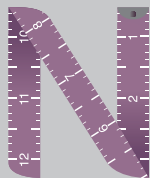




FOREVER™



FOREVER
Nutri-Lean™
Program

for a healthier you

NUTRITIONAL CLEANSING PROGRAM

CLEAN 9

Congratulations – this is it! You have finally arrived at the opportunity you've been waiting for to take charge of your health. You are now on the right path to achieving a cleaner, leaner you. Having taken this first step, you will see just how possible it is to realize your personal health and weight goals with Forever Clean 9. This easy-to-follow program will provide you with the necessary tools to help you cleanse your system and take control of your health.



Clean 9 includes:

Aloe Vera Gel

[Three 1-liter bottles]

Forever Lite Meal

Replacement Shake Mix

[1 Vanilla/Chocolate]

Forever Garcinia Plus

[70 softgels]

Forever Bee Pollen

[100 tablets]

Shaker*

Tape Measure

T-shirt

Program Guide

Nutri-Lean Pamphlets

*subject to availability

Forever Nutri-Lean™

Did you know that while close to two-thirds of the American population is overweight, there is an alarming rise in obesity related disorders in the urban Indian population as well? 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. Forever Nutri-Lean™ is designed to help you live your life free of yo-yo dieting, unhealthy eating practices and other nutritional and fitness misconceptions — you CAN achieve a realistic balance for a lifetime of healthy living!

Forever Nutri-Lean™ Pak includes:

Aloe Vera Gel [Two 1-liter bottles]

Aloe Berry Nectar [1-liter bottle]

Forever Lite Ultra Meal Replacement Shake Mix [1 Vanilla & 1 Chocolate]

Forever Garcinia Plus [70 softgels]

Forever Active Probiotic [30 beadlets]

Forever Lean [120 capsules]

Shaker*

T-Shirt

Tape Measure

Nutri-Lean Guide

Nutri-Lean Pamphlets

*subject to availability



You will have to remain committed to completing this program in order to achieve your goals. Weight management is a lifetime pursuit and requires a change to your lifestyle, but the results will be well worth the effort. You deserve maximum results, so don't cheat yourself out of the full benefits of this program by not following the plan exactly. After all, you deserve it!

Let's face it, taking good care of our health has become increasingly important in this day and age of processed foods, chemically enhanced crops and a polluted environment. Let the Forever Nutri-Lean™ Program help you develop good habits now for continued weight loss and an overall improved health.

"I'm very happy that I decided to try this program. I didn't have to think about the steps involved, because everything was in the detailed instructions! I'm recommending this program to everyone who wants to be healthy, energetic, and look good. I have lost 27 lbs (12 kgs) so far!"

–Pedro Victor Garcia



table of contents

6	Forever Nutri-Lean™ Program
9	Getting Started
12	Planning for Success
13	How to Use the Daily Planner
15	My Program Goals
25	Eating Right
26	Carbohydrates
28	Protein
29	Fat
31	Hydration
32	Exercise
33	Lifestyle Eating Plan





Elements of the Forever Nutri-Lean™ Program

Aloe Vera Gel – The miraculous aloe leaf has been found to contain over 200 different compounds. Our gel is preferred by those looking to maintain a healthy digestive system and a healthy energy level. It's the closest thing to drinking aloe straight from the leaf!

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.



Forever Lean™ – Forever Lean contains two revolutionary ingredients that can help reduce the body's absorption of calories from fat and carbohydrates. Together, and when combined with exercise and healthy eating habits, they can help you succeed in your quest to reach your ideal weight!

The products discussed herein contain vitamins, minerals, and other nutrients that help support overall health by defending against nutritional deficiencies. The statements contained herein have not been evaluated by the FDA. The products

Aloe Berry Nectar – Don't let the great taste fool you – it's a health powerhouse! All the goodness of Aloe Vera Gel coupled with a sweet blend of real apple and cranberry juice – three of the healthiest juices all packed in one bottle!

Forever Aloe Bits n' Peaches[®] – A taste sensation like no other: pure chunks of aloe vera bathed in the flavor of sun-ripened peaches. Peaches contain carotenoids – valuable as antioxidants which are essential for maintaining the immune system.



Forever Garcinia Plus[®] – The garcinia cambogia fruit contains Hydroxycitric Acid (HCA), a compound which has been shown to reduce the body's conversion of carbohydrates into fats. Hydroxycitric acid also acts as a natural appetite suppressant.



Forever Bee Pollen[®] – Bee pollen contains trace amounts of easily absorbed vitamins C, D, E, K, betacarotene (vitamin A), B complex, minerals, enzymes, coenzymes, plant-source fatty-acids, carbohydrates, proteins and 22 amino acids (including all 8 essential acids). A boost to energy and stamina, Forever Bee Pollen can assist in maintaining a healthy circulatory, digestive, immune, and nervous system.

Forever Active Probiotic[®] – Forever Active Probiotic is designed to help overcome imbalances created by our food and lifestyle choices, which can inadvertently lead to a reduction in the amount of naturally occurring good bacteria in our system. This small, easy-to-swallow beadlet promotes a healthy digestive system and enhances nutrient absorption and immune function. Forever Active Probiotic is the only shelf-stable, 6-strain probiotic on the market today that requires no refrigeration.

discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.

Once you have seen how easy it is to achieve success with Clean 9, you will be ready for transition to Forever Nutri-Lean™, specifically designed to help you manage your weight for the rest of your life. Good luck as you discover a cleaner, leaner, happier you!

“We have a long history of being overweight and were both dissatisfied with our appearances. We have tried various methods, unsuccessfully, to lose weight and improve ourselves over the years. When we were introduced to the program, neither of us were interested in trying another weight loss program. However, our reluctance finally gave in and we started the program.

The tasty shakes and nutritional supplements helped overcome hunger pangs and control our appetite, making our new eating habits easy to form. After seeing the positive changes in our measurements, we were so impressed with our results that we continued with the program. We found it easy to use and continued to lose weight without having to starve ourselves or give up our favorite foods.

We owe our improved appearances, health and vitality to the program. We plan to continue with it until we reach our desired weight loss goals.”

– William & Clara Pratt

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



The perfect transition from our popular Clean 9, your “quick-start” program to weight management, the Forever Nutri-Lean™ Pak 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 the Forever Nutri-Lean™ Program 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.

GETTING STARTED

What’s so different about the Forever Nutri-Lean™ Program? 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!

day 1 — 2 / clean zone

The first step to a clean body is to cleanse your digestive system. Consume these products with natural ingredients for the first two days, and you will be on your way to a healthier, happier you. Getting past the first two days is the toughest. You need to be serious about improving your life and losing weight. The results are worth it, so stick to it!



morning

2 Garcinia Plus softgels* [20 mins. before Aloe]
120 ml Aloe Vera Gel + min. 240 ml water
Minimum 20 mins. of exercise [walk, run, cycle or swim]

snack

2 Forever Bee Pollen tablets + min. 240 ml water
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.

lunch

2 Garcinia Plus softgels* [20 mins. before Aloe]
120 ml Aloe Vera Gel + min. 240 ml water
1 Scoop of Forever Lite w/ 300 ml skim or soy milk
2 Forever Bee Pollen tablets

dinner

2 Garcinia Plus softgels* [20 mins. before Aloe]
120 ml Aloe Vera Gel + min. 240 ml water
2 Forever Bee Pollen tablets

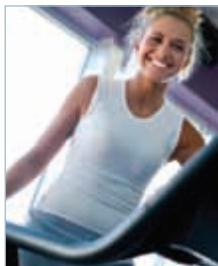
evening

120 ml Aloe Vera Gel + min. 240 ml water

* Garcinia is most effective when used in conjunction with a low-calorie diet.

Tip: Be sure to drink plenty of water throughout the day. Stay motivated by taking a 20-minute brisk walk to recharge your body and mind.

day 3 — 9 / clean zone



Adherence to the following plan will help your body continue to purge itself of harmful substances and begin to burn your excess fat. During this zone, you should already be able to feel some results. Your weight may fluctuate from day to day, so don't let that discourage you. Instead of weighing yourself daily, record your weight on Days 1, 3, 6 and 9.

morning

2 Garcinia Plus softgels [20 mins. before Aloe]
120 ml Aloe Vera Gel + min. 240 ml water*
1 Scoop of Forever Lite w/ 300 ml skim or soy milk
Minimum 20 mins. of exercise [walk, run, cycle or swim]

snack

2 Forever Bee Pollen tablets + min. 240 ml water*

lunch

2 Garcinia Plus softgels [20 mins. before Forever Lite]
1 Scoop of Forever Lite w/ 300 ml skim or soy milk
2 Forever Bee Pollen tablets + min. 240 ml water*

dinner

120 ml Aloe Vera Gel + min. 240 ml water*
2 Garcinia Plus softgels [20 mins. before meal]
600-Calorie meal [see calorie counter for suggestions]
2 Forever Bee Pollen tablets

evening

Min. 240 ml water*
*Three litres of clean, potable drinking water will provide your minimum daily water requirements.

Tip: If you prefer to eat your 600-calorie meal at lunch, you can simply have your Forever Lite Ultra shake for dinner instead.

planning for success

This program requires diligence, so review the following daily! Pay special attention to your goals. Make sure they are measurable so that you can track your progress daily, weekly and monthly.

1

On page 15, write down 3 realistic goals that you would like to achieve in the next 9 days. Review these daily and create a mental picture of what you would like to see and how you want to feel.

2

Get a starting point of where you are today by recording your weight and measurements. If you have access to a body fat measurement device, include this in your measurements.

3

The contents of this kit will last only through the Clean 9 zone. Be sure to order your Forever Nutri-Lean™ Pak on day 5 to ensure that you will have the products necessary to keep you moving along through the program.

4

Tell your family and friends you're starting an exciting new Cleansing and Weight Management Program. Keep them informed of your progress and success – they'll be a good source of encouragement.

Remember, always consult your doctor before starting this or any other diet or exercise program. Not all exercises are suitable for everyone. The results mentioned are not typical and are specific only to the featured participants. This product has not been clinically tested to support these results.

how to use the daily planner

day 7: clean 9

date: 01/01/09

exercise 5 min. warm up 2 min. stretch water bottle 20 min. exercise

exercise activity	notes [intensity level, weight, reps, etc.]	duration
treadmill	level 6 incline	25 mins.
sit-ups	4 reps of 25	10 mins.

daily status	mark how you feel	low med high
hunger	How hungry am I today?	1 2 3 4 5
energy	What's my energy level?	1 2 3 4 5
motivation	How am I feeling about the program today?	1 2 3 4 5
confidence	How confident am I about finishing the program?	1 2 3 4 5

notes

It felt great to fit into my old jeans again today!

Nothing tastes as good as thin feels!

extra food log

Don't cheat! Try to keep this area blank to maximize the effectiveness of the program. However, if you do cheat, write it down here.

I did it!

body measurements* / composition + goals



arm: at the maximum circumference of the upper arm [bicep]

waist: at the narrowest point below the ribcage, just above the hip bone

hip: at the level of maximum protrusion of the buttocks

thigh: just below the fold of the buttocks

chest: at the nipple line after exhaling

date >	/ /	/ /	/ /	/ /	
body part	day 1	day 3	day 6	day 9	total loss
arm					
waist					
hip					
thigh					
chest					

date >	/ /	/ /	/ /	/ /	
	day 1	day 3	day 6	day 9	total loss
weight					
body fat% [opt.]					

*Be sure to use a measuring tape, such as the one included in the Clean 9 kit, when measuring as instructed above.

clean 9 / my program goals

1

Example: lose 10 kgs., increase energy level, and avoid afternoon nap attacks!

2

3

Use these goals to create a positive mental picture of yourself.
Review this daily. Include a picture of yourself before you start.

1

daily planner

day 1: clean 9

date:

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise

exercise activity	notes [intensity level, weight, reps, etc.]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

extra food log

	I did it! <input type="checkbox"/>
--	------------------------------------

"The first wealth is health." Ralph Waldo Emerson

2

daily planner

day 2: **clean 9**date:

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise

exercise activity	notes [intensity level, weight, reps, etc.]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

extra food log

I did it! *"Looking after my health today gives me a better hope for tomorrow." - Anne Wilson Schaefer*

3

daily planner

day 3: clean 9

date:

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise

exercise activity	notes [intensity level, weight, reps, etc.]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

extra food log

	I did it! <input type="checkbox"/>
--	------------------------------------

"Health is not simply the absence of sickness." Hannah Green

4

daily planner

day 4: **clean 9**date:

exercise	5 min. warm up <input type="checkbox"/>	2 min. stretch <input type="checkbox"/>	water bottle <input type="checkbox"/>	20 min. exercise <input type="checkbox"/>
-----------------	-----------------------------------------	-----------------------------------------	---------------------------------------	-------------------------------------------

exercise activity	notes [intensity level, weight, reps, etc.]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

extra food log	I did it! <input type="checkbox"/>

"One who has health, has hope. One who has hope, has a life." - Anonymous

5

Remember to order your Forever Nutri-Lean™ Pak today so that you will have it in time to continue the program after day 9.

day 5: **clean 9**date:

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise

exercise activity	notes [intensity level, weight, reps, etc.]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

extra food log

	I did it! <input type="checkbox"/>
--	------------------------------------

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools." Spanish Proverb

6

daily planner

day 6: **clean 9**date:

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise

exercise activity	notes [intensity level, weight, reps, etc.]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

extra food log

I did it!

"Ill-health, of body or of mind, is defeat. Health alone is victory. Let all men, if they can manage it, contrive to be healthy!" Thomas Carlyle

7

daily planner

day 7: clean 9

date:

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise

exercise activity	notes [intensity level, weight, reps, etc.]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

By now you have already achieved some measurable results from Clean 9. Continue your success and weight loss with the Forever Nutri-Lean™ Pak, the second phase of this remarkable weight-loss solution. If you haven't ordered your extra supplies on day 5, contact the person who introduced you to Clean 9 to order your Forever Nutri-Lean™ Pak today!

I did it!

8

daily planner

day 8: **clean 9**date:

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise

exercise activity	notes [intensity level, weight, reps, etc.]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

extra food log	I did it! <input type="checkbox"/>

"Happiness lies, first of all, in health." George William Curtis

9

daily planner

day 9: clean 9

date:

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise

exercise activity	notes [intensity level, weight, reps, etc.]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

extra food log

--

You did it! *"Every man is the builder of a temple called his body." - Henry David Thoreau*



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.



2

carbohydrates

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.

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



*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.





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/fowl, 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.



For an added protein boost when you're on the go, reach for the tasty and nutritious Forever Lite Ultra shake!



5

hydration

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 2 litres of 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!

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. For examples of low impact exercises, please visit www.forevernutrilean.com.

BMR and AMR

Your actual “metabolic rate” 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, check out our website at www.forevernutrilean.com





7

lifestyle eating plans

Now that you understand the basics of portion control, let's apply that knowledge to your overall eating plan. 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 on pages 37, 38 and 39 to assist you in planning your day of well-balanced eating.

next step: Forever Nutri-Lean™ Pak

Congratulations - you are where you want to be! Now the key is to stay there. The Forever Nutri-Lean™ Pak is designed to help you achieve the balance between fun and great health.



morning

1 Garcinia Plus softgel (20-30 min. before shake)
1 Scoop Forever Lite Ultra w/ 300 ml skim or soy milk
1 piece fruit

snack

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

lunch

2 Forever Lean capsules (immediately before shake)
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 light dressing

snack

60 ml Aloe Berry Nectar*
meal of approx. 220 calories**

dinner

1 Garcinia Plus softgel (20-30 min. before meal)
2 Forever Lean capsules (immediately before meal)
1 Forever Active Probiotic beadlet (take with water before meal)
400-calorie meal (Include 1/3 each lean protein, good carbohydrates and healthy fat. Refer to page 37 for meal suggestions.)

*Aloe Berry Nectar can be substituted with Aloe Vera Gel

** refer to the calorie counter & meal suggestions in the guide book

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. Forever Nutri-Lean™ Program allows you yet another freedom — the freedom to look and feel your best, while enjoying 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.

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 any 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 Forever Nutri-Lean™ Program are important, including regular aerobic exercise, adequate fluid intake and the consistent use of the products. By providing these high-quality nutrition products, Forever Nutri-Lean™ 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!



FOREVER LIVING PRODUCTS®

Forever Plaza, 74 Hill Road, Opp. St. Stanislaus High School, Bandra (W), Mumbai 400 050
Tel.: (022) 6641 4000 Email: flpindia@flpindia.net

www.foreverliving.com