The Better Body System

Lose 7-15 lbs in 7 days, and transform your body

Give THE BETTER BODY SYSTEM 7 days and here’s what you can expect:

**Extreme Fat Burning:**
- Lose up to 7-15 pounds in the first 7 days alone*
- Turn your body into a fat-burning machine*
- Shrink your waistline in 7 days*
- Burn fat within 24 hours*

**Weight Management:**
- Eat the foods you enjoy and still look the way you want*
- Reprogram your body to be a fat-burning machine*
- Lose the weight and keep it off*
- Change your body’s “set point”*

*I've tried every weight loss program under the sun. To experience this kind of result in just 23 days is truly remarkable.* - Susan M.

“The amazing thing is that I’ve been able to lose all this weight without any exercise.” - Marcus S.

Visit www.yoli.com for further details
**The Better Body System Daily Meal Plan**

**7 Day Fast Track Burn Cycle* – Extreme Fat Burning**

### Day 1

- **Wake-up:** 1 PASSION or 2 THERMO BURN capsules and 2 ALKALETE capsules
- **30 minutes later:** 1 YES shake
- **Midmorning:** protein snack (2-4 ounces)
- **Lunch:** protein snack (2-4 ounces)
- **Mid-late afternoon:** protein snack (2-4 ounces) and 1 PASSION or 2 THERMO BURN capsules
- **Dinner:** 1 YES shake
- **Bedtime:** 2 PURE capsules and 2 ALKALETE capsules

### Day 2

- **Wake-up:** 1 PASSION or 2 THERMO BURN capsules and 2 ALKALETE capsules
- **30 minutes later:** 1 YES shake
- **Midmorning:** protein snack (2-4 ounces)
- **Lunch:** protein snack (2-4 ounces)
- **Mid-late afternoon:** protein snack (2-4 ounces) and 1 PASSION or 2 THERMO BURN capsules
- **Dinner:** 1 YES shake
- **Bedtime:** 2 PURE capsules and 2 ALKALETE capsules

### Meal Day Schedule | Days 3, 5 and 7

- **Wake-up:** 1 PASSION or 2 THERMO BURN capsules and 2 ALKALETE capsules
- **30 minutes later:** 1 YES shake and fruit
- **Midmorning:** protein snack (2-4 ounces)
- **Lunch (500-600 calories):** complex carb, 4-6 ounces protein and veggies or fruit
- **Mid-late afternoon:** protein snack (2-4 ounces) and 1 PASSION or 2 THERMO BURN capsules and vegetables
- **Dinner:** 1 YES shake
- **Bedtime:** 2 PURE capsules and 2 ALKALETE capsules

### Tips for Protein Days

**MAKE HEALTHY PROTEIN CHOICES:** When choosing meats and other protein selections, be sure to use fresh deli cut meats, prime cuts and organic when possible. Avoid unhealthy protein choices, such as packaged meats, which contain hidden sugars, high sodium, preservatives and nitrates.

**UTILIZE HEALTHY FATS AND SPICES:** Nuts, avocados, healthy oils, seeds, peanut butter, almond butter, natural mayo, spices, and healthy low-carb salad dressings to add flavor (i.e. blue cheese and ranch).

**LISTEN TO YOUR BODY:** If you feel hungry, eat more protein or enjoy a small serving of the following low carb veggies: lettuce, celery, cucumbers, asparagus or peppers only.

### Maximize Your Results

- **Document all your measurements.**
- **Before you get started, be sure to take your before picture and enter for a chance to win prizes and promotions at www.yoli.com**
- **Use the shopping list on page 3 and make sure you have the appropriate food items prior to starting your program.**

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*Extreme Fat Burning*
Better Body System smart food choices

Hydration plays a critical role in your general health and weight loss efforts. Eliminate soda and juice drinks from your diet and replace them with PASSION™, TRUTH™, and FUN™.

- The process of burning calories requires an adequate supply of water. Dehydration slows down the fat-burning process.*
- Burning fat promotes the release of toxins in the body. Water plays a vital role in flushing the toxins out.*
- Consume 1/2 your body weight in ounces of water and protein intake daily.

### Proteins (Everyday)
- Chicken breast – skinless
- Turkey breast
- Lean ground turkey
- Top sirloin steak
- Lean ground beef
- Lean ham
- Lean pork chops
- Lean boneless ribs
- Beef jerky
- Egg and substitutes
- Tuna in water
- Fresh swordfish
- Haddock – steamed
- Salmon – steamed
- Crab/lobster
- Shrimp/mussels
- Low-fat cottage cheese
- Tempeh/seitan/tofu
- Low-carb jerky
- Low-carb protein bars
- Low-carb yogurt
- Turkey bacon
- String cheese
- Nuts

### Complex Carbs (Meal days only)
- Sweet potato
- Baby red potato
- Squash
- Yams
- Quinoa
- Brown rice
- Wild rice
- Whole grain pasta
- Veggie pasta
- Egg noodles – boiled
- Oatmeal
- High-fiber cereal
- Whole grain tortillas
- Whole grain bread
- 12 grain bread
- Legumes
- Buckwheat
- Lentils
- Sprouts
- Black beans
- Kidney beans
- Split peas
- Pinto beans
- Navy beans

### Vegetables/Fruit (Meal days only)
- Broccoli
- Asparagus
- Carrots
- Cauliflower
- Green beans
- Peppers
- Mushrooms
- Spinach
- Tomatoes
- Peas
- Onions
- Brussels sprouts
- Artichokes
- Cabbage
- Celery
- Apples
- Zucchini
- Cucumbers
- Green leafy salads
- Pears
- Bananas
- Rhubarb
- Beets
- Lettuce

### Good Fats (Everyday)
- Olives
- Olive oil
- Natural mayonnaise
- Sunflower oil
- Fish oil
- Avocado
- Sunflower seeds
- Pumpkin seeds
- Natural peanut butter
- Low-carb dairy
- Low-carb dressings
- Unsweetened almond milk

### Daily Liquid and Protein Intake

You can find more great recipes by visiting www.yoli.com

<table>
<thead>
<tr>
<th>Current Weight</th>
<th>Water Needed (ounces per day)</th>
<th>Protein Needed (grams per day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 pounds</td>
<td>100 ounces</td>
<td>100 grams</td>
</tr>
</tbody>
</table>

### SAMPLE 500 CALORIE MEAL FOR MEAL DAY

<table>
<thead>
<tr>
<th>Food Description</th>
<th>Calories</th>
<th>Carbs</th>
<th>Fat</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken breast (4 ounces)</td>
<td>165</td>
<td>0</td>
<td>4</td>
<td>31</td>
</tr>
<tr>
<td>Lettuce (1 cup)</td>
<td>8</td>
<td>2</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Brown rice (0.5 cup)</td>
<td>108</td>
<td>22</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>Apple (large)</td>
<td>110</td>
<td>29</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Tomatoes (2 Roma)</td>
<td>70</td>
<td>14</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Cheese (0.10 cup)</td>
<td>46</td>
<td>0</td>
<td>4</td>
<td>3</td>
</tr>
</tbody>
</table>

**Totals:** 507 57 9 41

Before you get started, we want to introduce you to the nutritional supplements that you will use during your program and beyond. Products that will help you achieve optimal health and maintain your desired weight.

**Yoli Better Body Products**

**alkatele | Body pH Enhancer**
- Supports Bone Health and Strength*
- Boosts Energy and Endurance*
- Increases Muscle Strength*
- Improves Recovery Time*

**YES | Yoli Essential Shakes**
- Provides Essential Amino Acids*
- Stimulates Metabolism*
- Improves Muscle Strength*
- Promotes Glutathione Production*

**THERMO BURN | Thermogenic Energy**
- Provides Long-lasting Energy*
- Stimulates Metabolism*
- Sharpens Mental Focus*
- Supports Weight Management*

**PASSION | Berry/Tropical Melon Energy Drink**
- Is Sugar Free*
- Stimulates Metabolism*
- Boosts Thermogenic Energy*
- Sharpens Mental Focus*

**DREAM | Sleep Formula**
- Promotes Restful Sleep*
- Reduces Time to Fall Asleep*
- Supports Immune Health*
- Reduces Oxidative Stress*

**TRUTH | Citrus Health Drink**
- Strengthens Immune System*
- Protects from Oxidative Stress*
- Is Naturally Rich in Antioxidants*
- Supports Weight Loss*

**PURE | Digestive Formula**
- Supports Weight Loss*
- Supports Immune Function*
- Helps Maintain Blood Sugar*
- Improves Gastrointestinal Health*

**FUN | Lemon-Lime Sports Drink**
- Maximizes Performance*
- Boosts Energy and Endurance*
- Increases Muscle Strength*
- Promotes Body Alkalization*
Yoli Better Body Lifetime Kits

Continue with the Transformation Kit for weight management and optimal health benefits or select one or more of the Better Body Lifetime kits below. LIFETIME KITS ALSO QUALIFY FOR OUR REFER 3 GET IT FREE PROGRAM. Visit yoli.com for more details.

**Longevity:**
Alkalization, digestive health and Glutathione production are crucial factors for a lifetime of optimal health and a positive outlook on life.

**Energy:**
Our energy kit will stimulate your metabolism and enhance mental sharpness so you can perform at peak levels without the crash.

**Sport Performance:**
This kit is ideal for athletes striving for peak performance and muscle strengthening, while reducing recovery time and eliminating muscle soreness.

**Alkalization:**
Alkalize the body for strength, endurance and recovery. This kit is intended for those who want to maintain a pH-balanced body for optimal performance.

**Essential:**
This kit focuses on the essentials so your body can maintain an alkalized environment and have the essentials for daily recovery.

**Hydration:**
This is the perfect kit to replace sodas and other sugar-laden drinks. In addition to great taste, both Truth and Fun boost health and performance. Great option for children!

**Stress Relief:**
This kit is designed to help you get a deep, restful sleep while providing the nutrients your body needs to heal, rejuvenate and re-energize.

**Digestive Health:**
Maintain optimal digestive function. Patented Ganaden BC30® and Alkalete® will ensure you maintain regular digestive flow while providing pH balance and healthy flora to the digestive system.
Protein Only and Maintenance Cycle

Most people have some type of insulin resistance and dietary habits which have conditioned the body to become very efficient at storing fat. Our bodies have forgotten how to burn fat as a fuel source, and the only calories our bodies burn are the calories we eat. On days 1-2, we are forcing your body into a fat-burning mode by not eating any carbohydrates and depleting all of the sugars (glycogen) stored in the blood, liver and muscles. When your body kicks into fat-burning mode and starts burning fat the way it is supposed to, you will feel great! You will also notice fewer ups and downs in your energy levels. When our bodies are functioning the way they should be, our body’s best source of energy is fat. Because your body is burning fat, losing 5 or 10 pounds on this system will seem like 20 pounds lost on other programs because the inches you lose are from the stored fat around your midsection!

The Yoli Better Body Fat Burning System is unlike any program you have experienced in your life! Protein-only days gives your body no choice but to burn fat as its primary fuel source. Protein-only days allow the caloric intake to be low without losing any muscle tissue. The protein assists in building and maintaining lean muscle tissue — your most important asset for burning fat.

REALITY CHECK: We are what we eat! Foods high in sugar and bad fat cause our bodies to store a disproportionate amount of fat in our midsection. The first two days of this program are critical in changing our body’s response to food by controlling our body’s release of insulin. As a consequence, the initial fat loss you experience will come from your midsection.

ONCE WEIGHT LOSS GOALS HAVE BEEN ACHIEVED: Start your Maintenance Cycle by selecting your Lifetime Kits (see page 5) and adding them to Autoship. Continue following the “7 Day Burn Cycle” but add 2 servings of fruit on meal days (1 piece or ½ cup) and unlimited vegetables every day. Plus, ENJOY A FREE DAY ON DAY 7 to eat whatever you want!

ENJOY A FREE DAY ON DAY 7: Eat whatever you want. The weight gain you experience after your free day is to be expected as your body holds onto the extra carbohydrates in the muscle as energy. Typically, any weight you gain after your free day will be gone after your first protein only day.

THE PURPOSE BEHIND FREE DAYS:
• Having a free day once a week ensures your body doesn’t go into protective mode.
• Increased calories stimulate your metabolism.
• Free days only work if you get right back on the schedule. If you haven’t been following the program, take a pass on the free day for the week.

MAGIC MINI COURSE CORRECTION: We all have times when we eat more than we should: weekends, holidays, vacations, etc. Using the “Magic Mini Course Correction” is the perfect way to get back on track fast. Use the 7 Day Maintenance Burn Cycle to reignite your metabolism and get rid of pounds quickly.

Use the 7 Day Fast Track Burn Cycle to get back on track after a weekend, holiday, vacation, or if your eating has been off track for more than 1-2 weeks. This means no free days until you have reached your goal.
DAYS 1 and 2: These days are the key to turning your body into a fat burning machine. Your body will be adjusting to burning fat as its primary fuel instead of carbohydrates, so you may experience some slight fatigue. Just realize that your body is adjusting, and it’s all part of the process. When you repeat the cycle, you feel amazing and find out that you really like how you feel on protein only days. The average person loses 3-8 pounds in the first 48 hours!

DAY 3: You are introducing complex carbohydrates and vegetables back into the program. The big key here is to realize that you won’t see much, if any, weight loss when you weigh on the morning of day 4. The body is going to hold onto the carbohydrates and store them in the muscle as energy. The great news is that you get to eat lunch today! You will be amazed at how full you will be on 500 - 600 calories.

DAYS 4 - 7: It’s only been 72 hours since you started the Yoli Better Body System, and your body is already functioning differently. You have flipped the switch from fat storer to fat burner. You will maintain or lose small amounts on days 5 and 7 (meal days) and larger losses on days 4 and 6 (protein only days). Once you get past the first cycle, and your body starts to function optimally, you may get bigger losses on meal days. By the end of 7 days, you have reprogrammed how your body responds to food and can be down as much as 7-15 pounds.

ON MEAL DAYS: Add complex carbs back into your program in addition to vegetables and fruits with a sensible lunch containing 500-600 calories. Choose a healthy meal that is low in fat and sugar. The goal of the Yoli Better Body Fat Burning System is to get your body to burn the stored fat in your body, not the fat you are eating in your diet. Between lunch and dinner, if you feel hungry, eat a pure protein snack and celery. For dinner, stick with protein only, like chicken, turkey, fish, etc. Eating protein for dinner is a great way to stay lean for life. Carbohydrates that are in your system when you go to bed will more than likely be stored as fat. Protein, however, is very difficult for the body to convert to fat. The body will use protein to repair and regenerate muscle tissue and other cells in your body, leaving nothing to store as fat. A general rule is to eat your complex carbohydrates early in the day so your body has the chance to use them for energy, and stick to protein later in the day and evening.

REALITY CHECK: Do not expect big weight loss on day 3. In fact, in some instances, you might see a slight weight gain from day 2 because your body will retain the carbohydrates and store them to use as energy. If your body weight stays the same, it means you are actually losing body fat because you are offsetting the carbohydrates that are being stored in the muscle. Even though it is tempting to skimp on the carbohydrates and stick with protein only for lunch, you will be hurting yourself in the long run. In order for the body to continue to lose weight, it has to feel comfortable and not feel threatened. On meal days, the calories are higher, which signals the body to give up the stored fat for energy. If you don’t eat your carbohydrates, and you keep your calories low, you will slow your metabolism down and put your body into a protective mode.

NOTE: Make sure to eat good complex carbs. Avoid white flour and sugars. (see page 3)
Real People, Real Results

“I've lost over 100 pounds on the Better Body System in the past couple of years. I feel like a new person.” - Omar B.

55 lbs | lost 28”

“The Better Body System is the best weight loss system I have ever done. I love that I am never hungry and never feel deprived of food.” - Karen D.

over 100 lbs

“I lost 7 pounds by my 3rd day, 12 pounds by the end of my first week, and over 20 inches over my body in 21 days. All with no exercise!” - Tulane B.

12 lbs | 7 days

“I was down 27 pounds and 13.5 inches in the first 30 days. Since then the weight and fat has been flying off and I feel great.” - Bob D.

49 lbs | 90 days

“My doctor couldn’t believe how my blood work improved so quickly” - Sim D.

35 lbs | 60 days

“Achieving immediate results and having continued results gives me inspiration to be focused and to stay with the system” - Carolyn L.

47 lbs | 111 days

“I've never felt better & more healthy and energetic in my LIFE! 41 years old could never feel better. All of this without any exercise.” - Jenifer F.

31 lbs | 90 days

“After 16 weeks of using the Better Body System, I lost 20 lbs & 6 inches off my waist! I look and feel great! I feel 20 years younger!” - Chris M.

20 lbs | 6” off waist

I'm losing body fat, gaining lean muscle, and I am very happy to see my abs again. Love the natural Yoli products! - Angel R.

We TRANSFORM Lives

888.295.9009 | www.yoli.com