

Healthy  
Body  
Challenge 

# Weight Loss Guide



Youngevity®

# Congratulations on being part of the Healthy Body Weight Loss Challenge!

**You are now among tens of thousands of action-oriented people who are enjoying a transformational experience by shedding unwanted fat, gaining energy, getting fit, and getting healthy!**

This simple guide contains the essentials of the Youngevity Weight Loss Program featuring the Healthy Body Weight Loss Pak™. For more information, refer to the resources available at the official website: [www.healthybodychallenge.com](http://www.healthybodychallenge.com).

To achieve the best possible results, we encourage you to follow these guidelines carefully. Doing so will help you lose significant amounts of fat and change the way you look, feel, and live. Use the plan, grocery list, accountability tracker, weekly calls and online tools to get and stay committed to your weight loss goals.

**Start your 30 to 90 day program now! Here's how:**

**STEP 1:**  
Get your  
Healthy Body  
Pak™

**STEP 2:**  
Take your  
“before”  
photos.

**STEP 3:**  
Set and  
share your  
goals.



**STEP 4:**  
Stick  
to the  
plan.

**STEP 5:**  
Keep  
track and  
plug in.

# STEP 1: Get your Healthy Body Pak.

The Healthy Body Weight Loss Pak 2.0 provides you all the 90 essential nutrients you need to reduce cravings for unhealthy foods, enhance your metabolism, release stored toxins, and reduce the body's fat stores.†

## Beyond Tangy Tangerine® 2.0 Citrus Peach Fusion

The most advanced multi-vitamin product to date! Beyond Tangy Tangerine 2.0 is a blend of organic plant-derived minerals, vitamins, amino acids, synergizing nutrient co-factors, and prebiotics/probiotics to promote maximum intestinal absorption.†

## Beyond Osteo-fx™

A powerful formula targeted to support the body's physical framework and restore bone and joint health. Contains antioxidants that help to eradicate free radicals and other nutrients to enhance calcium absorption.†

## Ultimate™ EFA Plus™

Essential fatty acids, also known as "healthy fats," are the nutrients critical to many important body processes including heart and brain function. This balanced formula includes Omega 3, Omega 6, and Omega 9 fatty acids. It also includes a blend of DHA and Vitamin E to help activate and further enhance the benefits of fatty acids.

## As Slim as Possible™ (ASAP)

ASAP is a safe, effective, and targeted weight loss enhancer that supports significant weight loss, especially for those that have had difficulty doing so in the past. Formulated with vitamins, minerals, amino acids, purified plant extracts, and other ingredients naturally found in wholesome foods, ASAP is the safest way to help your body shed unwanted pounds.†



† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## TRANSFORMATION COMPANION KIT

Complement your Healthy Body Pak to enhance your weight loss experience:

- Slender Fx™ (meal replacement shake)
- Food Fiber™ (dietary fiber supplement)
- Body Trim™ (appetite suppressant drink)
- Cleanse Fx™ (natural digestive tract cleanser)
- Sweet Eze™ (support blood sugar levels)

Visit [www.healthybodychallenge.com](http://www.healthybodychallenge.com) for details.



## Simplify and get FREE shipping!

Avoid worry and waiting when you see the bottom of your Healthy Body Weight Loss Pak Canister. Sign up for Autoship and you'll receive your next Pak conveniently shipped for FREE each month!

**STEP 2:**  
**Take your**  
**“before”**  
**photos.**

Be sure you take “Before” photos and record your starting measurements so you can track your progress. Remember, this will be the last time you can!

**Before**  
**FRONT VIEW**  
photo here

**Before**  
**SIDE VIEW**  
photo here

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Weight: \_\_\_\_\_

Waist: \_\_\_\_\_

Waist: \_\_\_\_\_

**Join the**  
**Healthy Body**  
**Transformation**  
**Experience!**

Losing pounds is certainly rewarding when it comes to your health, but Youngevity wants to improve your wealth as well!

Youngevity is providing thousands of dollars in prizes, cash and awards for those that choose to let us know about their results.

Learn more at [www.thetransformationexperience.com](http://www.thetransformationexperience.com)

## STEP 3: Set and share your goals.

If after 30 days you still desire to lose more weight, continue the program for an additional 30 to 60 days.

Goal weight after 30 Days: \_\_\_\_\_

Goal weight after 90 Days: \_\_\_\_\_

Goal statement: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Share your goal!

A vital part of your success will be gained from the support, encouragement, and accountability from those you love. Share your goal with at least three friends and/or family. They may even want to join in! You may also want to post about your experience on Facebook or Twitter for additional support.

**80**  
Pounds  
Lost!

**Sonya Aebischer**

HEALTHY BODY  
TRANSFORMATION  
EXPERIENCE  
RUNNER-UP

The food guidelines are super easy, its like the easiest thing I've done! I'm enjoying better health, nutrition and a better life!





## STEP 4: Stick to the plan.

The plan provides the nutrition you need while triggering you to increase your metabolism, eliminate toxins, lose fat, and reshape your body and health!

The approved foods listed in this guide are the only foods you should eat during your weight loss program. This program has been specifically designed so that each calorie is nutrient-dense and limits the body's tendency to store body fat.

### Daily nutrition plan

#### BREAKFAST

##### SUPPLEMENTS

- Beyond Tangy Tangerine® Original or 2.0\*
- Beyond Osteo-fx™
- Ultimate™ EFA Plus™\*
- ASAP\*

##### HEALTHY NUTRITION

- 1 Protein
- 1 Vegetable
- 1 Fruit
- 1 Healthy Fat
- 1 Morning Drink

#### LUNCH

##### SUPPLEMENTS

- ASAP\*

##### HEALTHY NUTRITION

- 1 Protein
- 1 Vegetable
- 1 Healthy Fat
- 1 Fruit (optional)
- 1 Drink

#### MID-AFTERNOON SNACK

##### HEALTHY NUTRITION

- 1 Protein or 1 Fruit
- 1 Healthy Fat

#### DINNER

##### SUPPLEMENTS

- ASAP\*

##### HEALTHY NUTRITION

- 1 Protein
- 1 Vegetable

*\*Use as directed.*

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#### SERVING SIZE FOR EACH FOOD GROUP:

Protein = 6 oz.

Vegetables = 2 cups

Fruits = ½ Cup

Drinks = 10 -20 oz. (except coffee)

Healthy Fats = Various (see Approved Foods)



# Approved foods

## PROTEIN (6 ounces)

### Best

- Chicken (*free-range, raised without hormones is best*)
- Turkey (*fresh, not preserved lunch meat*)
- Slender Fx Meal Replacement Shake
- White Fish (*wild-caught*)
- Eggs (*free-range*)
- Lean Veal
- Venison
- Crab
- Halibut
- Shrimp
- Flounder
- Pork

### Better

- Salmon (*wild-caught*)
- Tuna
- Lobster
- Beef (*grass fed—steaks, tips, roast*)

### Good

- Quinoa
- Organic Tofu
- Lean Red Meat (*rare or medium rare*)

*Note: Don't mix beans with fruits or other meats during consumption.*

## HEALTHY FATS (various)

### Best

- Flaxseed (tbsp.)
- Avocado (½)
- Walnuts (15)
- Real Butter (tbsp.)
- Chia Seeds
- Pumpkin Seeds (¼)
- Almonds (15)
- Ultimate™ EFA™
- Almond Butter (tbsp.)

## DRINKS (10 - 20 oz.)

### Best (Morning)

- Filtered Water
- True Cleanse & H2O
- Macha Green Tea
- Body Trim & H2O
- BTT & H2O
- Black Coffee (1 cup)

### Best (Day)

- Filtered Water
- True Cleanse & H2O
- BTT & H2O
- Body Trim & H2O

### Best (Night)

- Filtered Water
- Macha Green Tea

## SPICES/HERBS (any)

### Best

- Ms. Dash (no salt)
- Sea Salt
- Basil
- Cilantro
- Chives
- Rosemary
- Oregano
- Ginger
- Garlic
- Black Pepper
- Parsley
- Sage
- Mint
- Thyme
- Turmeric
- Lemon
- Cayenne
- Lime
- Cinnamon
- Cloves
- Anise
- Chili Peppers
- Cumin

## VEGETABLES (2 cups)

### Best

- Asparagus
- Cucumber
- Bean Sprouts
- Watercress
- Beet Greens
- Mustard Greens
- Broccoli
- Radishes
- Cabbage
- Spinach
- Cauliflower
- Swiss Chard
- Celery
- Endive Lettuce

### Better

- Aubergine
- Okra
- Beets
- Onions
- Leeks
- Parsley
- Chives
- Peppers
- Collards
- Pimento
- Green Beans
- Rutabagas
- Kale
- String Beans
- Kohlrabi
- Turnips
- Brussels Sprouts

### Good

- Artichokes
- Squash
- Oyster Plant
- Sweet Potato (no skin)
- Parsnips
- Yam (no skin)

## FRUITS (½ cup)

### Best

- Blackberries
- Cherries
- Blueberries
- Papayas
- Cantaloupe
- Rhubarb

### Better

- Apples
- Limes
- Fresh Apricots
- Oranges
- Bananas
- Peaches
- Cranberries
- Plums
- Grapefruit
- Raspberries
- Guava
- Strawberries
- Kiwis
- Tangerines
- Lemons
- Tomatoes

### Good

- Watermelon
- Mulberries
- Figs
- Pears
- Grapes
- Pineapple
- Kumquats
- Pomegranates
- Mangoes
- Loganberries
- Prunes

## SWEETENERS (limited)

### Good:

Stevia (drops or powder)

### Always Avoid:

- Wheat
- Cooking & Salad Oils
- Barley
- Well-done Meats
- Rye
- Deli Meats
- Oats
- Fried Foods
- Skins of Potatoes, Yams, Sweet Potatoes

## STEP 5: Keep track and plug in.

Are you sticking to the plan? Record your progress (0% to 100%) for each meal as well as time spent exercising and water you've had to drink. If you are doing the 90 day program, use the guide book found in your monthly Healthy Body Weight Loss Pak to track that month's success.

**START OF WEEK 1:** Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist: \_\_\_\_\_

	Morning	Lunch	Snack	Dinner	Exercise	Water
<b>MON</b>						
<b>TUE</b>						
<b>WED</b>						
<b>THUR</b>						
<b>FRI</b>						
<b>SAT</b>						
<b>SUN</b>						

**START OF WEEK 2:** Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist: \_\_\_\_\_

	Morning	Lunch	Snack	Dinner	Exercise	Water
<b>MON</b>						
<b>TUE</b>						
<b>WED</b>						
<b>THUR</b>						
<b>FRI</b>						
<b>SAT</b>						
<b>SUN</b>						

**Plug in  
and get  
support**

**Weekly Healthy Body Challenge Call**

Wednesdays @ 5:00 pm PT (8:00 pm ET)

212-990-8000 PIN: 75555#

[www.facebook.com/yougevity](http://www.facebook.com/yougevity)



**START OF WEEK 3:** Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist: \_\_\_\_\_

	Morning	Lunch	Snack	Dinner	Exercise	Water
<b>MON</b>						
<b>TUE</b>						
<b>WED</b>						
<b>THUR</b>						
<b>FRI</b>						
<b>SAT</b>						
<b>SUN</b>						

**START OF WEEK 4:** Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist: \_\_\_\_\_

	Morning	Lunch	Snack	Dinner	Exercise	Water
<b>MON</b>						
<b>TUE</b>						
<b>WED</b>						
<b>THUR</b>						
<b>FRI</b>						
<b>SAT</b>						
<b>SUN</b>						

**END OF WEEK 4:** Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist: \_\_\_\_\_

## Tips for optimal weight loss



### Light dinners

Encouraging the body to use excess fat as the primary energy source during periods of sleep is an effective weight loss strategy. Do this by having a light dinner, such as a Slender Fx™ Meal Replacement Shake, or preparing smaller meals.

### Adequate sleep

Getting a proper, undisturbed night's sleep is critical. If possible, try to get 7-8 hours of sleep each night. Taking the Beyond Osteo fx™ product before bedtime can support deeper sleep.

## Breaking plateaus

### Protein and vegetables

The slow burning nutrients of protein and fiber in vegetables can reset your metabolism. Jumpstart your fat burning by consuming 2 cups (ONLY) of vegetables at each meal with 6oz of protein (preferably turkey or chicken). Try to choose highly fibrous vegetables like spinach, broccoli, and asparagus.

### Liquid nutrition

Significantly reducing the amount calories you eat while still getting the basic nutrients from Beyond Tangy Tangerine® can assist in breaking plateaus. Drink 1 serving (ONLY) of Beyond Tangy Tangerine for breakfast, lunch, and dinner with 16oz to 20oz of water per serving. You can drink as much water during the day as you like.



## Proper hydration

When the body begins to lose fat and release it into the blood stream, it is critical that it is sufficiently hydrated to help support the flushing of toxins. Drink plenty of water with each meal throughout the day.



## Exercise

Exercise is very important, not so much for burning calories as it is for creating “calorie engines” (muscle). Emphasize resistance, or strength training. It’s not about cardio for fat burning!



**54**  
Pounds  
Lost!

## High protein

Protein provides immediate sources of energy and can also help to release fat stores that are typically unavailable. Consuming just the protein servings at each meal, 6oz of meat sourced protein, can help to overcome plateaus.

**Cheryl Simone**  
HEALTHY BODY  
TRANSFORMATION  
EXPERIENCE  
RUNNER-UP

## Q & A

### Can I exercise when I'm on the program?

Yes, you can definitely exercise and it's critical for your program. Resistance, or weight bearing exercises are key to developing muscle tissue, which is vital for long-term metabolic function. You don't have to go to the gym—you can do body weight exercises. Check the internet for exercise options you can safely do at home.

### What can I expect when I'm on the program?

Depending on your previous eating habits, you may crave certain foods that are sugary or filled with carbohydrates such as breads. Eating healthy fats will help your sugar cravings and the desire for carbohydrates will lessen over time as you eat more vegetables. Resist overeating at night. A routine of late night snacks needs to be broken, so keep busy and remember that breakfast is coming soon!

### Do I have to be "perfect" all the time?

This depends on you. One meal, one day, or even a weekend of less than perfect eating rarely puts a dent in a week's worth of following the plan, so don't worry. If you are really committed, you'll do the best you can, when you can.



## Top 3 success tips

### 1. Preparation

Make sure you have healthy foods and your supplements available at all times. It's a good idea to pre-package meals and snacks in containers/resealable bags in the appropriate amounts to make them more convenient. You can choose healthy recipes at: [healthybodychallenge.com/recipes.php](http://healthybodychallenge.com/recipes.php)

### 2. Keep busy

Meal times can be challenging when you are with family members, friends, and co-workers. Make healthy choices, and then after you finish your meal, go back to work, do some reading, or take a light walk.

## How long will it take? How long should I prepare for?

Everyone is different. Many factors come into play when your body starts releasing fat stores. The simple answer is that it took some time for you accumulate extra weight and it can't be eliminated overnight. Most people see significant changes in 60-90 days. This is not a quick weight loss program. Unfortunately, diets that promise rapid results usually end up with a person regaining lost pounds, plus a few more, over the long run.



### 3. Remember your why

Keep coming back to "why" you are on this journey and how important it is to you. Tell your friends and family you are on this journey and need their support in order to be successful. Plug into Youngevity Healthy Body Challenge calls, social media, and other support systems. You are not alone!

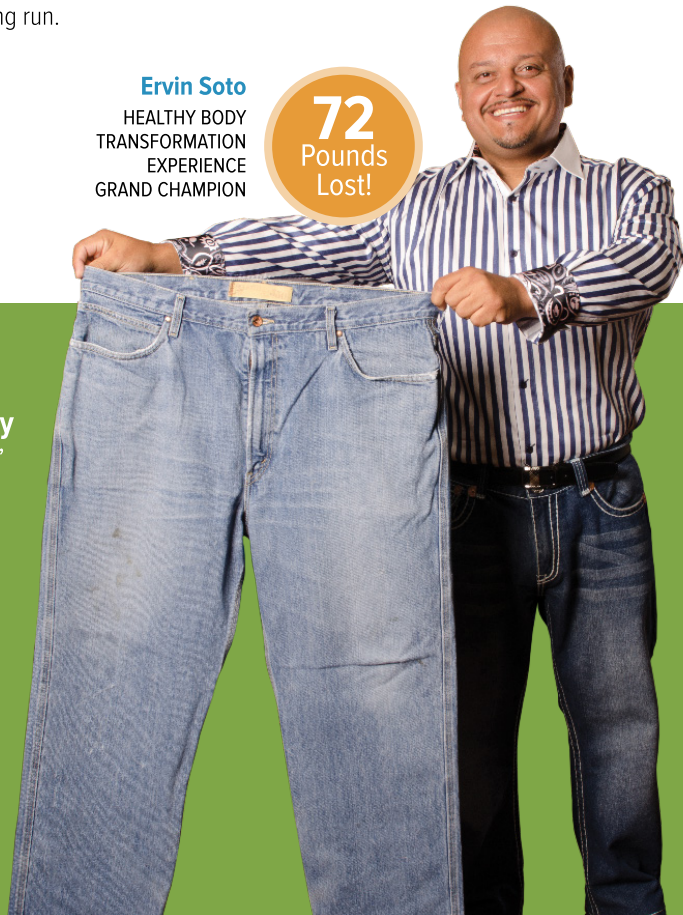
## How do I join the Transformation Experience?

The Healthy Body Challenge Transformation Experience is a 90 day weight loss contest that provides training, prizes and recognition for participants. These contests are held multiple times each year and are recognized at our annual Conventions and Leadership Summits. You can find more information about the current contest at [www.thetransformationexperience.com](http://www.thetransformationexperience.com)

### Ervin Soto

HEALTHY BODY  
TRANSFORMATION  
EXPERIENCE  
GRAND CHAMPION

72  
Pounds  
Lost!



**Get more information:**

[www.healthybodychallenge.com](http://www.healthybodychallenge.com)

**Attend weekly calls:**

Wednesdays @ 5:00 pm PT (8:00 pm ET)

212-990-8000 PIN: 75555#

**Share your results:**

[www.facebook.com/youngevity](http://www.facebook.com/youngevity)

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