



Your 28-Day Transformation



Welcome to Yoli!

Congratulations! You are now taking the first steps of your journey to optimal health. At Yoli, our mission is to transform lives, and we're excited to help you transform yours!

Over the next twenty-eight days, you'll use the products and meal plan found in your Transformation Kit (T-Kit) to take your physical health to the next level. As you eat for optimal nutrition and supplement your food intake with high-quality products, you'll give your body what it needs to thrive so you can look and feel your very best.

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

Congratulations once again on your decision to transform your life. We're excited to be a part of your journey to optimal health, and we wish you the best as you begin your transformation!





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; this is a lifestyle. Taking what you learn from the BBS into your everyday routine after this 28-Day Transformation is what makes the system work.

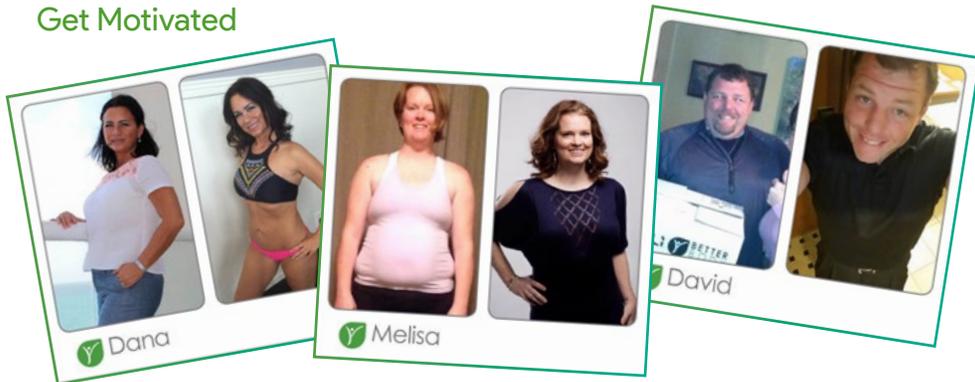
All of our T-Kits have Yoli's core products—Alkalete™, Pure, YES, and depending on your lifestyle and what you chose, Passion, Truth, Fun, or Thermo Burn. Your T-Kit might be different than what is shown here, but they will all work to help you achieve your goal.*



Alkalete™	YES	Pure	Passion/Thermo Burn	Fun/Truth
<p>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.*</p>	<p>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!*</p>	<p>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!*</p>	<p>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 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.*</p>	<p>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 great additions to a healthy lifestyle!*</p>

*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.

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 yoli.com/blog, is a great resource for motivation, recipes, 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 facebook.com/betterbodysystem

Twitter twitter.com/yolibetterbody

Instagram instagram.com/yolibetterbody

Pinterest pinterest.com/yolibbs

Yoli Blog yoli.com/blog



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 photos, 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. See page 14 of this booklet for a chart to track your progress.

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.

BBS Meal Plan

Below, you'll find the meal plan that you'll follow while you're on the Transformation Kit. It will show you when to take your Yoli products, when you'll eat your meals, and how many portions of each food you'll eat.

The meal plan is divided into four sections based on goal weights. Look at each section and choose the one that corresponds with your goal weight. For example, if your goal weight is 150 pounds, you'll follow BBS Plan #2. Read through your chosen plan carefully and pay close attention to how many portions of each food you'll eat for each meal. BBS-approved proteins, carbohydrates, fruits, and vegetables can be found on pages 10 and 11.

My goal weight is: _____ lbs.

Protein Day—Days 1, 2, 4, and 6

BBS Plan (Goal Weight)	1 less than 125 lbs.	2 126–150 lbs.	3 151–179 lbs.	4 180 lbs.+
Wake up	1 Passion 2 Alkalete capsules			
Breakfast (30 minutes later)	1 YES	1 YES	1 YES	1 YES
Snack	2 Protein	2 Protein	3 Protein	4 Protein
Lunch	2 Protein	3 Protein	3 Protein	4 Protein
Snack	1 Passion 2 Protein	1 Passion 3 Protein	1 Passion 3 Protein	1 Passion 4 Protein
Dinner	1 YES	1 YES	1 YES	1 YES
Bedtime	2 Pure capsules 2 Alkalete capsules			

Meal Day—Days 3, 5, and 7

BBS Plan (Goal Weight)	1 less than 125 lbs.	2 126–150 lbs.	3 151–179 lbs.	4 180 lbs.+
Wake up	1 Passion 2 Alkalete capsules			
Breakfast (30 minutes later)	1 YES 1 Fruit	1 YES 1 Fruit	1 YES 1 Fruit	1 YES 1 Fruit
Snack	2 Protein	2 Protein	3 Protein	4 Protein
Lunch	2 Protein 1 Carbohydrate 2 Vegetable 1 Fruit	3 Protein 1 Carbohydrate 2 Vegetable 1 Fruit	3 Protein 1 Carbohydrate 2 Vegetable 1 Fruit	4 Protein 2 Carbohydrate 2 Vegetable 1 Fruit
Snack	1 Passion 2 Protein 1 Vegetable	1 Passion 3 Protein 1 Vegetable	1 Passion 3 Protein 2 Vegetable	1 Passion 4 Protein 2 Vegetable
Dinner	1 YES	1 YES	1 YES	1 YES
Bedtime	2 Pure capsules 2 Alkalete capsules			

Protein Day

On Protein Days, you'll focus on the variety of protein options on the following page. Depending on your goal weight category, you can choose two to four different protein options for each meal or you can increase the portion size of one protein source. For example, you could enjoy three ounces of chicken and one cup of Greek yogurt, or you could have six ounces of chicken. There are a lot of protein options, so mix things up!

If you get hungry on Protein Days, you can add in the free foods that you'll find on the next page. The free foods will help you feel full, so enjoy them in moderation.

Meal Day

On Meal Days, you'll add carbohydrates, fruits, and vegetables into your daily meal schedule. You'll find BBS-approved options on the next page. Meal Days are critical because of their added nutritional benefit, so don't skip them!

Free Meal

On weeks three and four, you'll add a free meal on the final Meal Day of the week. On these days, you'll follow the normal Meal Day schedule, but your lunch will be your free meal. You can eat whatever you want for your free meal, but we do recommend staying within 700-900 calories.

Protein Day	Protein Day	Meal Day	Protein Day	Meal Day	Protein Day	Meal Day
Start Day						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	Free meal
22	23	24	25	26	27	Free meal
						End Day 28

BBS Food Choices

Below, you'll find BBS-approved options for protein, vegetables, fruits, and carbohydrates. The food lists are designed to give you a variety of options, so choose the foods that will fit your personal preferences and dietary requirements. Pay close attention to portion sizes, and remember, the number of portions of each food you'll enjoy will depend on which goal weight category you fall into.

Proteins

YES	1 serving	Feta cheese	1/4 c.	Salmon, baked	2 oz.
Beef jerky (not teriyaki)	1 oz.	Flank steak	2 oz.	Sandwich meats (0-3 g fat/oz.)	3 oz.
Beef sirloin	1 oz.	Greek yogurt, plain	1 c.	Scallops	3 oz.
Beef tenderloin	1.5 oz.	Lean ground beef		Shellfish	2 oz.
Catfish, baked	3 oz.	(10% or less fat)	1.5 oz.	Shrimp	2 oz.
Cheeses (0-3 g fat/oz.)	1.5 oz.	Halibut, baked	3 oz.	T-bone steak	2 oz.
Chicken, skinless	3 oz.	Hummus	1/4 c.	Tempeh	1.5 oz.
Chickpeas	2 Tbsp.	Lamb chop/leg/roast	3 oz.	Tilapia, baked	3 oz.
Cod, baked	3 oz.	Lentils, cooked	1/2 c.	Tofu	4 oz.
Cottage cheese, low-fat	4 oz.	Lobster	3 oz.	Top sirloin steak	2 oz.
Edamame	1/2 c.	Mozzarella	1 oz.	Trout	2 oz.
Egg, whole large	1	Pork, tenderloin	2 oz.	Tuna (canned, fresh, or frozen)	3 oz.
Egg substitute, plain	3/4 c.	Porterhouse steak	2 oz.	Turkey, skinless	3 oz.
Egg whites	2	Ricotta cheese	1/4 c.	Veal, lean chop/roast	2 oz.

Vegetables

Artichoke hearts	1/3 c.	Chayote	1 c.	Onions, chopped, raw	1/3 c.
Asparagus	7 spears	Cucumber	1 1/2	Peppers, raw, chopped	1 c.
Bamboo shoots	1 c.	Eggplant	1/4	Radishes, sliced	1 c.
Beets, cooked, boiled, drained	1/3 c.	Gourds	1 c.	Rutabaga, raw, cubes	1/2 c.
Bok choy	1 c.	Greens		Sauerkraut	1 c.
Broccoli	1 c.	(collard, kale, lettuce), raw	2 c.	Spinach, raw	3 c.
Brussels sprouts, steamed	3	Jicama, raw	1/2 c.	Squash	1/2 c.
Cabbage, chopped	1 c.	Leeks, medium	1/2	Summer squash, steamed	1 1/3 c.
Carrots, cooked	1/3 c.	Mixed vegetables		Tomato, medium (fresh or canned)	1
Carrots, raw	1/2 c.	(w/o corn or peas), cooked	1/2 c.	Tomato sauce	1/2 c.
Cauliflower, raw or cooked	1 c.	Mushrooms	1 1/2 c.	Water chestnuts, canned	1/2 c.
Celery	4 medium stalks	Okra, raw	3/4 c.	Zucchini	1 1/3 c.

Fruits

Apples, medium	1	Cranberries, fresh	1 1/2 c.	Pears, sliced	1 c.
Applesauce (unsweetened)	3/4 c.	Grapefruit, medium	1	Pineapple	1/2 c.
Apricots, dried or fresh	4	Grapes	1 c.	Plums, fresh, sliced	1 c.
Bananas, small	1	Honeydew	1 c.	Pomegranate	3 oz.
Blackberries	1 c.	Kiwi	1 fruit	Raisins	1/8 c.
Blueberries	3/4 c.	Mango	3/4 c.	Raspberries, fresh	1 c.
Cantaloupe	1 c.	Oranges, medium	1	Strawberries, whole	1 1/2 c.
Cherries, fresh	4 oz.	Papaya	1 c.	Tangerines, small	2
Craisins	1/8 c.	Peaches, medium	1	Watermelon	1 1/4 c.

Carbohydrates

Amaranth, cooked	1/2 c.	Lima beans, cooked	1/2 c.	Whole grain bread	1 slice
Barley, cooked	1/2 c.	Millet, cooked	1/2 c.	Whole grain cereal	3/4 c.
Basmati rice, cooked	1/2 c.	Muesli	1/4 c.	Whole grain croutons	20 small
Biscuit	1/2	Navy beans, cooked	1/2 c.	Whole grain dinner roll	1 oz.
Black beans, cooked	1/2 c.	Oatmeal, cooked	2/3 c.	Whole grain English muffin	1/2
Brown rice, cooked	1/2 c.	Peas	1/3 c.	Whole grain	
Bulgur, cooked	1/2 c.	Pinto beans, cooked	1/2 c.	hamburger bun	1 small bun
Corn	3/4 c.	Polenta, cooked	3/4 c.	Whole grain hoagie roll	4 in.
Corn tortilla	2 tortillas	Popcorn, air popped, dry	1 oz.	Whole grain pancake	1/4 c. mix
Cornbread	1.5 oz.	Quinoa, cooked	1/2 c.	Whole grain pasta, cooked	1/2 c.
Couscous, cooked	1/2 c.	Red potatoes, baked	1 medium	Whole grain saltines	8 crackers
Falafel	3 small patties	Sweet potatoes/yams	3/4 c.	Whole grain waffle	1/4
Kidney beans, cooked	1/2 c.	White beans, cooked	1/2 c.	Wild rice, cooked	2/3 c.

Free Foods: Low-Carb Vegetables

Celery	Cucumbers	Kale
Mushrooms	Peppers	Spinach

While you're on the Transformation Kit, you can eat the free foods every day in moderation. You should avoid the following foods: high fructose corn syrup, hydrogenated oils, artificial sugars (sucralose, aspartame, etc.), soda, and trans fats.

You can also enjoy healthy fats, such as avocado, low-carb dairy, natural nut butters, olive oil, and unsweetened almond milk, in moderation. For more info, please see page 18.

Weekly Meal 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 if you're following Meal Plan 2:

Protein Day

- Breakfast: YES
- Mid-morning snack: One cup of Greek yogurt and one hard-boiled egg
- Lunch: Six ounces of grilled chicken and four ounces of cottage cheese
- Mid-afternoon snack: Six ounces of baked salmon
- Dinner: YES

Meal Day

- Breakfast: YES and one cup of fresh raspberries
- Mid-morning snack: Three ounces of fresh-cut deli meat and ¼ cup of hummus
- Lunch: Turkey sandwich on whole-grain bread with carrots, celery, and an apple on the side
- Mid-afternoon snack: Four ounces of grilled shrimp, ½ cup of edamame, and 1 cup of cauliflower
- Dinner: YES

Meal Day Lunch Ideas

- Turkey and avocado sandwich on whole-grain bread with carrots, celery, and an apple on the side.
- Baked salmon with roasted sweet potatoes, asparagus spears, grilled zucchini, and mixed berries on the side.
- Ground turkey taco with spinach and tomatoes on a whole-grain tortilla with sliced peaches and pears on the side.
- Baked cod, cottage cheese, squash, asparagus, brown rice, and a peach on the side.
- Flank steak, ricotta cheese, beets, sauerkraut, sweet potatoes, and watermelon on the side.

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 12, you can find more tasty, BBS-friendly recipes at yoli.com/recipes.



Daily Water Intake

It's important to know how much water you should consume each day. Fortunately, there's an easy way to determine your daily water intake! Simply divide your weight by two. That's the number of ounces of water you should consume each day. The water you use for your Yoli beverages counts toward your water intake.

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

Your weight: _____ lbs. Daily water intake: _____ oz.



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.

We want to hear your story! Visit yoli.com/bbs to submit your experience on the Better Body System.

Post 28-Day transformation goal: _____

Maintain Your Results

Did you know that after dieting, most people end up gaining some or all of the weight back? That's because they're looking at healthy choices as temporary rather than a lifestyle change. Then when they go back to their old habits, their hard-earned weight loss goes away and they end up right back where they were.

Fortunately, that doesn't have to be the case for you! The Better Body System is a lifestyle program, not a diet, and it's designed to help you maintain your results long-term. Below, you'll find the steps to continue working toward optimal health and maintain your results!

If you haven't met your weight-loss goals, that's okay! You can use the Transformation Kit again until you reach your goals. If you feel that you'll be able to start again right away, go ahead. If you'd rather take a week or so to rest before beginning again, you can do that, too. It's up to you!

If you've met your weight-loss goals, there are a few things that you're going to do to maintain your new healthy lifestyle. First, you'll want to choose a Lifetime Kit. With a variety of kits featuring different Yoli products to help you reach your health goals no matter what they may be, a Lifetime Kit is the perfect way to maintain your newly-improved health.

Second, you'll want to increase the size of your protein snacks and the meals you enjoy on Meal Day. The size of your snacks and meals will depend on your own needs, so don't be afraid to experiment until you find what works for you. This will help you get the nutrients you need to thrive and maintain your healthy weight. This will give you more freedom to enjoy the things you love and make it easier to stay on track long-term!

Finally, transforming your life physically is an incredible accomplishment, so pat yourself on the back and enjoy the rewards of your newfound healthy lifestyle. Take pride in the fact that you've taken charge of your health and continue to move forward!



Lifetime Kits

Once you've reached your weight loss goals using the Transformation Kit, it's time to move on to a Lifetime Kit! Optimal health is an ongoing journey, and Lifetime Kits provide you with the essential products to maintain your newly-improved health long-term.

Each Lifetime Kit is specially designed to help you reach your health goals, from daily weight management to feeling more energetic throughout your day. No matter what your goals are, there's a Yoli Lifetime Kit to help you reach them!*

Visit yoli.com/lifetime-kits for a complete list of Lifetime Kits.



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.*

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 you 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 proteins. For example, chickpeas, edamame, eggs, Greek yogurt, lentils, tofu, and tempeh 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.

Can I have healthy fats while on the Transformation Kit?

You can enjoy healthy fats, such as avocado, low-carb dairy, natural nut butters, olive oil, and unsweetened almond milk, in moderation. We recommend limiting healthy fat to one to two servings each day. For example, you could eat a quarter of an avocado with one of your meals to help satisfy your appetite. You can also use the healthy fats for cooking, such as using olive oil when cooking your protein snacks.



WE TRANSFORM LIVES

