



*\* Scientific research shows that nutrition has a great impact on our health, energy level, and life expectancy. The right combination of nutrition, healthy lifestyle and physical activity will bring phenomenal results to everyone!*

### Cut

«bad» carbohydrates (fruits, bread, rice, pasta, potatoes, sugar...) from your diet, especially, for the first 14 days.

### Eat

3-5 small meals a day. Replace 2 of them with WellnessPro meal replacement shake for Men or Women.

### Feeling hungry between meals?

Have a healthy snack or an extra WellnessPro® shake.

### Drink

Plenty of water daily! Proper hydration improves metabolism and supports kidney and liver function by flushing out the weight-loss by-products. The more water you drink, the easier it is to lose weight and keep it off!

### Exercise

If you don't have time for a gym, walk at least 1 mile a day. You have more energy now – use it! Feeling lighter and stronger already? Increase your walking distance to 2 miles a day.

### Track your progress

Weigh and measure yourself once a week, take "before" and "after" pictures, keep a weight-loss diary to track and celebrate your results.

## Breakfast Make it. Shake it. Take it!

WellnessPro®  
Balanced Nutrition  
Chocolate or Vanilla



Blend 2 scoops of our delicious meal replacement shake with 8 fl oz of cold water, nonfat milk, soy or almond milk, or your favorite low-carbohydrate drink.

Enjoy!

**Dfense™**  
Whole body cleanse with probiotics. Take 1-2 tablets with a glass of water.

## Launch Light. Balanced.



**Block n Burn™**  
Carbohydrate blocker  
Take 1 tablet 30 mins  
-1 hr before a meal.

Make healthy choices! Keep our **Recommended food lists** handy for healthy, low carb meal ideas.

## Dinner Make it. Shake it. Take it!

WellnessPro®  
Balanced Nutrition  
Chocolate or Vanilla



Mix 2 scoops of WellnessPro® shake with 8 fl oz of cold water, nonfat milk, soy or almond milk, or your favorite low-carbohydrate drink.

Enjoy!

## Before Bed



Take 1-2 tablets of Dfense™ with a glass of water.

Want to get your WellnessPro autoship **FREE**?  
Ask your Consultant about Get 3, Yours is Free Program details.



# Recommended Foods

- ☐ Recommended for the duration of your weight-loss program.
- May be added after the first 14 days on the program

## Fish and Seafood

Calamari	Oysters	Sole
Crab	Salmon	Talapia
Halibut	Shrimp	Trout
Lobster	Snapper	Tuna

## Poultry\*

Chicken  
Cornish hen  
Duck  
Goose  
Turkey

## Meat\*

Beef  
Ham  
Pork  
Veal  
Venison

## Egg\*

Hard-boiled Eggs  
Fried Eggs  
Omelets  
Poached Eggs  
Scrambled Eggs

\* "Free range, grass fed" meats, fish, and eggs are preferred.

## Salad / Vegetables

Artichoke	Chicory	Garbanzo Beans
Asparagus	Celery	Green Beans
Bamboo Shoots	Cucumbers	Kale
Beets	Dandelion Greens	Mushrooms
Broccoli	Endive	Onion
Brussel sprouts	Eggplants	Peppers
Cabbage	Garlic	Radishes

## Fresh Fruits and Berries

Apple	Lemon	Plum
Blackberries	Mandarins	Pomegranate
Blueberries	Oranges	Raspberries
Cranberries	Papaya	Sour cherries
Grapefruit	Peach	Strawberries
	Pear	

## Drinks

Herbal Teas  
Mineral Water  
Spring Water  
Water

## Extras for Your Salad

Avocado	Black Eyed Peas
Bacon	Cayenne Pepper
Eggs	Greek Yogurt
Grated Cheese	Lemon
Mushrooms	Red pepper Flakes

## Sugar Substitutes

Stevia, Raw Honey or Coconut sugar are the best choices. Avoid saccharine, Aspartame, Sorbitol and Mannitol.

## Cheese

Blue Cheese	Jarlsberg
Cheddar	Mozzarella
Feta	Swiss
Goat Cheese	

## Grains, Beans and Legumes

Barley	Black Beans
Quinoa	Kidney Beans
Steel Cut Oats	Lima Beans
Wheat Germ	Peas
	Pinto Beans

## Nuts and Seeds

Almonds  
Brazil Nuts  
Macadamia  
Pecans  
Pumpkin Seeds  
Sunflower Seeds  
Walnuts

## Oil

Avocado  
Coconut Oil  
Grapeseed Oil  
Olive  
Sunflower  
Sesame  
Walnut

## Herbs

Basil  
Cilantro  
Dill  
Mint Leaves  
Oregano  
Parsley  
Rosemary  
Thyme

## Salad Dressings\*

Balsamic Vinegar  
Lemon Juice with Spices  
Olive Oil with Vinegar

\* Best choices are cold pressed oils. Avoid margarine. Make sure there's no sugar added!

Try to stay away from processed foods as much as possible.