

# PREPARATION

## CUT OUT FAST FOOD

Start your Slenderiiz Programme by telling your fast food cravings to take a hike! It's called "junk food" for a reason. Junk foods are highly processed and minimise your fat loss efforts by spiking blood sugar and slowing your metabolism.

OPTIMAL  
RESULTS

A woman in a grey sports bra is shown in profile, drinking water from a clear plastic bottle. The background is a light, neutral color. The text 'PREPARE YOUR BODY' is overlaid on the left side of the image in a large, orange, sans-serif font.

# PREPARE YOUR BODY

Take two days and prepare your body for the Fat Burning Phase by eating as normal, with the exception of cutting out fast foods. For optimal results, start adding healthy fats to your diet such as avocado, raw nuts, and seeds, and begin taking the Day and Night drops as directed.

**HANDY TIP:** Adding ARIIX Nutrifii supplements to your daily health regimen while participating in the Slenderiiz Programme can contribute towards your daily vitamin and mineral intake on your weight loss journey.

PHASE ONE

# PHASE ONE

## FAT BURNING

To start your Fat Burning Phase, go through your cupboards and toss out biscuits, pastries, candy, processed meats, crisps, soda pop, high-sodium frozen foods, boxed foods, and canned soups.

**HANDY TIP:** One dose of Rejuveniix is a great power-packed supplement that jumpstarts your body, providing it with additional support and energy needed in the weight loss journey. Consider adding one serving of Rejuveniix to your daily routine.



# TRACK YOUR INTAKE

It's important to make the healthiest, most nutrient-dense food selections while on the Slenderiiz Programme. To help keep you on track, be sure to monitor your food intake every day.

By keeping a food log, you will be able to begin decoding the difference between wholesome, nutritious foods and those that are highly processed, high in calories, and offer very little in nutrients. You'll soon discover the foods that keep you fueled longest due to their nutritional density. You'll obviously want to choose those that give back the most to your weight loss efforts and keep you full and energised.

## TO BEGIN MONITORING YOUR MEALS, SIMPLY:

- + Eat three regular, healthy meals a day from the Approved Food List only.
- + If you prefer, divide your meals into smaller snacks and eat them periodically throughout the day.
- + Track your eating patterns with a mobile app like CalorieCounter, MyFitnessPal, or Lose It!
- + Eat your meal highest in calories for breakfast and end your day with your lowest caloric meal. This allows the body time to digest and burn off calories before resting for the evening.

Although counting calories can be difficult, it is essential for optimal weight loss and weight management. To get the most out of the Slenderiiz Programme, it is important to track and keep your daily intake under 1,250 calories. Through eating the right foods, it will become easy and natural to restrict calories to 1,250 a day because of their nutrient density.

The Slenderiiz Programme is not about being hungry it is about learning how nutritious, healthy foods provide you with more energy, help you feel better, satisfy you for longer, keep your blood sugar levels in control, and in turn help you lose unwanted pounds.

**HANDY TIP:** Use a serving of PureNourish mixed with water or unsweetened almond or coconut milk and one cup of berries or ¼ cup of nuts as a perfect start to your day.

# DRINK PURIFIED WATER

For optimal results, drink at least eight to ten 250 mL glasses of purified water daily. This allows your body to remove toxins and flush them away as you begin burning up fat stores.

**HANDY TIP:** ARIIX's Puritii Water Filtration System is a great choice for keeping purified water on hand at all times.



MORE  
ENERGY

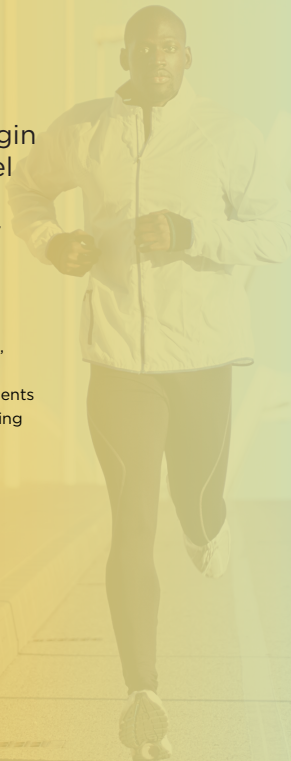
# EXERCISE

A modest aerobic exercise programme is good for your health. Start walking, hiking, swimming, jogging, biking, etc. for 20-30 minutes, five times per week.

If you have not been getting much exercise prior to this programme, it is important to begin slowly and build up to our recommended level of exercise over the next few weeks. Don't be in a rush to get to this goal, but increase your activity level steadily and safely.

**NOTE:** When exercising, the body builds lean muscle. This can cause discouragement on the scale because muscle actually weighs more than fat, making you feel like your weight loss progress has stalled. However, muscle takes up less space physically than fat, so be sure to take regular measurements of yourself as well so you can see the results even when the scale isn't relaying that information.

**HANDY TIP:** Use a pedometer and try to reach or exceed 10,000 steps each day.



# A ROUTINE SCHEDULE IS GOOD

Eat the most calories in the morning and the least at night to allow your body all day to burn them off.

Do not eat after 7 pm to allow time for your body to burn off the day's calories while you are still walking around. For optimal results, do not eat after taking the Night drops.

## **PLAN YOUR MEALS IN ADVANCE.**

Reduce your temptation for unnecessary foods by having a grocery list and sticking to the sections of the grocery store where you will find fresh foods that are most nutritionally

# APPROVED FOOD LIST

Focus on fresh foods to help you avoid sodium, unhealthy fats, and processed foods that will spike your blood sugar and slow down your weight loss efforts.

## PROTEIN

Chicken *free-range, raised without hormones is best*  
Eggs *free-range*  
Grass-fed beef *ground, steak, tips, roast*  
Turkey *fresh, not preserved deli meat*  
Turkey bacon *nitrate free*  
Venison  
Buffalo  
Any white fish *wild is best, not farm-raised*  
Halibut  
Cod  
Flounder  
Salmon  
Tuna  
Lobster  
Crab  
Shrimp

## ALL VEGETARIAN

**PROTEINS WORK AS PART OF THIS PROGRAMME.**  
Quinoa  
Organic tofu  
Raw or sprouted nuts *not as low in calories, or as filling as quinoa and tofu*  
Tempeh  
Beans *high in calories for small amounts*  
Tempe  
Chickpeas *garbanzo beans*  
Lentils

## VEGETABLES

*Organic, in-season vegetables are best.*  
  
*Anything green is generally good, so try*

*something new!*  
Artichokes  
Asparagus  
Arugula  
Bean sprouts  
Beet greens  
Brussels sprouts  
Broccoli  
Bamboo shoots  
Bell peppers  
Bok choy  
Cabbage  
Carrots  
Cauliflower  
Chicory greens  
Chili peppers  
Collard greens  
Courgette (zucchini)  
Cucumbers  
Dandelion greens  
Dill pickles  
Endive  
Escarole  
Green beans

Green leaf lettuce  
Kale  
Mushrooms  
Mustard greens  
Onions  
Peas  
Radicchio greens  
Radishes  
Red leaf lettuce  
Romaine lettuce  
Spinach  
Sprouts  
Summer squash  
Swiss chard  
Yellow squash

## SEA VEGETABLES

### INCLUDING:

Nori  
Dulse  
Hijiki  
Kelp  
Kombu  
Wakame

**FRUITS**

*Organic, in-season fruits are best.*

**BEST CHOICE FOR****LOWEST SUGAR****CONTENT:**

Apples  
Avocados  
Strawberries  
Blueberries  
Blackberries  
Cherries  
Raspberries  
Tomatoes

**SECOND BEST:**

Pears  
Peaches  
Plums  
Fresh figs  
Kiwi

**THIRD BEST:**

Oranges  
Tangerines  
Nectarines

**HEALTHY FATS**

*These fats are building blocks to support a healthy immune system. You should reserve a minimum of 250-300 of your calories a day for these fats.*

Coconut oil (*may be used safely for cooking: 1 spoonful = 100 calories*)

50 mg chia seeds, hemp seeds, raw pumpkin seeds, raw walnuts, or 2 spoonful servings of their cold pressed oils (may be used for salad dressing)  
Avocado  
Avocado oil

*Avoid vegetable, canola, corn, peanut, soybean, sunflower, safflower, and cottonseed oils completely. Instead use coconut oil—a healthy substitute for vegetable and other seed oils.*

**HERBS**

Basil  
Bay leaf  
Chives  
Coriander (cilantro)  
Mint  
Oregano  
Parsley  
Rosemary  
Thyme  
Sage

**HANDY TIP:** Organic foods are always best. They provide a way to avoid harmful chemicals, pesticides, herbicides, added hormones, and antibiotics.

**REMEMBER:**

+ Only eat from the Approved Food List  
+ Track food  
+ Monitor water intake

## PHASE ONE

### SPICES

*Salt-free and sugar-free spices are a great option to liven up your meals with the Slenderiiz Programme.*

Apple cider vinegar  
Black pepper  
Cayenne  
Cumin  
Curry powder  
Dulse flakes  
Garlic  
Kelp Flakes  
Lemon  
Lime  
Mustard  
Onion powder  
Real sea salt  
Turmeric

### SWEETENERS

Liquid Stevia drops or Stevia powder that does not contain maltodextrin.

### CONDIMENTS

*Fermented condiments like kimchi or*

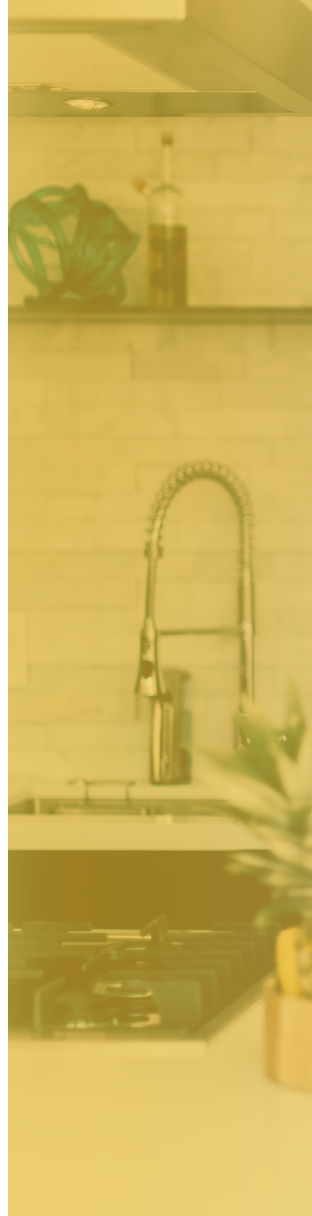
*sauerkraut are especially helpful for metabolism and can make meat more digestible. Do not eat condiments that contain sugar or artificial sweeteners like sucralose, aspartame, Equal, or Splenda.*

Horseradish (*pure, not horseradish sauce*)  
Ketchup (*organic with no sugar or sucralose*)  
Mustard  
Olives (*sun dried or packed in vinegar*)  
Picante sauce  
Salsa (*read ingredients, often contains sugar*)  
Soy sauce (*wheat free, low sodium*)  
Tabasco sauce

### AVOID:

Bread, chips, pretzels, flour, rice, cereals, pasta, potatoes, sugar, chemical sugar-

replacements, iodised table salt, crisps, roasted and salted nuts, commercial dairy products, vegetable oils, sodium-rich foods such as canned soups, processed meats, and trans fats.





# PHASE TWO MAINTENANCE

Congratulations on reaching your goal! Now it is important to maintain your healthy lifestyle, including a balanced diet and regular exercise.

“By now you understand the dangers processed foods bring to your health and weight control. You have been eating a low-glycemic diet and now is the time to gradually add complex carbohydrates back in.”

## AVOID PITFALLS

To avoid common pitfalls, build your lifestyle around the healthy food choices from the Fat Burning Phase. Be aware of what time of day you eat, how much you are taking into your body, and the quality of those calories.

Remember to avoid white bread, white flour, pasta, and potatoes, along with all other highly refined starches and processed foods. Pay special attention and avoid products that are labeled as “enriched.” Instead, look for words such as whole grain, whole meal, and sprouted grains. You will also want to choose whole grain rice options, such as Basmati, long rice, whole brown rice, wild rice, and sprouted rice. Your potatoes should be sweet potatoes or red potatoes.

By following these guidelines, you are eating in a way that avoids spiking your blood sugar and will continue to support the new, leaner you.

Finally, be sure to keep taking your ARIIX Nutrifii supplements. These products provide healthy fats, extra energy boost, and enhanced nutrition important for maintaining a healthy body.

**HANDY TIP:** The term “whole wheat” doesn’t always mean it’s made of whole wheat grain. Brown bread is not necessarily better. Be sure to read the full ingredient list before purchasing.

# SAMPLE DAY

## BREAKFAST

Take the Day drops as directed.
Take ARIIX Nutrifii supplements.
Choose one:
PureNourish shake (two scoops) blended with spinach, water, and unsweetened coconut or almond milk (ice as optional).
3 free-range eggs with ½ cup of berries
3 egg omelet with 1 cup, or more, of vegetables (no cheese)
Scrambled tofu with spinach, garlic, turmeric, and coconut oil
1 cup raw fruit with 10-20 raw almonds. You can also blend this into a smoothie using 1/3 cup coconut milk.

## LUNCH

Take the Day drops as directed.
Up to 250 g of protein from the Approved Food List (weigh before cooking)
3 cups, or more, of vegetables
½ cup fruit is optional

**SNACK**

Choose one:

Unsweetened pickles and white turkey breast

Apple with 1 spoonful almond butter

PureNourish shake

**DINNER**

Take the Day drops as directed.

Take ARIIX Nutrifii supplements.

Up to 200 g of protein from the Approved Food List (weigh before cooking)

2 cups cooked or raw vegetables

1 cup fruit

**EVENING**

Take the Night drops as directed, one to two hours before bed.

Do not eat after taking the drops.



# THE SLENDERIIZ PLATE

The Slenderiiz plate helps you visualise the portions of a balanced meal.



DRINK AT LEAST EIGHT TO TEN 250 ML GLASSES OF PURIFIED WATER PER DAY

EAT ALL THE VEGETABLES YOU WANT



# Q&A

**Q:** What should I expect when starting this programme?

**A:** You may experience a withdrawal from processed foods if your diet was high in fast food, frozen, prepared, or canned food before the programme. As these chemical residues work their way out of your system, you may experience some cravings, but it is important to be strong through these first 48 hours so you can get to the good part! To ensure weight loss, eat plenty of fibrous vegetables like broccoli, cauliflower, spinach, cucumbers, red peppers, and cabbage.

If you are truly hungry and not just experiencing withdrawal from the chemicals in processed foods, you need to eat more fiber-rich vegetables and drink more water. Fiber and water intake are extremely important to your success with this programme.

**Q:** Do I need to exercise while on this programme?

**A:** Exercise is important for maintaining a healthy lifestyle. Even small amounts each day will benefit you. Exercise will help you to lose inches though the scale may not reflect it as quickly because you are gaining muscle at the same time.

**Q:** What if I need to cheat?

**A:** If you are going to deviate from the programme at all, then eat more lean proteins or green vegetables and healthy fats. Try to not eat sweets! Eating sugar, starch, and vegetable oils

can set your weight loss back and change your fat-burning potential by three to four days.

Small deviations will not usually cause a sudden weight gain, but will slow your weight loss over time. We prefer that you do not stray from the programme, but if you do, be smart in your approach. Make sure that your departure from the “ideal” is in moderation. Don't allow your cheating to set you back to the point that you give up.

**Q:** What do I do if I hit a plateau?

**A:** It is normal to experience plateaus for two to five days. If it persists for longer than six days, you need to do one of two things to push your metabolism out of the plateau, allowing for continued weight loss:

**OPTION 1:** For one full day, consume only protein, water, and Day and Night drops.

**OPTION 2:** Drink three PureNourish shakes a day with two apples as in-between meal snacks, Day and Night drops, and plenty of water.

\*Shakes can be prepared with two cups of organic baby spinach blended into the shake.

# DAY PRE-MEAL DROPS

With plant extracts, chromium and biotin

## FOOD SUPPLEMENT

Net Content: 60 ml

<b>NUTRITIONAL INFORMATION</b>		
Per Daily Portion (45 drops)		DRI%
White Kidney Bean Extract	150 mg	-
Cacao Bean Extract	85.2 mg	-
Green Coffee Bean Extract	49.5 mg	-
Green Tea Leaf Extract	19.8 mg	-
Guarana Seed Extract	15.9 mg	-
Cinnamon Bark Extract	7.95 mg	-
Biotin	300 µg	600%
Chromium	40 µg	100%
Erythritol	80.4 mg	-
<b>*DRI Not Established</b>		

### INGREDIENTS:

Glycerol (humectant), Water, White Kidney Bean Extract (*Phaseolus vulgaris L.*), Cacao Bean Extract (*Theobroma cacao L.*), Erythritol (sweetener), Natural Vanilla Flavour, Green Coffee Bean Extract (*Coffea arabica L.*), Citric Acid (acidity regulator), Green Tea Leaf Extract (*Camellia sinensis*), Guarana Seed Extract (*Paullinia cupana Kunth*), Cinnamon Bark Extract (*Cinnamomum cassia*), Steviol Glycosides (sweetener), D-biotin, Chromium Chloride.

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Contains caffeine. Not recommended for children or pregnant women (56 mg/45 drops).

Biotin contributes to the normal metabolism of macronutrients and to normal energy metabolism.

Chromium contributes to the normal metabolism of macronutrients and to the maintenance of normal blood glucose levels.

The intake of foods containing erythritol instead of sugar induces a lower increase in blood glucose after their intake compared to foods containing sugar.

### RECOMMENDED DAILY INTAKE AND DIRECTIONS

**OF USE:** Shake well before using. Take 15 drops (0.7 ml) 20 – 30 minutes before breakfast, lunch and dinner. Do not exceed the daily recommended portion.

**WARNINGS:** FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF YOUNG CHILDREN. DO NOT USE DURING PREGNANCY OR WHILE BREASTFEEDING.

**LOT N°/ BEST CONSUMED BY:** See date.

**STORAGE CONDITIONS:** Keep in a cool, dry place away from light.

# NIGHT SOOTHING BEDTIME DROPS

With plant extracts  
**FOOD SUPPLEMENT**

Net Content: 60 ml

## NUTRITIONAL INFORMATION

Per daily dose (50 drops)

L-theanine	100 mg
L-glutamine	25 mg
Fructo-oligosaccharides	10 mg
Acerola Fruit Extract	5 mg
Holy Basil Powder	5 mg
Cordyceps Powder	5 mg
Astragalus Root Powder	5 mg

### INGREDIENTS:

Water, Glycerol (humectant), L-theanine, L-glutamine, Natural Raspberry Flavour, Natural Spearmint Flavour, Citric Acid (acidity regulator), Fructo-oligosaccharides, Acerola Fruit Extract (*Malpighia glabra L.*), Holy Basil Powder (*Ocimum tenuiflorum L.*), Cordyceps Powder (*Cordyceps sinensis*), Astragalus Root Powder (*Astragalus membranaceus*), Steviol Glycosides (sweetener).

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Astragalus Root Powder is a tonic that contributes to adaptogenic activity and physical and mental well-being. Adaptogens contribute to the maintenance of normal physiological processes.

Holy Basil Powder contributes to the maintenance of resistance to stress.

### RECOMMENDED DAILY INTAKE AND DIRECTIONS

**OF USE:** Shake well before using. Take 45 drops (2 ml) one to two hours before bedtime. For best results, do not eat after taking drops. Do not exceed the daily recommended portion.

**WARNINGS:** FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF YOUNG CHILDREN. NOT SUITABLE FOR CHILDREN UNDER 12 YEARS. DO NOT USE FOR PROLONGED PERIOD WITHOUT PROFESSIONAL ADVICE. DO NOT USE DURING PREGNANCY OR WHILE BREASTFEEDING.

**LOT N°/ BEST CONSUMED BY:** See date.

**STORAGE CONDITIONS:** Keep in a cool, dry place away from light.



ARIIX Seal of Approval  
Superior Quality & Authentic

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