



FOREVER™

LIFESTYLE 30

lifestyle 30 for a healthier you

NUTRITIONAL CLEANSING PROGRAM

LIFESTYLE 30

introduction

Did you know that close to two-thirds of the Indian population is overweight? Or that 75% of the population is chronically dehydrated? Were you aware that contrary to today's weight loss trends, not all carbohydrates are bad for you? If you answered "no" to any of these questions, then you are like the majority of us – confused about how to find the balance between fun and great health. Lifestyle 30 is designed to help you achieve just that – a comprehensive knowledge of how to live your life free of yo-yo dieting, unhealthy eating practices and other nutritional and fitness misconceptions. We hope that by the time you finish reading this, you will be well on your way to achieving a realistic balance for a lifetime of healthy living.



Lifestyle 30 includes:

- Forever Lite Meal Replacement Shakes
[1 Vanilla, 1 Chocolate, 1 Ultra Vanilla]
- 2 Aloe Vera Gels, 1 Aloe Berry Nectar and 1 Bits n' Peaches
[4 1-litre bottles]
- 2 Forever Garcinia Plus
[70 softgels in each]
- Forever Bee Pollen
[100 tablets]

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The perfect transition from our popular Clean 9, your “quick-start” program to weight management, Lifestyle 30 will guide you down the path to weight maintenance and fitness habits that will last for the rest of your life. Remember, there is no “quick fix” to lifetime weight management, which is why we have created Lifestyle 30 to assist you. In fact, the most fundamental purpose of this program is to show you that you CAN control your weight...by simply cutting back and understanding portion control and moderation. We will teach you how to read and understand labels, learn the difference between good and bad fats, help you make friends with your metabolism and most importantly, learn to listen to your body.

Ask about other great lifestyle programs that Forever Living has to offer!

“What’s so different about Lifestyle 30?” Well to start, we won’t sugarcoat the reality of losing or maintaining your desired weight over your lifetime. It’s not easy, and it is a lifetime endeavor. The fact is, it will require an initial effort - such as Clean 9 - and motivation, that will eventually become second nature in your daily routine. In order to be successful in this program, you must apply the 3 “C’s”: ***Commitment, Control and Compliance.***

Remember, this program is about a *lifestyle* change – you will need to change the way you live your life in order to achieve the ultimate results. You will find that this healthy approach for the long term is a life plan and NOT just another diet. So now that you’re excited to join us on this journey of a lifetime, let’s learn a bit more about the components of this plan and how it will work for you!



1

eating right

Calories count, so learn to count calories. While your concern may be that this will be a tedious, lifelong approach to healthy living, it is necessary for you to first understand what causes you to gain or lose weight before you can learn to control it. The good news is that once you become familiar with the general calorie count of various foods, then you will forever be aware of what you put in your mouth and how it may affect your body.

Most of us have heard about the merits of eating well-balanced meals, which include daily servings of fruits, vegetables, protein, fat, dairy and, of course, bread/starches. Remember the days when your mom prepared those home-cooked meals complete with meat, potatoes and veggies – meals that always left you feeling satisfied and full? Lifestyle 30 is based on such traditional and conventional eating wisdom – that our body needs calories from each of these basic food groups in order to function at its optimum level.

We have designed this program around the reality that eating will be a part of your daily routine for the rest of your life, so a lifetime denial or abstinence from any food group does not play a role in healthy eating.

As we've already mentioned, you should balance your meals with roughly one-third each of protein, good carbs and healthy fats. This is a realistic, nutritional balance that will familiarize you with healthy eating habits and ensure your body receives all of the nutrients it needs in order to function at its optimal level. For example, if you are aiming to eat 1,800 calories per day, then roughly 600 calories each should come from carbohydrates, protein and fat.



While that may seem like a lot, particularly when it comes to “fat”, remember that certain foods are naturally higher in calories per serving size. For example, one tbsp of olive oil is 120 calories and 2 pieces of (regular) whole wheat bread equals 140 calories. So you can see that calories can quickly add up based on the foods that you choose!

Another way we may inadvertently overeat and consume too many calories is by not controlling our portions and serving sizes. In today's society, it is not uncommon to dine out more than once a week; in fact, nearly half of our weekly meals are eaten from restaurants or take-out. Even if you order what you believe to be a healthy meal (e.g. a chef's salad with light dressing), you may still be consuming more calories than you think.

Consider the serving size – restaurant portions are often twice the amount or more than what you should consume in one meal! Therefore when you order your meal, ask for a box so you can wrap half of it up and take it home for your next meal. This way, you will learn to eat healthy portions while still enjoying your experience dining out.



A common method for estimating a serving size is to gauge it by the size of your own hand. Consider one serving of protein (e.g. chicken breast, fish or other lean meat) to be roughly the size and thickness of the palm of your hand. A serving of good carbohydrates is equal to two of your loose fists. It is important to be aware of these measurements to ensure that you don't overeat during a meal and unintentionally consume more calories than you think!

In any eating program, especially when you are learning to count calories, control portion size, and break down protein, carbohydrate and fat percentages, it is important to understand how to read and decipher a food label. Refer to the Nutrition Facts label of our Fast Break Bar:



Nutrition Facts

Serving Size 1 bar (57g)

Amount Per Serving

Calories 230 Fat Cal: 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Potassium 300mg **9%**

Total Carbohydrate 30g **10%**

Dietary Fiber 2g **8%**

Sugars 16g

Protein 11g **22%**

Vitamin A 50%

Vitamin C 50%

Calcium 60%

Iron 50%

Vitamin E 50%

Thiamin 50%

Riboflavin 50%

Niacin 50%

Vitamin B6 50%

Folate 50%

Vitamin B12 50%

Biotin 50%

Pantothenic Acid 50%

Phosphorus 35%

Iodine 50%

Magnesium 50%

Zinc 50%

Selenium 15%

Copper 50%

Manganese 30%

Chromium 10%

Molybdenum 35%

*Percent Daily Values are based on a 2,000 calorie diet.

One serving also contains: PABA 75mg, Choline 50mg

This tells you what equals one serving (e.g. 1/2 cup or 6 crackers); you can also see how many total servings are in the package. Note: Beware of products with “2” servings (e.g. some drinks) – you will need to double the calories if you consume the entire product.

This gives you total calories per serving and how many of them come from fat.

This % is based on a 2,000 calorie daily diet. For example, you will eat 22% of your daily value of protein if you're eating a 2,000 cal diet. If you are eating 1,500 cal per day, you must base your percentages on 75%. (1,500 cal is 75% of 2,000).

Some other useful definitions of terms you may see on a label:

- Fat Free (less than 1/2 g. of fat/serving)
- Lowfat (3 g. of fat or less/serving)
- Reduced/less fat (at least 25% less fat/serving than the full-fat food on label)
- Light or lite (at least 50% less fat or 1/3 fewer calories/serving than full-fat food on label)
- Reduced/less sodium (at least 20% less sodium/serving than full-fat food on label)

Ingredients: Find out what's in the product (esp. useful if you have allergies). Ingredients are listed in order of predominance, so if you see “sugar” first, then you know there is a lot of sugar in it. If a product claims to be “natural”, there should be no chemicals or preservatives in the ingredient list.



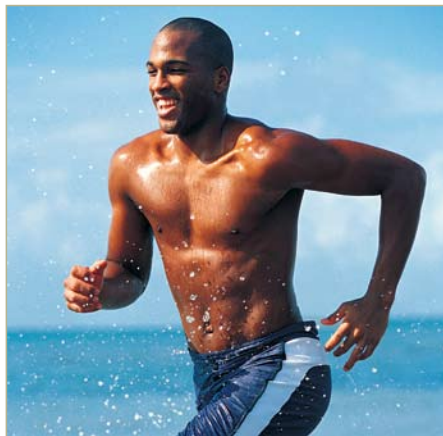
2

carbohydrates

"Don't eat carbohydrates." "Carbo-load for maximum energy." Good carbs, bad carbs. Each decade reveals a new fad in diets – from the "low-fat" craze of the 90's to the diets that shun carbohydrates. With all of this contradictory advice, how are we supposed to decide what's best for us?

In order to try and break this down, we first need to understand how carbohydrates function in our diets and why we need them. Carbohydrates are essential as both a primary fuel source for our bodies, as well as the sole source of fuel for our brains. They play a major role in our mental clarity and physical energy. When we deny ourselves carbohydrates, we tend to feel sluggish and lethargic; however by over-consuming carbs, your body will store this extra “potential” energy as fat.

The key to healthy carbohydrate consumption lies in the quality of your carb choices more so than in the quantity of carbs you consume. Carbohydrates are found in a multitude of food groups – not just in breads and pasta. Carbs are also found in fruits, vegetables and sugar-laden foods. In fact, carbohydrate-rich foods are typically broken down into 2 main groups – **good** carbs and **bad** carbs.



Our bodies need “good” carbs, such as those found in fruits, vegetables, whole grains, legumes and nuts. When choosing which “good” carbs to consume, and in what quantity, consider the following:

- Eat them according to your activity level (the more you exercise, the more you can healthily consume)
- Choose carbohydrates that help you feel satisfied and energized (such as apples, oatmeal, sweet potatoes, lentils or nuts)
- Avoid carbs that you find “addicting” or tend to eat in excess as they often contain unhealthy added sugars, fats or chemicals



So, make it a point to take in roughly 2-3 servings*, or 1/3 of your daily calories in the form of good carbohydrates. You will not only satisfy some of your daily servings of vegetables, fruits and whole grains, but you will find yourself feeling more energized, motivated and, above all, just plain good.

*Remember, one serving of good carbs equals 2 loose fists; a serving of bad carbs equals 1 tight fist.

3

protein

If you ever watched “Popeye” cartoons as a kid, then you would know that Popeye developed his big muscles through his love of spinach, a protein-rich food. While this is obviously an exaggeration of the power of spinach, the link between protein and muscle does exist. Some of the main functions of protein in our body are to maintain and repair the cells in our muscles, organs, ligaments and tendons, and to regulate numerous bodily functions. Protein is also necessary in the growth and development of children and adolescents.



While an individual's protein requirement may vary based upon age or even medical condition, try to consume approximately 2-3 servings - or 1/3 - of your daily calories as lean protein. One serving of protein can equal:

- 55-85 gms cooked poultry, fish or lean meat (equal to the size and thickness of the palm of your hand)
- 1 egg*
- 1/2 cup dry lentils, legumes or beans
- 2 tbsp. peanut butter*
- 30-55 gms Nuts
- 30-55 gms dry soybeans
- 140-170 gms tofu
- 55-85 gms peanuts
- 55-85 gms cheese (e.g. cheddar or part-skim mozzarella)

*Equals 30 gms (approx.) of lean meat



For an added protein boost when you're on the go, reach for a tasty Fast Break Bar (#267) or nutritious Forever Lite Ultra shake!

4

fat

Fat can be your friend – despite the negative connotation it often inspires. Why is fat necessary in our diets? For two main reasons – it signals your brain when you are full and should stop eating, and it slows your body's absorption of your meal.



It is recommended that we consume approximately 1/3 of our daily calories in monounsaturated, or “healthy” fat - typically found in olive oil, avocados, peanut butter and most nuts. While that may seem like a high percentage compared to the other foods we eat, consider the fact that fat is already found naturally in a lot of our protein sources. For example, if you eat a hamburger patty made from 80% lean ground beef, then 20% of that burger contains fat. Even a piece of grilled salmon – one of the richest sources of Omega-3 fatty acids – contains this healthy fat as well. So when calculating your percentage of fat intake, remember this breakdown.

How you consume your daily intake of fat is up to you – if your protein source is naturally rich in healthy fat (such as lean meat/chicken, some fish and nuts), then you do not need to add any extra fat. Or if you are eating a salad, for example, dress it with some olive oil and vinegar, or sprinkle it with almond slices, avocado or olives.

Dispel the myth that all fat is bad for you. Become familiar with healthy fats, and try to incorporate a few nuts, a tbsp of olive oil or another good source into each meal.



5

hydration

Are you aware that nearly 70% of your body is comprised of water? Odds are that you are chronically dehydrated and may not realize it. In fact, by the time you start to feel thirsty you are likely to have already lost at least 2 cups of your total body water.

Water is a necessity in our daily body function that we often overlook. As much as it plays a vital role in everything from regulating our body temperature to protecting our organs and tissues, it is also an integral part in any endeavor to lose weight. In addition to making you feel fuller, water helps you to flush out excess waste and prevent bloating. Drinking at least four 500 ml bottles of clean, potable water each day will allow you to replenish the water you lose; but don't forget to drink an extra bottle after vigorous exercise and heavy perspiration!

So if you're feeling tired or lethargic, have a dull, persistent headache, or if your eyes feel dry from your contacts, reach for that glass of water as these are classic signs of dehydration. While there may be other causes behind these feelings, before you automatically turn to the medicine cabinet think back to how much water you've had that day, and rehydrate yourself with a glass or two – your body will thank you!



6

exercise

With your newfound commitment and desire to achieve a lifetime of nutritional happiness, exercise will inevitably become an enjoyable addition to your routine. Exercise is an integral part in maintaining overall health and fitness for both your body and your mind. While your scale weight can be manipulated through diet alone, for ideal results you want to achieve a healthy balance between muscle and fat, which can only be attained through regular exercise.



What many people do not understand, however, is the importance of mixing “cardio” or aerobic exercise with weight lifting. Aerobic means “with oxygen.” So, when you exercise aerobically, there is an adequate supply of oxygen available to create the energy needed for your muscles to function. Aerobic exercise involves large muscle groups that can be exercised in a rhythmic and continuous manner. Examples of aerobic exercise include walking, running, cycling, swimming, rowing and cross-country skiing. Exercising at 60-85% of your maximum heart rate will keep you in one of five aerobic exercise zones.

To approximate your maximum heart rate use the following formula:

$$\text{(Approximate) Max HR} = 220 - \text{your age}$$

Example: If you are 40 years old, max HR is $220 - 40 = 180$ BPM (beats per minute). When exercising at 60-85%, you would aim to keep your heart rate between 108-153 BPM.



Using Weights

You may be intimidated by the thought of lifting weights, or perhaps even worried that you may become too big or bulky. The reality is, you would have to spend hours in the gym nearly every day lifting multiple sets of heavy weights in order to become as large and “bulky” as a bodybuilder. However, you can easily tone and define your muscles by adding at least two weight-lifting sessions to your workouts each week. Whether you choose to work out at your local gym or lift light weights at home, you can still achieve the results you desire. Added to an aerobic activity for at least 30 minutes, three times per week, you will be sure to reach and maintain your fitness goals!



Variety is the spice of life. If you easily get bored with an exercise routine, or hate the confinements of the gym, there are many other ways to meet your exercise needs. Take advantage of the outdoors – jog or walk briskly around the track at your local high school; run or climb the bleachers or stairs; go for a hike or bike ride around your neighborhood. Whatever you choose to do, do NOT let your surroundings limit you!





If you don't live near a gym or can't afford to join one, you can easily improvise your weights and equipment:

- Grab two 1-liter bottles of water or large soup cans for bicep curls and overhead shoulder presses
- Use a chair for tricep dips or a stair-step for calf raises
- Get back to the basics with simple push-ups and crunches

You can even burn extra calories during your daily routine:

- Choose the stairs over the elevator or escalator whenever possible
- Park at the far end of the parking lot
- Do leg lifts while cooking
- Vacuum with vigor

Any extra zest you add to a physical activity equals more calories burned. For additional fitness and exercise tips, please refer to some of our Forever India Newsletters. You can also consult a trainer or buy a fitness video to help you develop a routine and learn the basics of lifting weights.

forever fast fit

Time constraints due to a busy schedule are usually at the top of the list of reasons why so many people avoid exercise on a regular basis. However, one of our main goals is for you to eventually incorporate exercise as a necessary part of your daily routine. We recognize that you will have days when too many other obligations or errands take precedent, which is why we have created a “Forever Fast Fit” routine that you can easily do at home or on the run. Try these exercises in your hotel room, at work or even during the commercial breaks of your favorite TV program!

This routine has been designed to incorporate exercises for your major upper and lower body muscle groups and the core stabilizing muscles of your abdomen and back, merely using your own body weight. If you are a novice to these exercises, start with one set of eight repetitions, or as many as you can comfortably do. As your fitness level increases, work up to 15 repetitions before adding another set. Progress according to the range given for each exercise:

Squats



Standing with your knees slightly bent and legs shoulder-width apart, slowly bend your knees while keeping your back straight. Stop when your legs have formed a 90-degree angle and slowly stand back up. **Do 1-3 sets of 8-15 repetitions.** Once you can comfortably do three sets of 15 repetitions, progress by adding resistance such as holding soup cans, filled water bottles or lightweight dumbbells while performing this exercise.

Lunges



Standing with your feet together, step forward with your right leg, bending your knee to a 90-degree angle. Hold for three seconds then return to the original position by bringing back your forward leg. Repeat on the left side. **Do 1-3 sets of 8-15 lunges on each side.** Once you can comfortably do three sets of 15 repetitions, progress by adding resistance such as holding soup cans, filled water bottles or lightweight dumbbells while performing this exercise.

Lying face down, extend your arms in front of you and raise your right arm and left leg simultaneously. Hold for 1-2 seconds then raise your left arm and right leg. Each lift counts as one. **Start with 10 repetitions and work your way up to 25.**



Superman (for back muscles)



Push-ups (regular or modified)

In the regular or 'modified' position, (with your knees on the floor), start with eight push-ups. **Do 1-3 sets of 8-30 repetitions.**

In the abdominal crunch position (p.24), raise your shoulder blades off the floor then twist slightly to the left, aiming your left elbow to your right knee. Twist back to center then slowly lower to starting position. Repeat with a right twist. **Start with 10 crunches, working your way up to 50.**

Abdominal Crunches with a twist



Abdominal Crunches



Lying on the ground with your knees bent and your back pressed flat against the floor, place your hands behind your head and look up at the ceiling. Slowly raise your upper body slightly, “crunching” your abdomen until your shoulder blades are off the floor. (Note that these are NOT full sit-ups.) Keep your elbows steady; do not pull your head up or move your arms forward. **Start with 10 crunches, working your way up to 50.**

Leg Lifts

Lay flat on your back with your hands placed under your buttocks for support. While maintaining straight legs, raise your legs until they are vertical, and then lower them back down to three inches above the ground. **Start with 10 lifts and work your way up to 25.** This exercise also works your lower abs.



Remember, you should still try to include at least three 30-minute aerobic/cardio sessions per week. With all this exercise, you should always try to carry a bottle of clean, drinking water and **STAY HYDRATED!!** Drinking water is one of the most important aspects in working out that many of us too often overlook. In fact, just through perspiration alone, you will lose 2-3 cups of water per day; and when you add an hour of exercise, you will lose approximately one quart!



7

metabolism

You've probably heard the term "metabolism" before. According to the dictionary, metabolism is "the series of chemical changes which take place in an organism, by means of which food is manufactured and utilized and waste materials are eliminated." So basically when you eat, your body must choose how to use the calories and nutrients from the foods you have eaten – either convert them into energy or waste, or store the excess as fat cells.

BMR and AMR

What you may not be familiar with, however, is your actual “metabolic rate,” that is, the rate at which your body utilizes and burns calories. Why is this number so important? Because, the only way to lose weight is to burn MORE calories than the amount you consume. Once you understand your body’s metabolic rate, you will be one step closer to achieving your weight goal – be it loss, maintenance or gain.

There are a number of ways in which you can calculate your **Basal Metabolic Rate** (BMR) and **Active Metabolic Rate** (AMR). If you don’t have a trainer or other fitness expert to help you calculate your BMR, you can always use the popular Harris-Benedict equation:

Let’s calculate your BMR:

men

$$66 + (13.7 \times \text{wt in kg}) + (5 \times \text{ht in cm}) - (6.8 \times \text{age in yrs})^*$$

Example: You are 220 lbs (100 kg), 6’0” tall (183 cm) and 25 years old

Your BMR is: $66 + (13.7 \times 100) + (5 \times 183) - (6.8 \times 25)$ OR

$$66 + (1370) + (915) - (170) = 2,181 \text{ calories}$$

women

$$655 + (9.6 \times \text{wt in kg}) + (1.8 \times \text{ht in cm}) - (4.7 \times \text{age in yrs})^*$$

Example: You are 165 lbs (75 kg), 5’4” tall (163 cm) and 32 years old

Your BMR is: $655 + (9.6 \times 75) + (1.8 \times 163) - (4.7 \times 32)$ OR

$$655 + (720) + (293) - (150) = 1,518 \text{ calories}$$

*Note: kg = lbs divided by 2.2; cm = inches multiplied by 2.54. Consult your doctor or nutritionist to help you calculate each of these rates.

Your BMR indicates the minimum number of calories that your body needs each day in order to properly function while at rest, such as heartbeat, breathing and blood flow. That is, how many calories your body needs to simply operate for 24 hours without exerting any extra energy.

Your AMR is defined as your BMR plus the added calories you need each day to support basic movement and activity. Because your AMR varies based upon your level of activity, it will be higher the more active you are. To calculate your AMR, multiply your BMR according to your activity level:

Very Light	1.3 (men and women) Includes daily activities such as cooking, ironing, driving, standing
Light	1.6 (men) / 1.3 (women) Slightly more active such as golf, walking 3 MPH, child care, house-cleaning
Moderate	1.7 (men) / 1.6 (women) Cycling, tennis, dancing, skiing, walking 3.5-4.0 MPH
Heavy	2.1 (men) / 1.9 (women) Basketball, soccer, football, climbing, aerobics classes

Referring to the BMR example, let's calculate your AMR:

men

Your BMR is 2,180 calories and your activity level is moderate:

$$2,180 \times 1.7 = 3,706 \text{ calories}$$

women

Your BMR is 1,516 calories and your activity level is moderate:

$$1,516 \times 1.6 = 2,426 \text{ calories}$$

Now that you know what your basal and active metabolic rates are, you should know how to apply them to your daily life. In order to maintain your desired weight, your daily caloric intake should equal your AMR (+/- 100 calories)*. By consistently eating more calories than your AMR, you will store these extra calories as fat – whether or not they originated from protein, carbohydrates, fat or alcohol – and you will end up gaining weight.



If your goal, however, is to steadily lose weight, then in order to do so both safely and effectively over a prolonged period of time, you should eat enough calories each day at least equivalent to your BMR. In fact, women can consume up to 200 calories more than their BMR and continue to lose weight, while men can eat up to an additional 350 calories. With your new combination of diet and exercise, you can expect to lose **one pound of weight for every 3,500 calories you burn.**

Our bodies are built to support periodic fasting, such as the first two days of Clean 9. However, if you take in significantly fewer calories than your daily caloric requirement for an extended period of time, then your body will lower its metabolism and begin to conserve energy for survival and essentially “cannibalize” its muscles. With that said, let’s learn about proper eating habits in order to avoid such an extreme.

Note: As with any new exercise or weight-loss program, be sure to consult your physician before making any dramatic changes to your diet or activity level.

*Your AMR will vary based upon your daily activity level. Recalculate your BMR after every 5 lbs (2 kgs) lost, since it will change as you lose weight.



Elements of Lifestyle 30 Products



Forever Lite Ultra® (Vanilla and Chocolate) – Forever Lite Ultra is the perfect addition to your healthy Forever Living lifestyle. With 55% more protein and less than 1/2 the carbohydrates of regular Forever Lite powder, Forever Lite Ultra integrates new thinking with new technologies to help you maintain a healthy diet and lifestyle. And Forever Lite Ultra supplies more of the 18 important amino acids, including essential, non-essential, and the branch-chain amino acids. With *Forever Lite Ultra, you can rest assured that you are getting the latest advancements in nutrition science, without having to sacrifice taste!

*When made with 300 ml skim milk.

The statements herein have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

For more tips, tools and shake recipes visit www.foreverlifestyle30.com.



Aloe Vera Gel — Get the power of aloe – from the inside out. The miraculous aloe leaf contains 200 compounds, including 20 minerals, 18 amino acids and 12 vitamins. A product of our patented aloe stabilization process, our gel is favored by those looking to maintain a healthy digestive system and a natural energy level. Taken daily, either alone or mixed with pure fruit juice, it's one of the best nutritional supplements available!

Aloe Berry Nectar — The goodness of Aloe Vera Gel combined with a blend of real apple and cranberry juice creates this sweet nectar! A natural source of Vitamin C, this nutritional powerhouse contains all of the vitamins, minerals, amino acids and enzymes also found in our Aloe Vera Gel. Aloe Berry Nectar aids in cleansing the digestive system and has a beneficial effect on the protection of the skin.

Forever Aloe Bits n' Peaches® — Pure chunks of aloe vera bathed in the flavor of sun-ripened peaches, Bits n' Peaches offers you a taste sensation like no other. The addition of peaches provides carotenoids – valuable as antioxidants and a source of Vitamin A, and essential for maintaining the proper function of the immune system. Poured over ice or mixed with fruit juice, enjoy this delightful taste of nature's bounty any time of the day!

Forever Bee Pollen® — The main features of bee pollen are its high protein and amino acid content, and its richness in B-group vitamins. It is a good source of dietary fiber and minerals – (mainly potassium, calcium and magnesium, with significant quantities of phosphorus, iron, sodium and silica) – and is particularly rich in linoleic and linolenic acid, which are essential fatty acids. It also contains enzymes and bioflavonoids. A boost to energy and stamina, Forever Bee Pollen assists in maintaining a healthy circulatory, digestive, immune and nervous system.



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Forever Garcinia Plus® — Direct from a South Asian tree, the Garcinia Cambogia, comes a fruit whose rind produces a substance called Hydroxycitric Acid (HCA). Chemically, HCA is very similar to the citric acid found in oranges and other citrus fruits. HCA has been found to reduce the body's conversion of carbohydrates into fats, and is also a natural appetite suppressant - which makes Garcinia Plus a useful tool in weight management!



Forever Active Probiotic® — Designed to promote a healthy digestive system, Forever Active Probiotic is a small, easy-to-swallow beadlet that helps overcome imbalances created by our food and lifestyle choices. Forever Active Probiotic works primarily in the colon where it assists with the process of food digestion, helping to release nutrients for absorption, and contributes positively to normal human growth and development by helping to maintain a balanced and healthy system. It is the only shelf-stable, 6-strain probiotic, that requires no refrigeration, on the market today.

To maintain your optimum nutrition level during the program, it is suggested that you include the following Forever Living Nutritional Supplements in your daily regimen:

- Forever Absorbent-C (#048)
- Forever Arctic Sea (#039)
- Forever Lycium Plus (#072)
- Forever Garlic-Thyme (#065)
- Forever Nature-Min (#037)
- Forever Bee Propolis (#027)

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lifestyle

At Forever, we define “lifestyle” as the freedom to choose your own life. The freedom to choose when you work and who you work with, the freedom to spend time on what matters most and be what YOU want to be. Lifestyle 30 allows you yet another freedom – the freedom to look and feel your best and enjoy the self-confidence that comes from being in control and making the right decisions.



For 30 years, Forever Living Products has dedicated itself to seeking out nature's best sources for health and beauty and sharing them with the world. Our quality products are the result of that search. They're a testament to nature's incredible capacity to help us look and feel our very best. They also represent our unwavering commitment to quality and purity.



So if you're seeking a more natural way to look and feel better, while building your own business, search no further! The caliber of our products and the simplicity of our business plan mean that anyone who wants to can improve their quality of life.

For more information about the wonderful world of Forever,
log on to www.foreverliving.com



8

lifestyle eating plans

Now that you understand the basics of portion control and reading labels, let's apply that knowledge to your overall eating plan. We have designed three different eating plans to be followed depending on your individual goals and needs. As previously mentioned, you should ideally consume one-third each of good carbohydrates, lean protein and healthy fat each day, while eating within 100 calories of your target caloric total. How you do this should be tailored to your lifestyle. That is, whether you choose to eat three well-rounded meals with two snacks or 5-6 "mini" meals a day, as long as you follow what best fits in your routine then you're on the right track. Refer to the tasty menu suggestions and handy calorie counter in this guide to assist you in planning your day of well-balanced eating.

weight loss program

If your goal is to lose weight, this easy-to-follow program is designed to help you do so both gradually and healthfully. Follow this eating plan until you have reached your desired weight or you can fit into your favorite pair of jeans, and you will be ready to “graduate” to the Nutritional Maintenance Program.

The program below is based on a 1,500-calorie eating plan. Because individual caloric needs will vary, you should first calculate your BMR (as discussed in the “Metabolism” section), and adjust this plan as needed (i.e. add or remove calories). Be careful not to eat below your BMR. As you start to lose weight, recalculate your BMR after every 5 lbs (2 kgs) lost, and adjust your daily calories accordingly.



This eating plan is designed around several “mini-meals” to be eaten throughout the day; it is recommended that you try to eat every 3-4 hours.



breakfast

1 Scoop Forever Lite Ultra w/ 300 ml skim or soy milk
1 piece fruit
1 Bee Pollen tablet (You can take up to six Bee Pollen Tablets a day)
WARNING: Test a small amount of Forever Bee Pollen (1/4 tablet) to ensure no allergic reaction and then gradually increase daily intake. Consult your physician before taking this or any other nutritional supplement.

snack

60 ml Aloe Berry Nectar
2 pieces light toast w/1 tbsp peanut butter

lunch

1 Garcinia Plus softgel (20-30 min. before shake)
1 Scoop Forever Lite Ultra w/ 300 ml skim or soy milk
1 cup raw vegetables with 2 tbsp hummus or light dressing
1 Bee Pollen tablet

snack

60 ml Aloe Berry Nectar
1 Fast Break Bar**

dinner

1 Probiotic beadlet (Take with water, BEFORE eating your meal)
1 Garcinia Plus softgel (20-30 min. before meal)
400-calorie meal (Include 1/3 each lean protein, good carbohydrates and healthy fat. Refer to page 41 for meal suggestions.)
1 Bee Pollen tablet

**Fast Break Bars and Forever Active Probiotic are not included in Lifestyle 30 Pak

nutritional maintenance program

Congratulations - you are where you want to be! Now the key is to stay there. If you recall from the “Metabolism” section, to maintain your weight you should aim to eat within 100 calories of your AMR (Active Metabolic Rate).

First, you should recalculate your BMR as it has surely changed since you first started on the Weight Loss plan. Now, simply multiply that number according to your current activity level (refer to the “Metabolism” section), and you will know your AMR. This will be your new “magic” number - the number of daily calories you ideally want to consume (+/- 100) in order to stay at your same weight. You may even notice that your new AMR has allowed for an increased daily caloric intake by anywhere from 30% to even double your BMR, based on your present level of activity.



Snack on a tasty Fast Break Bar (230 cal) for an extra pick-me-up during the day!



The easiest way to maintain your weight is to add calories to your meals. For example, if you were following the 1,500-calorie meal in the Weight Loss plan, and your new AMR is now 2,400* calories, you will require an additional 900 calories per day to stay at the same weight. What a reward after such discipline and effort on the Weight Loss Plan! You will still follow a similar plan as before, however you might consider making the following adjustments:

*Example based on a 2,400-calorie diet for a moderately active female

breakfast

1 Scoop Forever Lite Ultra w/ 300 ml skim or soy milk
1 piece fruit
4 egg whites (hard-boiled)
1 Bee Pollen tablet

snack

60 ml Aloe Berry Nectar*
1 whole-wheat English muffin w/2 tbsp peanut butter

lunch

1 Garcinia Plus softgel (20-30 min. before meal)
650-calorie meal (Include 1/3 each lean protein, good carbohydrates and healthy fat. Refer to page 35 for meal suggestions.)
1 Bee Pollen tablet

snack

60 ml Aloe Berry Nectar*
1 Fast Break Bar **
1 piece fruit or 1 cup low-fat cottage cheese

dinner

1 Probiotic beadlet (Take with water, BEFORE eating your meal)
1 Garcinia Plus softgel (20-30 min. before meal)
650-calorie meal (Include 1/3 each lean protein, good carbohydrates and healthy fat. Refer to the back of the guide for meal suggestions.)
1 Bee Pollen tablet

*Aloe Berry Nectar can be substituted with Aloe Vera Gel or Bits n' Peaches

**Fast Break Bars and Forever Active Probiotic are not included in Lifestyle 30 Pak

weight enhancement program

While most of the focus in today's industry of diet and health is on weight loss, you may fall into the category of those who wish to gain weight. Perhaps you have a naturally high metabolism and have always struggled to keep weight on. Whatever your situation, if you are looking to gain weight in a healthy manner, Lifestyle 30 can help you as well!

As with losing weight, the most effective way to gain weight is through the intake of calories. Again, your focus will be on consuming calories through a healthy balance of carbohydrates, protein and fat. Your AMR will again be an important number in calculating how many calories you should aim to eat each day, as you ideally want to consume approximately 200-400 calories more per day than your AMR*. To best fit this in with a plan, simply follow the Nutritional Maintenance Plan and add the extra calories either to your lunch or dinner, or as an additional evening snack.



*If you continue to have difficulty gaining weight after a month of increased calorie intake on the Weight Enhancement Program, you should consult your doctor.

In order to simplify your diet, our calorie counter groups foods by approximate caloric values. Once you see for yourself which foods are lower in calories, you may find out just how easy weight control can be. You will become a walking calorie counter, always knowing what to eat. In no time at all, you will have control of your calories and your weight.

calorie counter / snacks

Choose any two of the following items for a delicious, 200-calorie snack! Try to vary each snack with foods from different categories, as noted below. Each item is approximately 100 calories.*

1 C Nonfat or 1% low-fat cottage cheese (D)
30 gms mozzarella cheese (D)
1 cheese slice
1 C skimmed milk
240 ml Light or nonfat yogurt (D)
2 Tbl. spoons salad dressing
1 C Low-fat or light ice cream or frozen yogurt (D/F)
6 Whole almonds or cashew nuts (F/P)
4 Tbls.spoons home made chutney or dip
30 gms Dry-roasted peanuts or mixed nuts (F/P)
1 T Peanut butter (F/P)
4 Hard-boiled egg whites or 1 hard-boiled egg with yolk (P)
Grilled fish with little butter or oil basting
Grilled chicken or paneer with little butter or oil basting
1 C Cooked soybeans (P)
2 Tbls. Salted Mix veg.
2 T Salsa (V)

1 C Raw vegetables (V)
Cucumber slices[†] (V)
1 C Tomato or veg. juice cocktail (V)
1 Samosa/ Pizza/ Vada/ Pav/ Cheese/ Veg. Sandwich etc.
1 Idli, Plain Dosa with little oil; 1 C rice; ½ C dal; sambhar ½ C; 2 chappatis etc.
3 C Air-popped or microwave light popcorn (B)
1 Rasgulla/ 150 gms kheer, 1 gulabjamun etc.
1 C bhel; 1 plain veg. sandwich etc.
2 Pieces light whole wheat bread (B)
1 Piece cake (B/F)
1 Small apple (Fr)
1 C mixed fruit cocktails
1 C Grapes (Fr)
1 Large pear (Fr)
1 Large orange (Fr)
1 C Strawberries or melon cubes (Fr)
1 Fresh grapefruit (Fr)
1 Small banana (Fr)
1 C canned fruit or fruit cocktail in light syrup (Fr)

*For exact calories per serving, check the “Nutrition Facts” label on the package.

† Unlimited or “free” food [Note: C = Cup, T = Tablespoon]

Fr = Fruit, D = Dairy, F = Fat, P = Protein, V = Vegetable, B = Bread / Starch

Email menu suggestions or testimonials to marketing@flpindia.net

calorie counter / meal suggestions

Looking for some tasty suggestions on what to eat for your evening meal? Try some of these delicious menu items — or mix and match them. Each meal is approximately 400 calories.

<ul style="list-style-type: none"> 1 Medium chicken leg or breast (grilled) 2 Small Chappatis 1 C Steamed vegetables 1 C raw vegetable salad with low cal dressing 1 C butter milk (optional) 	<ul style="list-style-type: none"> 1 C boiled rice or 2 Chappatis 3-4 Pieces of grilled cottage cheese ½ C raw vegetable salad with butter milk ½ C dal; 1 C steamed vegetables
<ul style="list-style-type: none"> 1 Portion of grilled fish 1 C pasta/ 1 Medium piece Pizza (less cheese)/ 1 C rice/ 2 chappatis 1 C raw veg. salad with crushed peanuts & herb or 1 C skimmed milk yoghurt 	<ul style="list-style-type: none"> 1 Medium size Masala Dosa/ ¾ c uppma 1 C Sambhar 2 C butter milk or 1 C skimmed milk yogurt
<ul style="list-style-type: none"> 1 Chicken sandwch with whole wheat bread 1 C salad with mild dressing 1 Baked or boiled potato with jacket and few dots of butter 	<ul style="list-style-type: none"> 1 Veg-butter-chutney Sandwich with whole wheat-bread 1 C salad with mild dressing 1 Jacket potato with little cream 1 C butter milk
<ul style="list-style-type: none"> 1 C fish or prawn masala curry 1 C rice or 2 medium chappatis 1 C salad without dressing 	<ul style="list-style-type: none"> 1 C paneer or tofu masala curry 1 C rice or 2 Medium Chappatis 1 C butter milk or 1 C salad without dressing
<ul style="list-style-type: none"> 1 Large piece of Chicken or fish (grilled with little oil) 1 C salad without dressing 1 Rasgulla/ Gulab Jamun or 2 Tbls. of an of these: Suji Halwa; Badam Halwa; Jalebi (2 pieces); ½ Scoop ice cream etc. 	<ul style="list-style-type: none"> Grilled Tofu with little oil. 1 C salad without dressing 1 Rasgulla/ Gulab Jamun or 2 Tbls. of any of these: Suji Halwa; Badam Halwa; Jalebi (2 pieces) ; ½ Scoop ice cream etc.

calorie counter / fruits, veggies + breads

1/2 C low-cal vegetables	1/2 C vegetables	1/2 C starchy vegetables	1/2 C cooked beans
15 calories	25 calories	75 calories	115 calories
Alfalfa Sprouts Cabbage Celery Eggplant Green Peppers Lettuce Mushrooms Radish Raw Spinach Summer Squash Turnip Zucchini	Asparagus Bamboo Shoots Broccoli Brussel Sprouts Carrots Cauliflower Cucumbers Green Beans Okra Onions Bitter gourd - Karela Tomato	Potato Beets Sweet Potato Corn Green Banana Peas	Baked Beans Kidney Beans Lentils Lima Beans Chana Dal Urad Dal Whole Moong Rajmah Soya Bean
The values given in these food charts are approximate. Check your food labels for a more accurate calorie count.			

low-cal fruits (see portions below)	high-cal fruits (see portions below)	low-cal breads (see portions below)	med-cal breads (see portions below)
40 calories	80 calories	70 calories	110 calories
Apple Small Berries 1/2 C Cantaloupe 1/4 Cherries 1/3 C Dried Fig 1 Grapes 1/2 C Kiwi 1 Peach 1 Medium Raisins 2 T Strawberries 3/4 C Watermelon 1 C	Apple Medium Apple Juice 2/3 C Applesauce 1/2 C Banana Small Dried Figs 2 Grape Juice 1/2 C Grapfrt. Juice 1 C Medium Pear Or. Juice 3/4 C Pineapple 1C Pnapl. Juice 2/3 C	Bran Cereal 3/4 C 1 C Cornflakes Italian Bread 1 sl. 1 White Bread Plain Popcorn 3 C 1 Small Atta Chappati Ritz Crackers 18 3 Tbls. Cooked Rice Triscuit 3 Multi grain Bread 2 sl.	Bagel 1/2 Medium Biscuit 2" Corn Tortilla 2 Cornbread 2" sq. Croissant 1/2 French Fries 8 Hot-dog bun White Bread 1 Muffin Small Pancake / waffle 5" Pita 1/2

calorie counter / meats, dairy + desserts

high-cal breads (see portions below)	120 gms fresh cooked low-cal fish	100-125 gms lean meats (visible fat removed)	med-fat meats (100-125 gms cooked)
140 calories	110 calories	165 calories	225 calories
1 Medium Piece Cake Barley 1 C 2 Small Idlis Hamburger Roll Oatmeal 1 C Pasta 1 C Pound Cake 1 sl. Rice 1 C Swt. Potato ½ C White Potato 1 C	Herring Crab Rahu (Fresh Water) Mrigal Lobster Pomfret Pike Sardines	Tuna Fish Chicken / Fowl Lamb Liver Mutton Freshwater Bass Ham / Pork Leg Lamb (except breast) Lamb Liver Swordfish / Tuna	Boiled Ham Canned Herring Fried Scallops Fried Shrimp Grnd. Beef (15% fat) Lake Trout Liver Pork Loin Pork Shoulder

high-fat meats (100-125 gms cooked)	fats (see portions below)	dairy + breakfast (see calories below)	desserts + rolls (see calories below)
300 calories	45 calories	calories in bold	calories in bold
Club Steak Cold Cuts Corned Beef Duck Fried Chicken Grnd. Beef (20% fat) It. or Pol. Sausage Lamb / Veal Breast Rib Roast Spare Ribs Stew Meat	Cream (Light) 2T Cream Cheese 1T Creamy Dressing 2t French Dressing 1T Italian Dressing 1T Margarine / Oil 1t Mayo / Butter 1t Olives 5 Almonds 10 Peanuts 10 Pecans 2	Bacon 3 slices 100 Cheese 1 oz. 100 Egg – 1 lg. 80 Egg White 16 Egg Yolk 64 Whl. Milk 1 C 150 2% Milk 1 C 121 1% Milk 1 C 102 Skim Milk 1 C 90 Yogurt Pln. 1 C 140	Carrot Cake 385 Chocolate or White Cake 250 (cake portion = 1 sl.) Doughnut 240 2 Pieces of Barfi 100 gms. Suji Halwa Jelly 1 T 49 1 Tbls. Badam Halwa Stuffing 1/2 C 240 Toaster Pastry 200

All aspects of the Lifestyle 30 Program are important, including regular aerobic exercise, adequate fluid intake and the consistent use of the products. By providing these high-quality nutrition products, Lifestyle 30 is designed to take the guesswork out of healthy eating and controlling your diet. Your optimum performance depends on your ability to exercise regularly, eat nutritionally, drink plenty of water and stick to your chosen plan. But, it's worth it. You'll feel energized, look great and achieve more!



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