



# Healthy Habits

## Meal Plan & Nutrition Guide

### Overview

Many people do not understand the role that clean foods and “food” supplements play in not only how we look, but also how we feel, think and act. The ability to absorb foods and nutrients we consume daily can become diminished through environmental toxins and poor eating choices. When this happens, you no longer receive the full nutritional benefit of the food you eat. No matter your health or age, a proper healthy diet should provide essential macro and micronutrients to keep your body strong and healthy.

This meal plan will teach you when to eat, how much and in what ratios of protein, carbohydrate and fat. It is still very important to not skip meals, over eat OR eat less than the required amount. Not eating is just as much of a cheat as overeating! This is not a diet. A strong metabolism is developed through feeding the body. Typical diets will weaken the metabolism and that is why most people yo-yo diet. We are providing maximum nutrition and strengthening the body’s ability to be able to burn food for energy efficiently.

This meal plan will give you the guidance and structure you need to help you prepare each day in a way that properly feeds and fuels your body. You will experience improved energy, digestion and absorption as well as strengthen your immune system. Some people who use this program experience an encouraging reduction in pounds and/or inches.

# Healthy Habits Products

Fiber Drink	ProBiotic Restore	Rehydrate
<p>This drink is rich in the fibers your body needs to work at its best. Each serving provides 10 grams of soluble and insoluble dietary fiber to help add the fiber your diet fails to provide. As part of the Herbal Cleanse system, The Fiber Drink helps move the toxins and waste products through the digestive tract while scouring your intestinal tract to support improved nutrient absorption. The Fiber Drink is a vital tool for achieving improved overall health.</p> <p><b>The Fiber Drink may be made with hot or cold water (whatever your preference) but will need to be ingested immediately upon being made so that it doesn't thicken.</b></p>	<p>Our bodies must maintain a healthy balance of beneficial bacteria and harmful bacteria to work at its best. When this balance is disturbed, it affects our immune systems, intestinal health, weight management and more. Probiotics are beneficial microorganisms that strengthen and support our immune and digestive systems. ProBiotic Restore contains two kinds of probiotics plus botanical ingredients to support your body's overall health by maintaining the normal, healthy bacteria your body needs. Furthermore, ProBiotic Restore helps aid in digestion, supports healthy intestinal function and enhances your weight loss program.</p>	<p>Rehydrate will aid in flushing toxins from the body and making sure you keep a good electrolyte balance in your body while you are cleansing.</p> <p>Increased water, intense sweating and drastic reduction of salt from your diet can sometime throw off the balance of your essential minerals that may cause nausea or dizziness. The rehydrate will counteract this issue and leave you feeling refreshed.</p> <p><b>If used to drinking little water and lots of caffeine it would be advisable to order a tub of Rehydrate and add it into all water for the day. This will ensure electrolyte balances do not fluctuate in the dramatic change in water consumption.</b></p>

Meal Replacement	Omega Plex
<p>This balanced shake takes the place of your breakfast, making it easy to have that 1<sup>st</sup> often skipped, meal of the day. You'll notice increased energy, control of food choices throughout your day and an increase in metabolism due to feeding your body a balanced meal first thing in the morning.</p> <p><b>The Meal Replacement Shake</b> should be mixed with 8-12oz of water depending on the thickness desired. Also may add 6-10 ice cubes in a blender to change the consistency. For best results mix shake using blender or shaker cup, never a fork or spoon.</p> <p><b><u>NO fruit, juice or milk added to the shake!</u></b></p>	<p>Omega Plex is the highest quality, purest marine lipid Omega 3's you will find.</p> <p>These fatty acids are essential for everything from building cell membranes to performing key functions in the brain, eyes and organs, decreases inflammation, boost metabolism and immune system, increase energy, aid effective digestion, speed nerve transmission, and enhance mood and thought process.</p> <p>Need we say more? <b>If you are diabetic, pre diabetic or have blood sugar issues, we recommend having one Omega Plex prior to each and every meal to assist in slowing the absorption of carbs and protein into your bloodstream.</b></p>

Spark	Core Plex
<p>This product will give you energy without spiking your blood sugar and causing you to “crash”. This also means more effective usage of stored energy from fat!</p> <p>The B-vitamins and amino acids create faster neurotransmitter reactions in your brain to provide long lasting, more focused energy. Caffeine dilates blood vessels for better and quicker nutritional absorption.</p> <p>Mental Clarity, focus, concentration, appetite control AND smooth healthy energy! Recent studies show that the B vitamin levels in Spark will also help long term memory and cognition! You may have 1 or 2 Spark per day. Your program includes 28 packets and if you got a wholesale account you will receive 10 additional packets and Slam.</p>	<p>CorePlex® supplement provides a synergistic combination of vitamins, minerals and antioxidants that helps supply the body with advanced nutrition for optimal health.* Each ingredient provides nutritional balance to fill the gaps in the average American diet.* It provides the right nutrients in the right amounts to ensure optimal absorption.* And the chelated amino acid-bound minerals in CorePlex make them easily digestible and highly absorbable.*</p> <p>The vitamins and antioxidants in CorePlex work together to help strengthen the immune system and fight the effects of free radicals.* Minerals such as calcium, magnesium and zinc help support healthy bones and many other biological processes.* B-vitamins help the body convert fats, carbohydrates and proteins into energy and support the cardiovascular and neurological systems.* Vitamin C helps support and enhance the immune system.*</p> <p>The complete, balanced, highly absorbable nutrient combination in CorePlex makes it one of the most advanced core nutrition supplements on the market.</p>

## Optional Advocare Supplements

These are optional supplements that could be taken throughout the program to enhance results.

Catalyst	Muscle Gain
<p>Catalyst is an amino acid supplement, already pre-chained, to provide your body with the muscle building components needed. By protecting the muscle with Catalyst his product forces your body to burn a higher percentage of fat for energy.</p> <p>It does this by shielding or protecting the lean muscle tissue that holds simple sugars. During intense activity the body will first try to break down muscle tissue which holds these simple sugars and utilize it for quick fuel. If muscle tissue is broken down regularly fat is not burned and the body's, because lack of muscle, metabolism will begin to slow. By protecting the lean muscle the body is forced to look for stored energy, aka – fat.</p> <p><b>This is an option product for the cleanse phase if wanting to speed up fat loss. Take Catalyst immediately before any physical activity or in between meals if hungry.</b></p>	<p>This blend of proteins and Amino Acids is combined with digestive enzymes. The digestive enzymes assure that the body will properly absorb the nutrients without any issues.</p> <p><b>Great convenience product to add on if active and on the go as a substitute for any of the proteins on the shopping guide.</b></p> <p><b>Partially predigested so very gentle and effective absorption of proteins.</b></p> <p><b>If the volume of your food feels like a lot do not decrease from your recommended portion size... you can substitute 1 scoop of Muscle gain (1/2 packet) for 2 oz of meat or fish, or 4 egg whites.</b></p>