



# GUIDE TO SUCCESS

ACHIEVE YOUR IDEAL BODY COMPOSITION\*

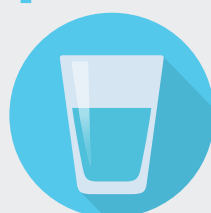


## HOW TO USE

**2** scoops



**1** glass of water



## WHEN TO USE

**1 to 2 x Daily**  
Complete Meal  
Replacement



## HOW TO USE

**1** cleanse  
sachet



**1** glass of water



## WHEN TO USE

**1 x Daily if Desired**  
DRINK PLENTY  
OF WATER



## HOW TO USE

**1** capsule



**1** glass of water



## WHEN TO USE

**1 x Daily**  
with Food or  
TruPLENISH Shake

## WHAT TO EAT

Unlimited Veggies



Recommended Snacks



Healthy Meals





# GUIDE TO SUCCESS

MAINTAIN YOUR IDEAL BODY COMPOSITION



TO MAINTAIN YOUR  
NewYOU SHAP



## HOW TO USE

**2** scoops



**1** glass of water



## WHEN TO USE

**1 x DAILY**  
Meal Replacement



## HOW TO USE

**1** cleanse  
sachet



**1** glass of water



## WHEN TO USE

**1 - 2**  
DAILY



## HOW TO USE

**1** capsule



**1** glass of water



## WHEN TO USE

**1 x DAILY**  
with Food

† Always consult with your physician or other qualified healthcare provider before embarking on a new diet or program. This program is not recommended for pregnant or lactating women. If you are taking medications, have a health condition or are planning a medical procedure, consult your health professional before beginning this program. It is also not recommended for children under the age of 18. If you have any specific questions about these matters you should consult your doctor or other healthcare provider.