

# YOLI BETTER BODY SYSTEM

## BETTER BODY SYSTEM



YOUR 30 DAY TRANSFORMATION

# Welcome to Yoli!

*Congratulations on your decision to take control of your health and begin your transformation! At Yoli, we've made it our mission to transform lives physically, emotionally, and financially. By following the Yoli Lifestyle, you can find greater success in reaching your goals and in living a long, prosperous, and healthy life.*

## Step 1

### BECOME FAMILIAR WITH YOUR TRANSFORMATION PACK

The power of the Better Body System lies in Yoli's exclusive, patented product formulas. Each one of our products is carefully designed to provide your body with the necessary nutrients to transform itself into a fat burning machine – helping you maximize your weight loss and start living healthier.



**YES™** (Yoli Essential Shake) supports the maintenance of good health through its whole-food whey protein blend. YES features PuraWhey™ and LeanImmune™, two proprietary blends that provide your body with antioxidants. Best of all, YES tastes like a milkshake to help you control cravings without any added sugar or artificial sweeteners.



**Alkalite®** is an integral part of the Yoli Better Body System. This alkaline blend aids in the development and maintenance of bones and is designed to help you maintain good health. This foundational Yoli product is a must-have for anyone working to improve their health using the Yoli Better Body System.



**Passion™** and **Thermo Burn™** feature **Thermo-G™**, an exclusive Yoli blend designed to promote alertness and wakefulness. Passion and Thermo Burn relieve fatigue and promote endurance to help you thrive even on the longest of days. Both products feature an array of antioxidants to aid in the maintenance of good health.



**Pure™** is a digestive aid powered by a unique probiotic blend. Featuring Alkasure™, an alkaline blend of fiber, enzymes, and nutrients, Pure is designed to promote good health and aid in healthy digestion.



## Step 2

## UNDERSTANDING THE YOLI LIFESTYLE

Now that you're familiar with your Transformation Pack, it's important that you understand the Yoli Lifestyle and Meal Plan you'll be following. Don't worry! The plan is simple, easy to follow, and outlined below; be sure to read through it carefully before moving on to step three.

### THE BETTER BODY SYSTEM DAILY MEAL PLAN

#### PROTEIN DAY SCHEDULE:

DAYS 1, 2, 4 AND 6

##### Wake-up:

1 Passion or 2 Thermo Burn capsules and 2 Alkalete capsules

##### 30 minutes later:

1 YES shake

##### Mid-morning snack:

2-4 ounces protein

##### Lunch:

2-4 ounces protein

##### Mid-late afternoon snack:

2-4 ounces protein 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

##### Mid-morning snack:

2-4 ounces protein

##### Lunch (500-600 calories):

complex carb, 4-6 ounces of protein and vegetables and fruit

##### Mid-late afternoon snack:

2-4 ounces protein and veggies and 1 Passion or 2 Thermo Burn capsules

##### Dinner:

1 YES shake

##### Bedtime:

2 Pure capsules and 2 Alkalete capsules

### DETERMINING YOUR DAILY WATER & PROTEIN INTAKE:

Determining the amount of water and protein you should consume each day is easy! Take your weight in pounds and divide it by 2 to figure out your intake for water and protein.

Ex: Your weight = 180 lbs    Water intake = 90 oz.    Protein intake = 90 g

My daily water intake: \_\_\_\_\_ oz.    My daily protein intake \_\_\_\_\_ g

Ex: If you choose 2 oz. of string cheese, it has 14 g of protein. Using our example above, you'd need 76 more grams of protein for the day.

## THE BURN CYCLE - YOUR FIRST 7 DAYS

Days  
1 & 2

Days 1 and 2 are key to turning your body into a fat-burning machine. Your body will adjust to burning fat as its primary fuel source instead of carbohydrates. It's common to experience slight fatigue due to reduced caloric intake; you should avoid working out on these days.

### On days 1 and 2 you will:

- Return your body to a fat-burning phase.
- Deplete immediate stored carbohydrates from muscle tissue.

Day  
3

Day 3 is when complex carbohydrates and vegetables are reintroduced to your diet. Your body will hold on to the carbohydrates and store them in your muscles as energy.

### On day 3 you will:

- Feel a boost in energy levels.
- Be amazed at how full you feel on 500 - 600 calories.
- Teach your body how satisfying complex carbohydrates are.

Days  
4 - 7

Days 4 - 7 are when your body really starts functioning differently; it has switched from fat-storer to fat-burner. You may maintain or lose small amounts of weight on meal days and have larger losses on protein days.

### On days 4 - 7 you will:

- Alternate the food cycle so your body doesn't become complacent.
- Promote an active metabolism by eating more frequently.
- Benefit from healthy dietary changes.

## THE PURPOSE OF THE BURN CYCLE

Most of our bodies have become very efficient at storing fat, but they have forgotten how to burn fat as a fuel source – the only calories they burn are the calories they consume. The first seven days on the meal plan will reset your digestive system to utilize stored fat as its primary source of energy. Because your body is burning fat, losing 5 or 10 pounds on this system will seem like much more because the inches you lose are from the stored fat around your midsection. Protein-only days give your body no choice but to burn fat as its primary fuel source.



Reality Check: We are what we eat! Foods high in sugar and unhealthy fat cause our bodies to store a disproportionate amount of fat in our midsection. The first two days of the program are critical in changing our body's response to food by controlling the release of insulin.

## THE PURPOSE OF THE FREE MEAL DAY

### Meal Days

Seeing the first week's results can be exhilarating and you may want to stay away from a free meal, but in order to succeed some freedom must be allowed. Starting on week three, take a free meal on day 7 of each week (be sure to eat before 5 pm if possible). Of course, it's advised to stay within reason during free meals, but keeping your body guessing which foods to expect is a critical component of a healthy and adapting metabolism. Enjoying your favorite "normal" foods will help you stay on track throughout the week. Some weight gain is to be expected as your body holds on to extra carbohydrates as energy. However, any weight gained from a free meal should be gone after the next protein day.

The free meal on day 7:

- Ensures your body doesn't go into protective mode.
- Promotes a "normal" eating lifestyle.
- Only works if you get back on schedule. If you haven't strictly **followed the program, pass on the free meal for the week.**

Once weight loss goals have been achieved, continue maintaining a healthy lifestyle by increasing the amount of food, getting on a Lifetime Pack, and taking a free DAY every seventh day. On the free day, try to consume most of your carbohydrates, sugars, etc. before 5 pm to allow your body time to digest it before sleep. Again, it's important to keep the body guessing which foods to expect.

The BBS weekly schedule is as follows:



Continue this pattern each week until you have either reached 30 days, or achieved your weight loss goals.

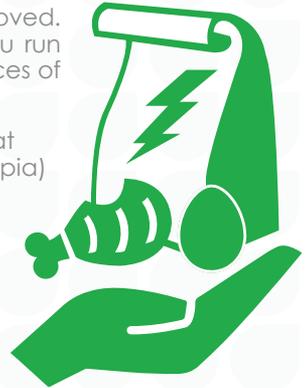


You understand the Transformation Pack. You understand the lifestyle. Now it's time to get started! Take a look at the food examples we have provided and head to the grocery store. Living the Yoli Lifestyle can be easy and enjoyable if you are prepared. One of the best things you can do to be successful on the BBS is to understand what things you can eat, then find meals/snacks that fit within those guidelines. Sit down and plan out your meals for the week. Planning a week's worth of meals/snacks at a time will allow you to quickly grab your meals and have no excuses to skip a day.

### QUICK PROTEIN GRAB-A-SNACK

We've put together a list of snacks that are BBS-approved. Prepare these ahead of time and grab them as you run out the door. The following snack ideas are lean sources of protein, providing 2-4 oz. per snack.

<b>2</b> hard-boiled eggs	<b>2-4</b> oz. of fresh deli-cut meat
<b>1</b> avocado	<b>1</b> fish fillet (cod, salmon, tilapia)
<b>1</b> can of tuna	<b>2-4</b> oz. of tofu
<b>7</b> jumbo shrimp	<b>2-4</b> oz. of greek yogurt
<b>1</b> grilled chicken breast	<b>2-4</b> oz. of cottage cheese



#### Combos

- 1** string cheese and **3** oz. of fresh deli-cut meat
- 4** slices of turkey bacon and **1** hard boiled egg
- 1/2** can of tuna mixed with **1/2** avocado
- 2** slices of turkey bacon, **1** hard-boiled egg, **1** string cheese
- 25** almonds, **1** string cheese, and **2** oz. of fresh deli-cut meat

### 500-600 CALORIE MEALS- FOR DAYS 3, 5 AND 7



- Turkey and tomato panini with baby spinach– include goat cheese and tomato dressing, add 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.

## HEALTHY SUBSTITUTIONS FOR COMMON INGREDIENTS:

We know it can be hard to find replacements for foods that are staples. We have come up with a short list of healthier, BBS-approved foods you can substitute for high-carb, high-calorie foods.

Bread/tortilla  
Sour cream  
Cow's milk  
White potatoes  
Butter  
Salad dressing  
White rice  
Pasta  
Mashed potatoes



Lettuce  
Greek yogurt  
Almond milk  
Sweet potatoes  
Coconut oil  
Oil and vinegar  
Quinoa  
Spaghetti squash  
Cauliflower

## 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 vegetables.

### PROTEINS (EVERYDAY) 2-4 OUNCES

Chicken breast  
Crab  
Egg (boiled)  
Greek yogurt  
Ground beef  
Ground turkey  
Jerky (low-carb)  
Lobster  
Low-fat cottage cheese  
Nuts  
Pork chops  
Salmon (steamed)  
String cheese  
Top sirloin steak  
Tuna (in water)  
Turkey bacon  
Turkey breast

### COMPLEX CARBS (MEAL DAYS)

Black beans  
Breads (whole-grain)  
Brown rice  
High-fiber cereal  
Kidney beans  
Lentils  
Oatmeal  
Quinoa  
Red potatoes  
Split peas  
Sprouts  
Squash  
Sweet potatoes  
Veggie pasta  
Whole grain pasta  
Wild rice  
Yams

### VEGGIES/FRUIT (MEAL DAYS)

Apples  
Artichokes  
Asparagus  
Bananas  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery\*  
Cucumbers\*  
Green beans  
Mushrooms  
Peppers\*  
Spinach\*  
Tomatoes  
Zucchini

**You can eat the following healthy fats every day in moderation, as they do contain calories and carbs:** 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.

One of the greatest benefits of completing the 30-day transformation is being able to see the progress you've made along the way. Continuously tracking your progress while on the BBS gives you the motivation and strength you will need to keep going. We have provided a few examples and tips below on tracking your progress. Make sure you stick with it and start from the beginning, because you can't go back!

### TAKING BEFORE AND AFTER PICTURES

Before you get started, be sure to take before pictures. Oftentimes people skip taking before pictures and end up regretting it when they have finished their transformation and want to see how far they've come.

There are a few things to consider when you are ready to take your pictures:



- Pick an uncluttered spot against a plain wall.
- Wear clothing that is form fitting, nothing loose.
- Take the photo in portrait mode so you can capture your whole body and zoom in close enough to see some details.
- Take 3 pictures: one of the front of your body, one from the side, and one from the back.

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### IDENTIFY YOUR “WHY”

Describe why you have chosen to participate in the Yoli Better Body 30-Day Transformation. Keep in mind that if you want to succeed, your “why” must be bigger than your “why not”. Take a few moments to really think about the answers to the following questions. Are your goals focused on weight loss or on overall health? How much weight do you want to lose overall? What other health challenges do you hope this transformation will improve? How will your life be different when weight and health problems are not holding you back? How will this make you feel?

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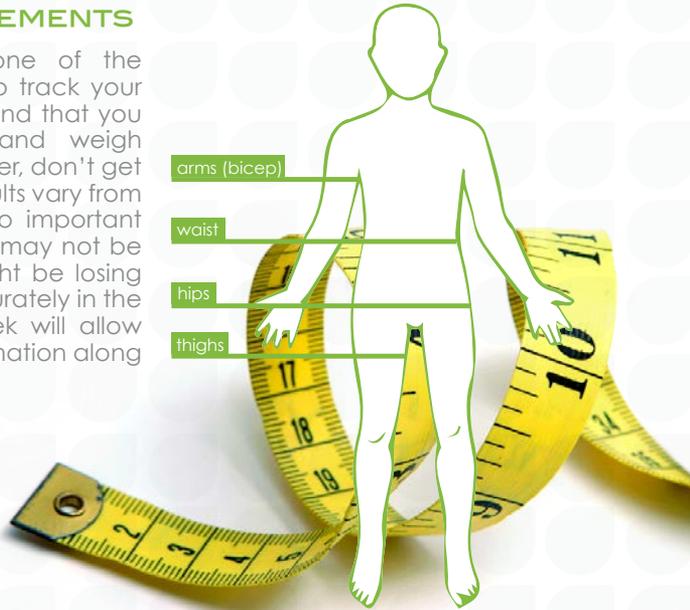
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## TAKING MEASUREMENTS

Measuring can be one of the most accurate ways to track your progress. We recommend that you take measurements and weigh yourself weekly. However, don't get discouraged if your results vary from week to week. It's also important to note that while you may not be losing weight, you might be losing inches. Measuring accurately in the same spots every week will allow you to see this transformation along the way.



## WHAT IS YOUR HEALTHY BMI?

A great way to track your progress and health is through your Body Mass Index (BMI). The BMI is a measure of the human body based on an individual's mass and height. Using the chart and your height and weight, determine approximately where you fall. BMI is a great tool for determining a healthy weight for your body. However, keep in mind that it's a general guide and should only be used as an approximation of your ideal weight.

WEIGHT	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245
5'0"	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
5'1"	19	20	21	22	23	24	25	26	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	43	44	45	46
5'2"	18	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	36	37	37	38	39	40	41	42	43	44	45
5'3"	18	19	19	20	21	22	23	24	25	26	27	27	28	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	43	43
5'4"	17	18	19	20	21	21	22	23	24	25	26	27	27	28	29	30	31	32	33	33	34	35	36	37	38	39	39	40	41	42
5'5"	17	17	18	19	20	21	22	22	23	24	25	26	27	27	28	29	30	31	32	32	33	34	35	36	37	37	38	39	40	41
5'6"	16	17	18	19	19	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	35	36	36	37	38	39	40
5'7"	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	31	31	32	33	34	34	35	36	37	38	38
5'8"	15	16	17	17	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	33	34	35	36	36	37
5'9"	15	16	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	32	33	34	35	35	36
5'10"	14	15	16	16	17	18	19	19	20	21	22	22	23	24	24	25	26	27	27	28	29	29	30	31	32	32	33	34	34	35
5'11"	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	29	29	30	31	31	32	33	33	34
6'0"	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	31	31	32	33	33
6'1"	13	14	15	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32
6'2"	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	31
6'3"	12	13	14	14	15	16	16	17	17	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	29	29	30	31
6'4"	12	13	13	14	15	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	24	25	26	26	27	27	28	29	29	30

- Under healthy weight: BMI < 18.5
- Healthy weight: BMI 18.5 - 24.9
- Overweight: BMI 25 - 29.9
- Obese 1: BMI 30 - 34.9
- Obese 11: BMI 35 - 39.9
- Obese 111: BMI ≥ 40

# Step 5

## BECOMING A BETTER, HEALTHIER, YOU

Congratulations, you are now ready to begin your transformation! Use this chart to track your weekly measurements and progress.

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

Weight loss goal: \_\_\_\_\_

Current BMI: \_\_\_\_\_ Ideal BMI: \_\_\_\_\_

### Share on Social Media

Get involved with the people who know and understand Yoli's Better Body System. Share on Facebook, Twitter, Pinterest, and Instagram.



# Step 6

## MAINTAINING YOUR HEALTH WITH LIFETIME PACKS

Have you reached your weight loss goals? Are you now ready to maintain your weight and healthy lifestyle change? If you answered "yes" to both of these questions, congratulations! It's now time to choose one of Yoli's Lifetime Packs.

Yoli's focus is to help others gain optimal health. Losing excess weight is a great step in that process, but the ultimate goal is to live a long, prosperous, and healthy life. Yoli's exclusive product formulas are the secret to the Better Body System. Utilize the Lifetime Packs to continue experiencing the health benefits of Yoli's products. Each kit is designed to fit your specific needs and lifestyle, but you may also opt to use multiple packs at once.

- 1 Alkalization:** Maintain your good health with Yoli's proprietary alkaline blend, Alkalete. *Contains Alkalete*
- 2 Digestive Health:** Digestive Health: Maintain healthy digestive function with Yoli's probiotic supplement, Pure, and alkaline blend, Alkalete. *Contains Alkalete and Alkasure*
- 3 Stress Relief:** Benefit from improved sleep and the maintenance of good health with this combination of Dream and Alkalete. *Contains Alkalete and Z-Rest*
- 4 Essential:** Provide your body with the essential components of daily health maintenance with YES and Alkalete. *Contains Alkalete, PuraWhey, and LeanImmune*
- 5 Energy:** Enjoy increased alertness and reduced fatigue with Passion, available in berry or tropical melon flavors, or with Thermo Burn. *Contains Thermo-G*
- 6 Hydration:** Maintain healthy hydration levels with natural, low-calorie Truth and/or Fun. *Contains BotanImmune, Actizorb, and Enduramin.*
- 7 Sport Performance:** Take your sports performance to the next level and get the most out of your workout with Alkalete and Fun. *Contains Alkalete and Enduramin.*
- 8 Longevity:** Maintain your improved health long-term with this combination of Alkalete, Pure, and YES. *Contains Alkalete, Alkasure, PuraWhey, and LeanImmune.*
- 9 Optimal Digestion:** Maximize your digestive efficiency with Ultizorb and Protizorb while balancing your pH levels with Alkalete. *Contains Alkalete, Protizorb, and Ultizorb*



FOR MORE INFORMATION OR TO  
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