



Your 28-Day Transformation



Welcome to Yoli!

Congratulations on your decision to take control of your health and begin your transformation. At Yoli, our mission is to transform lives, and we're honored to be a part of your journey.

Over the next twenty-eight days, you'll use the products and meal plan found in your Transformation Kit (T-Kit) to transform your physical health. You'll learn how to eat for optimal nutrition, supplement your food intake with high-quality products, and take control of your physical wellbeing.

As you work toward optimal health, this booklet will be your guide. It has all of the information you need to be successful on the Better Body System (BBS). Be sure to read it through carefully so you'll be fully prepared for what's to come!

Congratulations once again on your decision to transform your life. We'll be here to support you every step of the way.

We wish you the best as you begin your transformation!





Alkalete™

The typical American diet is full of unhealthy options that can make keeping an optimal balance a challenge. That's where Alkalete comes in! Alkalete is a unique blend of mineral hydroxides and electrolytes designed to help you maintain a healthy body pH and allow your body to better handle the demands of everyday living.*

YES

YES, the Yoli Essential Shake, is a nutrient-dense protein boost that uses whey protein to satisfy your appetite and maintain your lean muscle mass. It's also delicious, so unlike most protein shakes, you'll find yourself looking forward to drinking YES!*

Your Transformation Kit

Before we get into your first twenty-eight days, let's take a quick look at what comes in your Transformation Kit (T-Kit) and how each product will help you work toward optimal health! Remember, this isn't a diet; it's a lifestyle. Taking what you learn from the BBS into your everyday routine after this 28-day transformation is what makes the system work.*

All of our T-Kits have Yoli's core products—Alkalete™, Pure, YES, and depending on your lifestyle and what you chose, Passion, Truth, Fun, or Thermo Burn. Your T-Kit might be different than what is shown here, but they will all work to help you achieve your goal.*



Pure

Pure is designed to increase your probiotic levels for a healthy balance of bacteria in your digestive tract. This unique blend of probiotics and fiber will support your gastrointestinal health and supplement your probiotic intake as you work toward optimal health!*

Passion/Thermo Burn

You're going to need plenty of energy as you transform your life physically, and Passion and Thermo Burn will help you get it! Passion is our sugar-free energy beverage, and Thermo Burn is an energy-boosting capsule. Whichever one you choose, these two products will help you find the energy you need to thrive.*

Fun/Truth

If you don't want the caffeine in Passion and Thermo Burn, Fun or Truth are great options. Fun is a lemon-lime sports beverage that features electrolytes to keep you hydrated, and Truth is a citrus-flavored health beverage packed with antioxidants for immune support. Both beverages are sugar-free and are great additions to a healthy lifestyle!*

Get Motivated



Support System

You're not alone on your journey to optimal health! You have all of Yoli Nation standing behind you. As you work toward your physical transformation, don't be afraid to lean on the person who referred you to the BBS. They'll be able to answer questions and provide support.

Yoli Corporate will also become part of your support system. Our blog, which can be found at www.yoli.com/blog, is a great resource for motivation and healthy lifestyle tips. It's the perfect way to stay on track and learn how to maximize your results.

Another great resource? Social media! You can follow us on the social media platforms below to stay updated on all things Yoli and enjoy healthy lifestyle tips.

Facebook www.facebook.com/betterbodysystem

Twitter www.twitter.com/yolibetterbody

Instagram www.instagram.com/yolibetterbody

Pinterest www.pinterest.com/yolibbs



The BBS App

Get the most out of your BBS experience with the free Yoli Better Body System app! The BBS app is the perfect way to keep track of your measurements, store your progress photographs, calculate your protein and water intake, and stay on track with your Protein and Meal Day schedule. Download the Yoli Better Body System app for your iOS or Android device today!

Set Your Goals

The first step to success on the BBS is knowing what you want to accomplish. Set your goals now and write them down below.

My goal weight: _____

My inches lost goal: _____

How I want to feel: _____

Document Your Transformation

One of the greatest benefits of transforming your life with the Transformation Kit is the ability to see yourself progressing along the way. You'll take pride in your accomplishments, and documenting your progress consistently will give you the motivation and strength to continue your journey to optimal health. Below, you'll find some examples and tips to track your progress effectively. Be sure to start at the beginning of your transformation because you won't be able to go back!

Taking Before Pictures

Before you begin the Transformation Kit, take before pictures. People often skip taking their before pictures because they don't want the reminder of their current state, but you'll want to be able to look back and see your progress once you've finished the Transformation Kit!

There are a few things to consider when you're taking your before pictures.

- Pick an uncluttered spot against a plain-colored wall.
- Wear clothing that is form-fitting—nothing loose!
- Take the photo in portrait mode so you can capture your whole body. Keep it close enough to see some details.
- Take three pictures: one of the front of your body, one from the side, and one from the back.

Measurements

Taking regular measurements can be one of the most accurate ways to track your progress. You'll want to keep track of two measurements: weight and inches.

After Pictures

Once you've completed your Transformation Kit, document how far you've come by taking after pictures. Be sure to apply the same guidelines in the Before Pictures section above.

We want to hear your story!

Visit yoli.com/bbs to submit your experience on The Better Body System.

Your Schedule

Below, you'll find the daily meal plan while you're on the Transformation Kit. It's designed to be simple and easy-to-follow, so take a few minutes to read through it carefully. The times shown are just an example, so be sure to adjust to your schedule.

Protein Day Days 1, 2, 4, and 6		Meal Day Days 3, 5, and 7	
Wake up 6:00 a.m.	1 Passion or 2 Thermo Burn capsules, 2 Alkalete™ capsules	Wake up 6:00 a.m.	1 Passion or 2 Thermo Burn capsules, 2 Alkalete capsules
Meal 1 6:30 a.m.	Breakfast— 1 YES shake	Meal 1 6:30 a.m.	Breakfast—1 YES shake and fruit
Meal 2 9:30 a.m.	Morning snack— 2–4 ounces protein snack	Meal 2 9:30 a.m.	Morning snack— 2–4 ounces protein snack
Meal 3 12:30 p.m.	Lunch— 2–4 ounces protein	Meal 3 12:30 p.m.	Lunch (500–600 calories)— 4–6 ounces protein, complex carb, and vegetables or fruit
Meal 4 3:30 p.m.	Afternoon snack—2–4 ounces protein and 1 Passion or 2 Thermo Burn capsules	Meal 4 3:30 p.m.	Afternoon snack— 2–4 ounces protein and veggies and 1 Passion or 2 Thermo Burn capsules
Meal 5 6:30 p.m.	Dinner— 1 YES shake	Meal 5 6:30 p.m.	Dinner— 1 YES shake
Bedtime 10:00 p.m.	2 Pure capsules, 2 Alkalete	Bedtime 10:00 p.m.	2 Pure capsules, 2 Alkalete

Protein Day	Protein Day	Meal Day	Protein Day	Meal Day	Protein Day	Meal Day
Start Day						
						Free meal*
						Free meal*
						End Day

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Protein Day

Protein is the backbone of the BBS meal plan, and that's especially evident on Protein Days. On these days, you'll be largely cutting out complex carbohydrates and focusing on lean protein. The high amounts of protein will help you maintain your lean muscle tissue, which is a key part of optimal health.

It's important to note that low-carb veggies such as celery, cucumbers, peppers, and spinach can be enjoyed on Protein Days because they're low in calories and high in fiber to help you feel full.

You can also enjoy healthy fats, such as avocado, low-carb dairy, natural nut butters, olive oil, and unsweetened almond milk. Just be mindful that these foods are typically high in calories, so try to avoid eating more than one or two servings per day!

Finally, you may have noticed that there are no calorie counts on Protein Day. That's because we're focusing on nutrition rather than calories, and sticking with the recommended 2-4 oz. of lean protein for each snack will help you avoid overeating.

Meal Day

Meal Days reintroduce complex carbohydrates, fruits, and vegetables to your diet. The 500-600 calorie lunch you'll enjoy will boost your energy levels and add some variety to your diet. Be sure to stick with complex carbohydrates rather than simple carbohydrates, and don't forget to eat the fruits and vegetables scheduled into your day.

If you're working to lose weight, you may be tempted to stick with Protein Days. While you may think this will help you keep the weight off, it's important not to skip Meal Days. Your body needs the nutrients!

Free Meal

On weeks 3 and 4, you'll finish the week with the addition of a Free Meal Day. That means for one meal, you get to eat whatever you want! While we recommend staying as reasonable as possible, there are no rules for your free meal.

The Free Meal Day serves a couple of purposes. First, it means you don't have to give up your favorite treats forever. It makes your healthy lifestyle a lot easier to maintain because you know nothing is completely off-limits. Second, it takes guilt out of the equation. We want you to be able to enjoy eating the things you love, and the last thing we want is for you to beat yourself up about it. By building it into the BBS, you can enjoy your favorite treats guilt-free.

Grocery List — Smart Food Choices

Prepare a list before heading to the grocery store. Once you are there, be aware of the nutrition facts on the items you are purchasing. Below you'll find examples of good choices for proteins, complex carbohydrates, fruits, and veggies.

PROTEINS (Every day) 2–4 ounces	COMPLEX CARBS (Meal Days)	VEGGIES/FRUIT (Meal Days)
Chicken breast	Black beans	Apples
Crab	Breads (whole-grain)	Artichokes
Egg (boiled)	Brown rice	Asparagus
Greek yogurt	High-fiber cereal	Bananas
Ground beef	Kidney beans	Broccoli
Ground turkey	Lentils	Brussels sprouts
Jerky (low-carb)	Oatmeal	Cabbage
Lobster	Quinoa	Carrots
Low-fat cottage cheese	Red potatoes	Cauliflower
Nuts	Split peas	Celery*
Pork chops	Sprouts	Cucumbers*
Salmon (steamed)	Squash	Green beans
String cheese	Sweet potatoes	Mushrooms
Top sirloin steak	Veggie pasta	Peppers*
Tuna (in water)	Whole grain pasta	Spinach*
Turkey bacon	Wild rice	Tomatoes
Turkey breast	Yams	Zucchini

You can eat the following healthy fats every day in moderation: avocado, fish oil, low-carb dairy, natural mayonnaise, coconut oil, natural peanut butter, almond butter, olive oil, olives, pumpkin seeds, sunflower seeds, unsweetened almond milk.

Foods and ingredients to avoid: aspartame, fried foods, high-fructose corn syrup, hydrogenated oils, saturated fats, soda, sucralose, trans fats.

*Low-carb veggies are okay to eat on Protein Days because they are very low in calories and generally contain healthy fiber. It's also a great idea to snack on low-carb veggies if you are still feeling considerably hungry after you eat a meal/snack. You can also choose to eat additional protein if you are feeling hungry.

500–600 Calorie Meals–For Days 3, 5, and 7



- Turkey and tomato panini with baby spinach– include goat cheese and tomato dressing, and veggies for a side.
- Whole-grain pasta with ground turkey and broccoli, serve with parmesan.



- Chicken-egg-avocado salad wrapped in lettuce.
- Grilled chicken caesar salad with blue cheese dressing.



- Whole grain linguini with shrimp and spinach pesto.
- Salmon with wild rice and a side of grilled zucchini and red bell peppers.



- Quesadilla– include goat cheese, caramelized onion, spinach, tomatoes, and artichoke hearts all melted between a whole wheat tortilla.
- Tofu– include black beans and garlic.



- Steak with sautéed mushrooms and asparagus.
- Steak tacos– include peppers, onion, and salsa with a whole-grain tortilla.



Weekly Prep

As you begin the Transformation Kit, planning your meals in advance will help you stay on track. Start each week by making a rough outline of what you will eat each day. You may end up making adjustments, but starting out with a plan will give you the best chance to succeed.

Here's an example of what your plan could look like for a Protein Day and a Meal Day:

Protein Day

- Breakfast: YES
- Mid-Morning Snack: 2-4 ounces of Greek yogurt
- Lunchtime Snack: 2-4 ounces of fresh deli meat and cottage cheese
- Mid-Late Afternoon Snack: 2-4 ounces of grilled chicken and 10-12 almonds
- Dinner: YES

Meal Day

- Breakfast: YES and a few strawberries
- Mid-Morning Snack: 7 jumbo shrimp
- 500-600 Calorie Meal: Turkey, avocado, and tomato sandwich on whole-grain bread with carrots and celery on the side.
- Mid-Late Afternoon Snack: 2-4 ounces grilled salmon and side of broccoli
- Dinner: YES

Recipes

One of the most common pitfalls that people fall into when they're on the Better Body System is going back to meals that aren't in line with the system. We want to help you avoid falling into this trap, so in addition to the recipes found on page 10, you can find more tasty, BBS-friendly recipes at yoli.com/recipes.



Daily Water & Protein Intake

It's important to know how much water and protein you should consume each day. Fortunately, there's an easy way to determine both! Simply divide your weight by two. That's the number of ounces of water and grams of protein you should consume each day.

Example: Weight: 180 pounds. Water intake: 90 oz. Protein intake: 90 grams.

Your weight: _____ lbs.

Daily water intake: _____ oz.

Daily protein intake: _____ grams

Notes

- The water you use for your Yoli beverages counts toward your water intake.
- Choose high-protein items for your protein snacks. This will help you reach your daily protein goal. Don't forget to count the protein in the Yoli Essential Shake!
- The reference card that came in your Transformation Kit is a great reminder to get enough protein and water.



Track Your Progress

Remember the before pictures and measurements you recorded earlier? You're going to continue tracking your progress here! Record your weekly measurements in the chart below so you can see yourself progressing. Continue to take progress pictures as well so you can see the physical results of your transformation!

	Waist	Right Thigh	Left Thigh	Right Arm	Left Arm	Hips	Weight
Starting Stats							
Week 1							
Week 2							
Week 3							
Week 4							
Finishing Stats							

Start Date: _____ Goal Weight: _____

Finish Date: _____ Finish Weight : _____

Now that you have finished your 28-Day transformation, set a long-term goal. This goal can be a lot more relaxed than your goal for the 28-Day transformation. Getting back into old habits is easy, but if you have a long-term goal, you're setting yourself up for long-term success.

Post 28-Day transformation goal: _____

FAQs

What kind of results can I expect when starting the Better Body System?

Every person's body is unique, but many people begin seeing results quickly. In addition to weight loss, the BBS will help you work to optimize your health, and rejuvenate your body.*

I exercise and eat healthy foods. Do I really need the Better Body System?

Yoli is not just a diet, but seeks to improve your health and overall wellness. If you are looking to optimize your health without losing weight while on the BBS, simply increase your daily protein snacks from 2-4 ounces to 10-15 ounces.*

It's my second week on the BBS, and my weight has hit a plateau.

This is totally normal as your body adjusts to your new lifestyle choices. You're likely losing inches even though your weight isn't dropping, so during this time, we encourage to focus on your measurements rather than your weight as a sign of progress. Remember, the way you feel is the most important thing!*

I've been on the Better Body System for two weeks—why haven't I lost any weight?

There are a few reasons that you may not have lost weight. We recommend that in addition to tracking your weight, you track measurements of your body—arms, waist, hips, and thighs—as many people lose inches without losing weight as their fat is replaced with lean muscle. Another reason could be hidden sugars in your protein snacks. Additionally, you may be not getting enough sleep, which can lead to your body holding on to excess weight. If you believe that you are following the system exactly and are still struggling with weight loss or losing inches, you may want to check with your physician to see if there is an underlying cause to your struggle to lose weight.

Can I do the Better Body System if I'm a vegetarian?

Absolutely! All you need to do is replace animal-based protein with plant-based protein such as lentils or legumes. For example, avocados, black beans, hard-boiled eggs, nuts, tofu, Greek yogurt, and cottage cheese are all excellent vegetarian-friendly sources of protein.*

Can I exercise while on the Better Body System?

Absolutely. Yoli's products are designed to help you reach your peak performance, experience increased endurance, and decrease your recovery time. While using the Transformation Kit, you may experience some fatigue during the first few days as your body gets used to the system, so you may want to decrease your activity level until your body adjusts.*

Do I have to exercise while on the Better Body System?

Exercise is not necessary in order to shed weight while on the Better Body System. Many users lose their desired amount of weight simply by making the adjustments to their diets and nutritional intake. But with the increased energy and overall wellbeing that come with the BBS, many people find themselves wanting to increase their exercise levels for the first time in years.*

What if I have a few days where I fall off of the program?

The most important thing is not to beat yourself up about it. Making a lifestyle change can be challenging, and we don't want you to hate yourself if you don't follow the program perfectly every single day. Just return to the system and begin working toward your goals again—setbacks are only a problem if you allow them to derail you entirely.

WE TRANSFORM LIVES

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