

How to use LIFEshape Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 Detoxifier Shake Intra	2 Detoxifier Breakfast Intra	2 Detoxifier Breakfast Intra	2 Detoxifier Shake Intra	2 Detoxifier Breakfast Intra	2 Detoxifier Breakfast Intra	2 Detoxifier Shake Intra
Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack
Lunch	2 Detoxifier 1 Thermogenics Lunch	2 Detoxifier 1 Thermogenics Shake	2 Detoxifier 1 Thermogenics Lunch	2 Detoxifier 1 Thermogenics Lunch	2 Detoxifier 1 Thermogenics Shake	2 Detoxifier 1 Thermogenics Lunch	2 Detoxifier 1 Thermogenics Lunch
Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack
Dinner	2 Detoxifier 1 Thermogenics Dinner 2 Nutria	2 Detoxifier 1 Thermogenics Dinner 2 Nutria	2 Detoxifier 1 Thermogenics Dinner 2 Nutria	2 Detoxifier 1 Thermogenics Dinner 2 Nutria	2 Detoxifier 1 Thermogenics Dinner 2 Nutria	2 Detoxifier 1 Thermogenics Dinner 2 Nutria	2 Detoxifier 1 Thermogenics Dinner 2 Nutria

Daily Supplements

- 1-3 oz. Intra daily anytime
- 2 Nutria capsules with meals
- 6 Detoxifier capsules daily for 7 days
- 2 Thermogenics capsules until reach desired weight
- 1-3 FibreLife capsules daily between meals with 8 oz. of water

Do you want to lose weight, feel better, and experience increased energy?
You can achieve this through Lifestyles LIFEshape program!

The LIFEshape Program has been designed to offer four great Lifestyles products that, when combined with a healthy diet and exercise, help you lose weight and feel better – giving you more energy.

This is achieved through:

- Suppressing your appetite and burning fat for energy
- Detoxing and cleansing your body
- Enjoying the benefits of high fibre
- Coordinating the LIFEshape Program to fit within your busy schedule



For more information on Lifestyles and our products, contact your Lifestyles Independent Distributor.



LIFeshape 7-Day Menu Plan



Follow this 7-Day Menu Plan and get the most out of LIFeshape. This menu outlines exactly what foods to eat for the most effective fat burning possible and offers the best low-calorie snacks options.

Daily Requirements:

- 1) Morning Meal*
- 2) Mid Morning Snack
- 3) Mid Day Meal*
- 4) Mid Day Snack
- 5) Evening Meal

Directions:

* Replace Morning Meal or Mid Day Meal with one Shake

Choose two meals from the Menu selection

Snacks:

Women choose 2 snacks from Snack Menu selection

Men choose 3 snacks from Snack Menu selection

Snack Menu

- 1 Serving of fruit (1 med. apple; ½ cup of berries; ½ grapefruit etc)
- 1 small steamed vegetable bun
- 1 cup hot and sour soup
- Raw vegetables (as desired)
- 1 cup fruit salad
- 120 ml (4oz.) dry red wine or 1 light beer
- 1 small Chinese pastry
- 2 cups egg drop soup
- 1 cup black bean soup
- 1 cup soy milk

Morning Menu

Morning Meal 1

- 1 cup high-fibre cereal
- ½ cup low-fat milk
- ½ cup of berries (or fruit of your choice)
- ½ cup unsweetened orange juice
- 1 slice whole-wheat bread toasted
- 1 pat butter or margarine (trans fat free)
- 1 cup coffee or tea
- 1 tbs whole milk (optional)

Morning Meal 2

- 1 medium poached egg
- 1 slice whole-wheat bread toasted
- 1 pat butter or margarine (trans fat free)
- ½ cup (120 ml) low-fat fruit yogurt
- ½ cup unsweetened orange juice
- 1 cup coffee or tea
- 1 tbs whole milk (optional)
- ½ pink grapefruit

Morning Meal 3

- 1 cup fresh fruit salad w/citrus
- ½ cup of 1% low fat cottage cheese
- 2 slices whole-wheat bread toasted
- 1 pat butter or margarine (trans fat free)
- 1 tbs strawberry jam
- 1 cup coffee or tea
- 1 tbs whole milk (optional)



Mid Day Menu

Mid Day Meal 1

- 1 cup minestrone soup
- ½ ham and cheese sandwich made with whole-wheat bread
- 1 med apple sliced (or fruit of your choice)
- 1 cup vegetable juice cocktail
- 1 cup coffee or tea
- 1 tbs whole milk

Mid Day Meal 2

- Large tossed green salad
- 1 oz. cheddar cheese
- 2 tbs light salad dressing - no salt
- 1 cup chicken rice soup
- ½ cup 1% low-fat cottage cheese
- 1 cup vegetable juice cocktail
- 1 cup herb tea or coffee

Mid Day Meal 3

- 4 oz. canned light tuna packed in water
- 1 whole-wheat pita pocket bread
- 2 tbs low-fat mayonnaise
- 1 cup tossed green salad with light salad dressing - no salt
- 1 cup vegetable juice cocktail
- 1 cup (93 g) fresh grapes (or fruit of your choice)

Evening Menu

Evening Meal 1

- Chinese Roast Pork with 85 g (3 oz.) lean pork; 3 tbs soy sauce; 1 tbs sugar; 1tbs hoisin sauce; 1 tsp oil; 1tbs hot bean paste; 1 tsp cornstarch; spices/onions to taste
- 1 cup sautéed mixed vegetables (broccoli, bok choy, snow peas, carrots, mushrooms, etc.)
- 1 cup glutinous white rice (cooked)
- Tea

Evening Meal 2

- Shrimp Stir Fry with 200 g (approx. 15 medium) shrimp; 1 tsp cooking wine; 1 tsp corn starch; 1 tbs oil; 2tbs soy sauce; 1 egg white; 2 cups mixed vegetables (broccoli, bok choy, snow peas, carrots, mushrooms etc); spices/onions to taste
- 1 cup glutinous white rice (cooked)
- Tea

Evening Meal 3

- Steamed Fish with Ginger with 114 g (4 oz.) white fish; 1 ginger root; 5 tbs cooking wine; 1 tbs oil; 2 tbs soy sauce; 1 tsp cornstarch; spices/onions to taste
- 1 cup steamed bok choy (or equal amount of any vegetable of your choice)
- 1 cup glutinous white rice (cooked)
- Tea

Evening Meal 4

- Steamed Scallops with 200 g (approx. 10 medium) scallops; 1 tsp oil; 1 tsp cornstarch; 2 tbs soy sauce; 1 tsp cornstarch; spices/onions to taste
- 2 cups sautéed mixed vegetables of your choice (broccoli, bok choy, snow peas, carrots, mushrooms, etc.)
- 1 cup glutinous white rice (cooked)
- Tea

Evening Meal 5

- Sautéed Tofu & Vegetable on Rice with 300 g (10.5 oz.) tofu; 1 chili pepper; 1 tbs cooking wine; 1 tbs soy sauce; 1 tsp oil; 1cup stock/water; spices/onions to taste
- 2 cups assorted sautéed vegetables (broccoli, snowpeas, carrots, mushrooms, etc.)
- 1.5 cup glutinous white rice (cooked)
- Tea

Evening Meal 6

- Noodles, bean sprouts and beef with 57 g (2 oz.) lean shredded beef; 250 g rice noodles (cooked); 2 tsp sesame oil; 1 tbs soy sauce; 1 tsp hot bean paste; 2 cups bean sprouts; spices/onions to taste
- 1 cup steamed broccoli (or equal amount of any vegetable of your choice)
- Tea

Evening Meal 7

- Roasted Chicken with bell peppers with 85 g (3 oz.) skinless chicken breast; 2 tsp sesame oil; 1 tsp ground ginger; 2 tbs soy sauce; 1 cup bell peppers; 1 tsp cornstarch; spices/onions to taste
- 1 cup steamed bamboo shoots (or equal amount of any vegetable of your choice)
- 1 cup glutinous white rice (cooked)
- Tea