



 **nutrilite**



**GET OFF TO A FLYING START IN
4 STEPS TO KICK-OFF YOUR FIRST
WEEK ON THE NUTRILITE™
BODY CLEANSING PROGRAM!**

Step 1

Familiarise Yourself with The Plate Rule

It's a helpful and flexible way to make sure you consume the right amounts of macronutrients – the main components of a well-balanced diet.

TAKING IN THE RIGHT AMOUNTS OF MACRONUTRIENTS, VITAMINS, MINERALS AND PHYTONUTRIENTS as part of a balanced and varied diet is important to support the metabolism and major bodily functions.





Plate rule

AND BUILDING YOUR DAILY DIET

A flexible way to consume the right amount of macronutrients – the components of a well-balanced diet.

Vegetables

Providing vitamins, minerals, soluble fibre and phytonutrients, vegetables are the part of the plate where we should start each meal. Serve vegetables fresh, boiled or stewed and try to avoid adding too much oil or fat.

5 - 6 SERVINGS IN TOTAL PER DAY

1 SERVING CAN BE:

- + 100 g greens
- + 100 g raw or cooked vegetables (e.g. half a cucumber or 1 pepper)

Complex carbohydrates

Whether it's cereals, potatoes, wholegrain pasta or bread and complex carbohydrates are the main source of energy for the body. The optimum portion size is 3/4 of a cup or around 100 g. Avoid fried foods and fatty sauces.

2 SERVINGS IN TOTAL PER DAY

1 SERVING CAN BE:

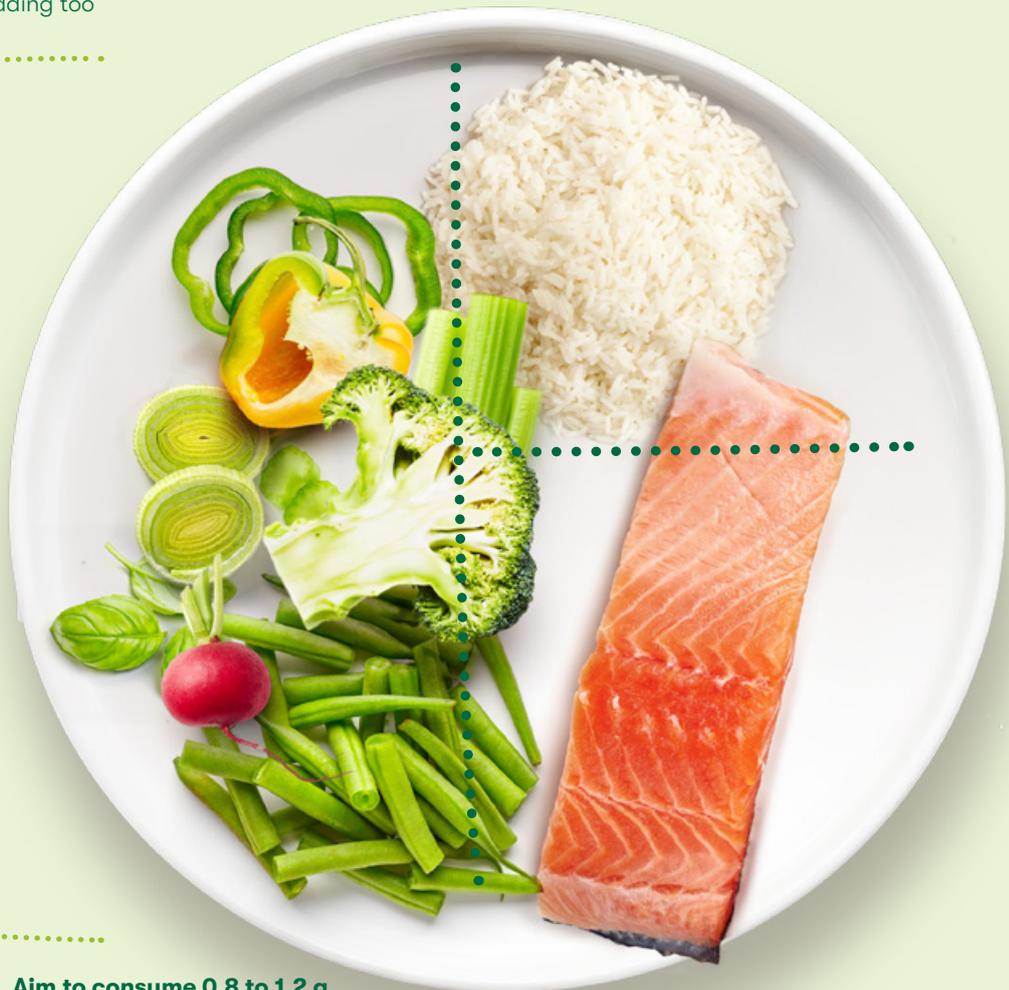
- + 100 g boiled wholegrain pasta or rice (around 50 g uncooked)

Simple carbohydrates

2 SERVINGS IN TOTAL PER DAY

1 SERVING CAN BE:

- + 1 medium-size fruit
- + 130 g berries



Protein

Meat, poultry, fish, seafood, eggs or dairy. All of these foods contain protein and some fat content. Try to prioritise low-fat varieties of meat and, if practical, remove excess fat before cooking. Legumes are also a source of protein.

Aim to consume 0.8 to 1.2 g of protein per kg of body weight.

4 - 5 SERVINGS IN TOTAL PER DAY

1 SERVING CAN BE:

- + 100 g beans / 8 g protein
- + 100 g fish / 20-22 g protein
- + 100 g poultry / 30 g protein
- + 100 g red meat / 30 g protein
- + 1 egg / 7 g protein
- + 2 spoons (20 g) of Nutrilite All Plant Protein / 16 g protein

Fat

Fat: e.g. nuts on salad, olive oil as salad dressing, oil in fish or fat on meat.

2 - 4 SERVINGS IN TOTAL PER DAY

1 SERVING CAN BE:

- + 1 tablespoon extra virgin olive oil - 13 g fat (monounsaturated)
- + 20 g butter - 16 g fat (saturated)

Handy hints for portion sizes

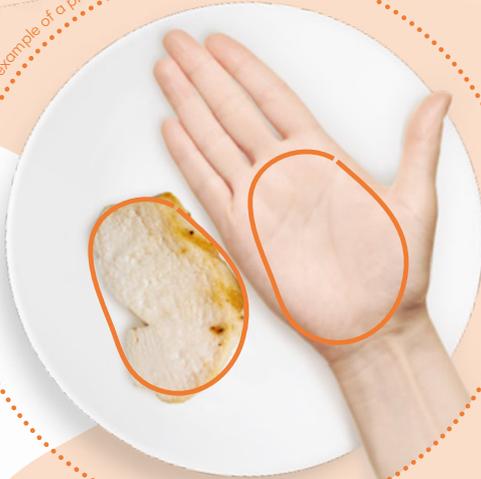
Use your hands to measure your portion sizes



Protein should be the same size as your palm.



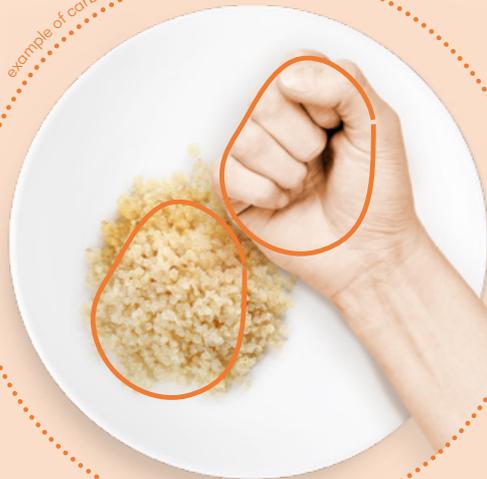
example of a protein serving



Carbohydrates should be the same size as your fist.



example of carbohydrates serving



Fats (oil, dressing, on meat) should be the same size as your thumb.



example of a fat serving





Step 2

Daily Meal Plan

As always, before setting off on a trip, it's important to check that you have brought everything you need with you. What should we pack for this virtual journey to all-round wellness bearing in mind:

- the importance of a balanced, diet and and role of supplementation
- the importance of constant hydration

A quick guide to help you achieve a beneficial mix of macronutrients in your diet.





Daily meals example & Supplements

A quick guide to help you achieve a beneficial mix of macronutrients in your diet.

The daily meal plan recommends 3 main meals and 2 snacks each day. This helps us to:

- + Provide our bodies with the energy we need to live an active lifestyle
- + Distribute calorie intake evenly throughout the day and prevent overeating late in the day
- + Keep our blood sugar levels balanced

1 PRE-BREAKFAST



Nutralite™ Balance Within



Glass of water



Keep Balance Within on your bedside table so you remember to take it when you wake-up, **before breakfast**.

2 BREAKFAST



PROPER BREAKFAST
(Combination of carbohydrates and proteins - plate rule)



Nutralite™ Milk Thistle



Nutralite™ All Plant Protein Powder
(1 spoon, if you don't have protein in your proper breakfast)

3 MORNING SNACK



Fibre Powder



Smoothie



It's a great idea to **include fibre as part of your morning or afternoon snack**. Consider adding Fibre Powder, where appropriate.

4 LUNCH



PROPER LUNCH
(Combination of carbohydrates and proteins - plate rule)



Proteins are quite flexible and are a great choice for inclusion in breakfast, lunch or dinner. If you're busy and only have time for a quick lunch, **consider adding a spoon of Nutralite™ All-Plant Protein Powder to a lunch salad to help you follow the plate rule**.

5 AFTERNOON SNACK



Nuts

OR



Yogurt

6 DINNER



Smoothie or Soup



Nutralite™ All Plant Protein Powder (1 spoon)



Nutralite™ Milk Thistle



LIGHT DINNER
(plate rule)



Remember to take Milk Thistle twice a day – in the morning with breakfast and in the evening with dinner.

Breakfast



Breakfast is the most important meal. As the first meal of the day, **breakfast helps to replenish carbohydrate stores in the muscles and liver.** It should **combine carbohydrates and protein.** Carbohydrates are important for energy supply and brain functions. We should consume protein consistently and regularly as the body is unable to store it.

Portion recommendations for breakfast:

-  • **1 palm of protein**
-  • **1.5 fists of carbohydrates (if you combine complex & simple carbohydrates)**
-  • **1 fist of carbohydrates (if you only consume complex carbohydrates)**
- **Vegetables**

Example of breakfast:

- + Egg or yogurt or smoked salmon (2 slices)
- + Wholegrain bread (2 slices) or cereal/muesli (2 tbsp)
- + 1 orange (if including fruit)

Other breakfast ideas:

- + Greek yogurt with cereal or muesli
- + Porridge
- + Budwig cream (check out the recipe below)
- + Cereal or muesli with milk or dairy-free milk alternative
- + For fans of savoury breakfasts (often referred to as a 'continental' breakfast):
 - Eggs (e.g. scrambled or omelette) with wholegrain bread or oatmeal pancakes
 - Meat (e.g. smoked salmon) with wholegrain bread or oatmeal pancakes

Budwig cream

Budwig cream is a great example of a well-balanced breakfast and a delicious way to start any day.

Recipe for 1 serving

- | | |
|---------------------------|--------------------------------|
| + 1 tbsp of flax seeds | + 1 tsp of wheat germ |
| + 1 tbsp of pumpkin seeds | + 1 tbsp of lemon juice |
| + 10 raw almonds | + 1 tsp of honey and of pollen |
| + 1 ripe banana | + 3-4 hazelnuts |
| + 1 cup of white yogurt | |

DON'T FORGET about fluid intake

It's important to consume fluid in the morning.

Consider water, fresh fruit juice, green tea, or a cup of coffee, which will give you a helping hand in waking up.



Morning snack



A well-balanced snack is a great way to get you from breakfast to lunch. A fresh fruit salad or a smoothie will give your body energy from both carbohydrates and vitamins. Add **Nutralite™ Fibre Powder** for a quick, convenient, way to increase daily fibre intake.

Nutralite Blender

Blend up a smoothie, a yogurt-based snack, ice cream ingredients or a shake with **Nutralite blender**



Orange Shake with Ginger, Apple and Carrot

What you need

- + ½ carrot
- + 1 green apple
- + 2 g ginger
- + ½ orange
- + ½ persimmon
- + 20 g **Nutralite™ All-plant Protein** powder
- + 1 sachet of **Nutralite™ Fibre Powder**
- + 1 tsp chia seeds
- + 1 tsp flax seeds
- + Fresh mint

What to do:

1. Peel the apple, orange and carrot. Core the apple.
2. Chop all the fruit and the carrot into small pieces.
3. Blend all the ingredients in a blender.
4. Pour into a glass, sprinkle with chia and flax seeds and garnish with mint.

Works best with the Nutrilite Blender



CHEWING

SENDS SIGNALS TO YOUR BRAIN THAT YOU HAVE FED YOUR HUNGER SO IT CAN BE USEFUL TO INCLUDE A CHEWABLE ELEMENT (E.G. HALF A BANANA) AS PART OF ANY SNACK.



Afternoon snack

Your second between-meals snack of the day is an important opportunity to stop whatever you're doing, grab a breather and show your body you care by providing an important nutrient boost. It's also a great pre-emptive way to stop you from eating too much at dinner.

Ideas for your afternoon snack

- **XS™ Protein Bar**
- 20 gr of nuts
- Yogurt (Greek varieties provide protein and fat)
- A little cup of homemade ice cream
- Smoothie



Item no. 292518



Item no. 2925120



Item no. 292519



Lunch



For many people, **the gap between lunch and dinner can be a long one.**

+ For this reason, lunch is especially important. Lunch should include **complex carbohydrates like wholegrain rice or pasta, or potatoes.** Lunch should also include **protein** (animal or plant), as well as **fats in the form of native oils** like olive oil, to replenish our reserves.

+ Make sure that vegetables form a significant part of your lunch.

Portion recommendations for lunch

-  • 1 palm of protein
-  • 1.5 fists of carbohydrates
- Vegetables
- 1 tbsp oil, e.g. extra virgin olive oil for dressing

+ If you don't have time to eat a proper lunch, try to still consume some carbohydrates in the form of **fruit, a fruit salad with seeds, or some vegetables.**



Dinner



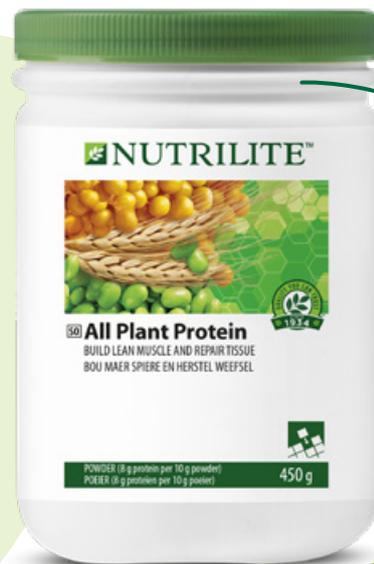
As the last meal of your day, **dinner doesn't need to contain too many calories**. However, it should be balanced. A balanced dinner stops you from getting too hungry before bed and prepares your body for a good night's sleep.

Portion recommendations for dinner:

-  • **1 palm of protein**
-  • **1 fist of carbohydrates**
- **Vegetables**
- **1 tbsp oil, e.g. extra virgin olive oil for dressing**

Ideas for dinner

- + Soup (with seeds and a portion of **Nutrilite™ All Plant Protein**)
- + Salad (with a sprinkling of seeds and **Nutrilite™ All Plant Protein**)
- + Vegetables with grains (e.g. rice, oats, spelt)
- + Or enjoy a smoothie made with **Nutrilite™ All Plant Protein** powder



Before-bed snack

If you tend to eat dinner early (e.g. before 6pm) and feel a bit peckish in the evening, consider a small snack.

This could be a portion of yogurt with **Nutrilite™ All Plant Protein**, or a little cup of fruit salad with a sprinkling of seeds or nuts. You could also enjoy a herbal tea 30 minutes before bed to help you relax and to support a restful night's sleep.

IN CASE OF AN EARLY DINNER, consider a **pre-bedtime snack** of **simple carbohydrates** (e.g. seasonal **fruit**) or approximately **5 walnuts**.





Step 3

Physical Activity & Hydration

ENJOY THE BENEFITS OF REGULAR PHYSICAL ACTIVITY AND PROPER HYDRATION.

WE DON'T ALWAYS REALISE HOW IMPORTANT IT IS TO SUPPORT OUR BODIES with healthy habits. Nutrition is important but we also need to make sure we stay physically active and hydrated.

WE CAN EAT WELL BUT WITHOUT SUFFICIENT PHYSICAL ACTIVITY AND WITHOUT CONSUMING ENOUGH WATER, our wellbeing could suffer.

Our water requirements also vary according to our level of physical activity, outside temperatures, and our physiological needs therefore it is very important to drink the right amount of water!



Step 4

Positive Mindset

Positive thinking is a key contributor to wellbeing and to the success of your body cleansing efforts.

Have you ever tried to fill in a gratitude diary on each day in which you should share what you are thankful for in life? Give it a try!

At the end of the week, take a photo of your completed diary and share it with your community along with your reflections and any changes in your mindset that you have noticed, you are now set.

Welcome to Destination Wellbeing!

