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ChaLEAN Extreme helps makes this easier with a fantastic nutrition guide. It has meals with recipes and snack ideas specific to each of the three phases. This will help you know what to do and not do as far as your diet goes. You will determine your calorie needs before you begin and tailor your meals to fit in with that goal in mind.

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It also explains, in clear terms, the ChaLEAN Extreme three-phase program. You begin with the “burn phase.” Then progress to the “push phase,” and, finally, you finish with the “lean phase.” During the “burn phase, the ChaLEAN Extreme program aims to rev your metabolism and burn those first pounds off fast. It works by significantly restricting your fat and carbohydrate intake.

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