	161 / 150U	155 / 150U

WEEK 1	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
WEEK 2	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
WEEK 3	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
WEEK 4	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							

<b>WEEK 5</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
BREAKFAST							
LUNCH							
DINNER							
<b>WEEK 6</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
BREAKFAST							
LUNCH							
DINNER							
<b>WEEK 7</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
BREAKFAST							
LUNCH							
DINNER							
<b>WEEK 8</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
BREAKFAST							
LUNCH							
DINNER							
<b>WEEK 9</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
BREAKFAST							
LUNCH							
DINNER							
<b>WEEK 10</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
BREAKFAST							
LUNCH							
DINNER							
<b>WEEK 11</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
BREAKFAST							
LUNCH							
DINNER							
<b>WEEK 12</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
BREAKFAST							
LUNCH							
DINNER							