

# BODYMELT™

## WEIGHT LOSS & WELLNESS PROGRAM GUIDE



Get all the support you need by joining  
BodyMelt Total Wellness Program





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# WELCOME

TO A NEW CHAPTER IN YOUR LIFE.

One of Vitality, Energy, and Overall Health.



## INCLUDED WITH THE BODYMELT TOTAL WELLNESS PACK

A Full 28-Day Supply of Everything You See Here

BodyMelt Plant-Based Protein Shake (choice of chocolate or vanilla) | BodyMelt Detox | BodyMelt Micro Bio  
BodyMelt Burn | BodyMelt High Performance Energy Blend | BodyMelt Greens Superfood Blend

Order Your BodyMelt Pack

1

Remove Tempting Foods

2

Shop for healthy foods

3

Follow the Program

4



## BODYMELT DETOX ►

Cleanses the body of buildup and toxins and resets the body's system preparing it for the BodyMelt program. This comprehensive formula contains 14 herbal extracts renowned for their ability to cleanse and detoxify the body's systems gently yet effectively.



## BODYMELT MICRO BIO ►

Supports a healthy gut microbiome with a prebiotic blend of herbs and 100 billion CFU/g of *Bacillus coagulans*, a powerful and natural probiotic. Taken daily, this exclusive formula promotes healthy gut bacteria.



## ◀ BODYMELT GREENS SUPERFOOD BLEND

Nutrient-dense, whole food blend of greens, fiber, digestive enzymes, and antioxidants to nourish and energize the body. Taken daily, this supplement supports healthy digestion, energy, cognitive function, and weight management.

## BODYMELT BURN ►

Contains a select blend of powerful herbal extracts to support a healthy metabolism. It contains an abundant supply of chlorogenic acids to support healthy blood sugar levels, and P-synephrine, which contains enzymes to help with energy production in the body.



## ◀ BODYMELT HIGH PERFORMANCE ENERGY BLEND

Energizes your mind and body naturally. Unlike unhealthy energy drinks and supplements, this natural blend of herbal extracts, green tea caffeine, creatine, and L-theanine promotes sustained energy throughout the day without the jitters or other negative side effects.

## BODYMELT PLANT-BASED PROTEIN SHAKE ►

Provides the body with 20 grams of pure plant protein to help build lean muscle mass and assist in maintaining weight. This vegan, non-GMO formula also contains 1 gram of fiber, vitamins, minerals, and antioxidants for energy and exercise recovery.



\*Take all dietary supplements as directed. Please read labels for directions.



# HOW TO START YOUR WELLNESS JOURNEY

## What to Eat & What Not to Eat

Cookies, cake, pastries, bread, pasta, crackers, soda, energy drinks, pre-made drinks, yogurt, salad dressing, condiments, tomato sauce, pasta sauce, BBQ sauce, peanut butter, syrup, fruit juice and concentrate, breakfast cereals, ready-made meals, canned soup, jams, instant coffee and tea drinks, and any foods with added sugars.

**X**  
**REFINED  
SUGARS**

Milk, yogurt, butter, margarine, cheese, sour cream, heavy cream, ice cream, cottage cheese, pudding, chocolate, white sauces, cake mix, coffee creamer, gravies, instant and au gratin potatoes, battered and fried foods.

**X**  
**DAIRY**

Bread, pasta, wheat, cakes, cookies, crackers, French fries, gravies, some sauces, croutons, pita bread, potato chips, stuffing, salad dressings, soup, beer, some cereals, and granola.

**X**  
**GLUTEN**

Baked goods, milk, cheese, salad dressing, yogurt, ice cream, sour cream, margarine, pudding, deli meat, hot dogs, sausage, instant mashed potatoes, canned sauces.

**X**  
**WHEY**

Milk, yogurt, ice cream, canned broth and soups, frozen dinners, canned tuna and meat, soy sauce, edamame, teriyaki sauce, tofu, processed meats, Worcestershire sauce.

**X**  
**SOY**

Aspartame, Splenda,  
Sweet N Low, Truvia, and Equal.

**X**  
**ARTIFICIAL  
FLAVORS**

DAY  
**1**

## Make Room for Change

If possible, remove all unhealthy food and junk food from the home. If this isn't possible, clear a space in your kitchen where you will keep only BodyMelt supplements and the healthy foods we're going to list for you.





DAY

2

## GO SHOPPING!

PLAN YOUR MEALS  
TWO WEEKS IN ADVANCE.



# APPROVED LIST

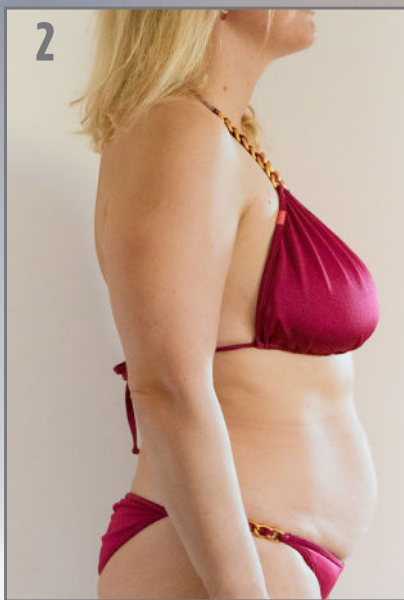
- ✓ Organic Cage-Free Eggs
- ✓ Organic Cage-Free, Hormone-Free, and Free-Range Lean Protein Meats
- ✓ Wild-Caught Fish
- ✓ Lots of Fruits and Vegetables
- ✓ Raw Nuts and Seeds (Walnuts, Almonds, Brazil Nuts, Hazelnuts, Pecans, Pumpkin Seeds)
- ✓ Healthy Legumes (Chickpeas, Garbanzo Beans, Lentils, Peas)
- ✓ Healthy Complex Carbohydrates (Brown/Black/or Wild Rice, Quinoa, Sweet Potatoes)
- ✓ Gluten-Free Grains (Brown Rice, Buckwheat, Millet, Steel-Cut Oats,
- ✓ Healthy Fats (Olive Oil, Coconut Oil, Avocados, Almond Butter)
- ✓ Stevia, Monk Fruit, Palmyra Blossom Nectar, Date Sugar
- ✓ Almond Milk, Coconut Milk, or Hemp Milk
- ✓ Nut Butters
- ✓ Gluten-Free Tortillas
- ✓ Non-GMO Sauces
- ✓ Snacks: Nuts, Seeds, Hummus, Raw Vegetables, Gluten-Free Tortillas, Sweet Potato Fries (baked), Green Apple Slices

# HOW-TO: BEFORE & AFTER PICS

You will take pictures and measurements before you start the program, after the second week, and after you complete the program. Follow these steps at each of these points to help stay motivated and keep the weight off for good.



1  
Use natural lighting if possible, or a well-lit room



2  
Stand against a wall without décor



3  
Take your picture from the front, side, and back

## WEIGHT AND MEASUREMENTS:



- ▶ Weigh yourself on a home scale or go to a local gym.
- ▶ Using a seamstress tape measure, write down your measurement in inches around your waist, directly around the belly button.
- ▶ Move the tape measure down so it's around the hip area and write down the measurement.
- ▶ Measure around the biggest part of each thigh and write down the measurements.
- ▶ Write down what size pants, dress, and shirt you currently wear.
- ▶ Record your weight, measurements, and size in a log book. You will refer back to them after you complete the program.



# 4 PILLARS OF WEIGHT MANAGEMENT

Diets fail for many reasons—they starve you, they don't make sure you remain nourished, they don't encourage a lifestyle change. This is by design. If you lose weight for a little while then gain it back, you need to go back on a diet again. We're changing all that by addressing the 4 Pillars of Wellness, so you can lose the weight and keep it off permanently.



With an unhealthy diet, toxins can build up in the gut and other organs making it difficult for the body to rid itself of toxins and waste. Cleansing the body on a regular resets the body's systems, preparing it to receive the nutrients it needs.



Proteins are made up of building blocks known as amino acids. The body requires a constant intake of protein to supply amino acids to support a variety of functions. In addition, protein is essential to help build lean muscle mass and support weight management.



The body needs nutrients to thrive, especially during a weight management program. When the body is receiving the nutrients it needs, organs function optimally, which in turn promotes proper digestion, metabolism, energy, and more.



A healthy metabolism helps your body burn unwanted fat and use energy sources properly to lose and maintain a healthy weight. In addition, when you're eating a healthy diet that includes limiting sugar, your body is more likely to burn stored fat as well.












## BODYMELT™

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Individual results may vary. Consult with your healthcare provider prior to starting any new exercise or weight management program.*









|   |   |  |  |  |   |
|---|---|--|--|--|---|
| UPON WAKING   | BodyMelt Energy Drink<br>with 4 to 6 oz of water or add<br>BodyMelt Shake if desired. |    | Black Coffee w/ Almond Milk<br>& Stevia if desired |  |   |
| EXERCISE  | Minimum 30 min Cardio<br>or Strength Training   |  |  |  |   |
| BREAKFAST   | BodyMelt Shake<br>with Fruit  |   or | BodyMelt Breakfast Recipe                          | Mix BodyMelt Greens Superfood<br>Blend 4 to 6 oz of water and consume or add<br>to BodyMelt Shake if desired.<br>2 BodyMelt Micro Bio Capsules |   |
| MID-MORNING   | 1 BodyMelt Burn Capsule   |   | Choose from Snack List                             |  |   |
| LUNCH   | BodyMelt Shake<br>with Fruit  |   or | BodyMelt Breakfast Recipe                          | Mix BodyMelt Greens Superfood<br>Blend with 4 to 6 oz of water and consume<br>or add to BodyMelt Shake if desired.                             |    |
| **Note: If you choose to have a shake for both breakfast and lunch, you will need to order the BodyMelt Double Protein Pack which includes two of the shakes. |   |  |  |  |   |
| MID-AFTERNOON   | BodyMelt Energy Drink<br>w/4-6 oz water if needed                                     |   | Choose from Snack List                             |  |   |
| DINNER  | BodyMelt Dinner Recipe  |  |  |  |   |
| BEFORE BEDTIME  | 1 to 2 BodyMelt Detox<br>Capsules w/8oz water   |   |  |  |   |
| **Note: Begin with one capsule. If you find you are not having regular bowel movements every day, begin taking two.   |   |  |  |  |   |
| *After 2 weeks take your measurements. Please see Page 6.   |   |  |  |  |   |

| EXERCISE GUIDE  |                   |               |                   |   |                   |          |
|---|-------------------|---------------|-------------------|---|-------------------|----------|
| MONDAY  | TUESDAY           | WEDNESDAY     | THURSDAY          | FRIDAY  | SATURDAY          | SUNDAY   |
| 30 min Cardio   | Strength Exercise | 30 min Cardio | Strength Exercise | 30 min Cardio   | Strength Exercise | Rest Day |
| <b>CARDIO EXERCISES:</b> Brisk walking, running/jogging, swimming, cycling, water aerobics, jumping rope, dancing, rowing, stair climbing, hiking, circuit training, kickboxing |                   |               |                   | <b>STRENGTH EXERCISES:</b> Lifting weights, Pilates, push-ups, sit-ups, squats, pull-ups, lunges, and planks. |                   |          |





KEEP GOING!

BODYMELT™

|                    |  |  |  |   |
|--------------------|--|--|--|---|
| <b>UPON WAKING</b> | <b>BodyMelt Energy Drink</b><br>with 4 to 6 oz of water or add<br>BodyMelt Shake if desired. |    | Black Coffee w/ Almond Milk<br>& Stevia if desired |   |
| <b>EXERCISE</b>    | Minimum 30 min Cardio<br>or Strength Training  |  |  |   |
| <b>BREAKFAST</b>   | <b>BodyMelt Shake</b><br>with Fruit  |   or | BodyMelt Breakfast Recipe                          | <b>Mix BodyMelt Greens Superfood</b><br>Blend 4 to 6 oz of water and consume or add<br>to BodyMelt Shake if desired.      |
| <b>MID-MORNING</b> | <b>1 BodyMelt Burn Capsule</b>   |   | Choose from Snack List                             | <b>2 BodyMelt Micro Bio Capsules</b>  |
| <b>LUNCH</b>       | <b>BodyMelt Shake</b><br>with Fruit  |   or | BodyMelt Breakfast Recipe                          | <b>Mix BodyMelt Greens Superfood</b><br>Blend with 4 to 6 oz of water and consume<br>or add to BodyMelt Shake if desired. |

**\*\*Note:** If you choose to have a shake for both breakfast and lunch, you will need to order the BodyMelt Double Protein Pack which includes two of the shakes.

|                       |  |   |                        |  |
|-----------------------|--|---|------------------------|--|
| <b>MID-AFTERNOON</b>  | <b>BodyMelt Energy Drink</b><br>w/4-6 oz water if needed |    | Choose from Snack List |  |
| <b>DINNER</b>         | BodyMelt Dinner Recipe                                   |   |                        |  |
| <b>BEFORE BEDTIME</b> | <b>1 to 2 BodyMelt Detox</b><br>Capsules w/8oz water     |  |                        |  |

**\*\*Note:** You can start taking BodyMelt Detox in the following month for weeks 1 and 2 if desired.

**\*After 2 weeks take your measurements. Please see Page 6.**

## EXERCISE GUIDE

| MONDAY  | TUESDAY           | WEDNESDAY     | THURSDAY          | FRIDAY  | SATURDAY          | SUNDAY   |
|---|-------------------|---------------|-------------------|---|-------------------|----------|
| 30 min Cardio   | Strength Exercise | 30 min Cardio | Strength Exercise | 30 min Cardio   | Strength Exercise | Rest Day |
| <b>CARDIO EXERCISES:</b> Brisk walking, running/jogging, swimming, cycling, water aerobics, jumping rope, dancing, rowing, stair climbing, hiking, circuit training, kickboxing |                   |               |                   | <b>STRENGTH EXERCISES:</b> Lifting weights, Pilates, push-ups, sit-ups, squats, pull-ups, lunges, and planks. |                   |          |