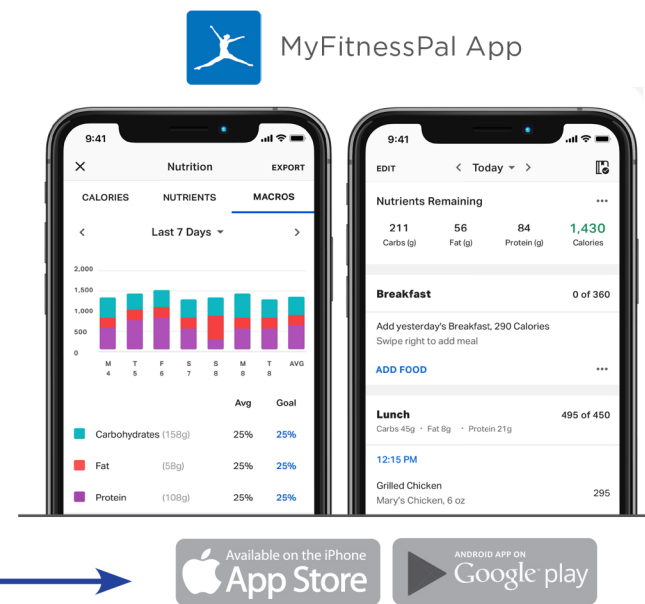


LIFESTYLE BASICS | AT A GLANCE:

- **INTERMITTENT FASTING:** Eat in any 8-hour window and fasting remaining 16 hours of the day
- **KETO OR LOW CARB -** Adopt a low carb way of eating with high healthy fats and moderate protein
- **DRINK WATER -** Drink half your weight in water (oz) (**Example** - 150lb person would drink 75 oz)
- **DAILY EXERCISE -** Move your body daily (walking, gym, fitness class, etc.)
- **DAILY PEACE -** Mental Health is just as important as our physical health (yoga, meditation, prayer, journaling, self-care etc.)
- **HEALTH TIP:** Keep a food journal or better yet track in the MyFitnessPal App (can be downloaded from Google Play or the App Store for free)



Example - FIRST 30 DAYS:

CALORIES: Women 1400/ Men 1800
(calories adjust for exercise/personal goals)
MACROS: Fat 50%, Protein 30%, Carb 20%
GOAL: Sugar 20-25g, Fiber 25-31g, Net Carb 20-30g

GETTING STARTED WITH VFINITY:

- Take before pictures and measurements to track your progress. (Tracking your measurements is a great way to gauge your success. Inches lost are just as important to your weight-loss success, if not more so, than your actual weight.)
- Find your WHY and commit to it:
I want to _____
because _____.
- Stay connected for motivation & support (Mentor, Facebook® groups & Facebook LIVES)
- This is support, not medical advice. Check with your doctor before starting any wellness program

COMMIT FOR 90 DAYS:

Adjust meals, snacks & Vfinity products to fit your lifestyle as any combination is okay! Remember these are just guidelines.

It's a lifestyle not a diet, believe YOU CAN do it. If you get stuck, just think back to WHY you started.

TO ORDER: vfinity.com/ _____
844-VFINITY (834-6489)

MEASUREMENT TRACKER

	Start	Day 15	Day 30	Day 45	GOAL Day 90
Weight					
Core					
Neck					
Chest					
Waist					
Abdomen					
Buttocks					
Arms					
L Upper Arm					
R Upper Arm					
Legs					
L Upper Thigh					
R Upper Thigh					
L Upper Knee					
R Upper Knee					
L Calf					
R Calf					



VFINITY®
HEALTH & WELLNESS
MADE SIMPLE
TAKE CONTROL. GET RESULTS. FEEL GREAT.

AT VFINITY WE KNOW CHANGE IS HARD, THAT'S WHY WE MADE IT SIMPLE TO SET YOU UP FOR SUCCESS AND MAKE YOUR JOURNEY A HEALTHY CHANGE FOR LIFE.

Don't be nervous. You'll find this journey much easier when you surround yourself with support. **Now who's ready to crush their goals?**

SAMPLE DAY WITH VFINITY:

WAKING:  OR  OR  Water with lemon OR Water with Celtic sea salt OR Water with apple cider vinegar

MORNING:  OR  OR  OR  1-2 capsules OR Hot Tea OR 3 capsules

1ST MEAL:  +  OR  Balanced Meal (protein, healthy fats & vegetables)

SNACKS: (Choose 1-2)     (protein & healthy fats)

MID-DAY:  1-2 capsules (If needed for extra support; 2 hours after a meal or 30 minutes before eating)

2ND MEAL:  OR  Balanced Meal (protein, healthy fats & vegetables)

BEDTIME:  1 capsule Leave on your nightstand. Sets the tone with nutrient you body needs during fasting.*

FOOD LIST:

Choose organic, non-gmo and grass-fed when possible

HEALTHY FATS

Avocado (oil)
Eggs
Grass-fed butter/ghee
MCT oil
Nut butters; almond, cashew, sunflower, etc.
Cacao butter
Coconut (oil/flour)
Olives (oil)

NUTS & SEEDS

Almonds (flour)
Hazelnuts
Pecans
Pine nuts
Walnuts
Chia/flaxseed/hemp
Sesame (oil)
Sunflower
Pumpkin

PROTEINS

Bone broth
Beef
Fish/Seafood (all)
Poultry
Collagen powder

LIMIT:
pork, legumes, beans, and quinoa

DAIRY (FULL-FAT)

Hard cheeses
Feta
Cream cheese
Cottage cheese
Greek yogurt
Sour cream
Half & Half

VEGGIES (LOW-CARB)

Focus on leafy greens
Artichoke
Asparagus
Broccoli
Cauliflower
Cabbage
Cucumber/Pickles
Eggplant
Mushroom
Peppers
Squash/Zucchini

LIMIT:
starchy vegetables

FRUIT

All berries
Cherries
1/2 apple
1/2 banana

BEVERAGES

Water/Seltzer
Sparkling water
Stevia sweetened drinks
Unsweetened;
Coffee/Tea/Green tea
Nut milks (unsweetened)
Dry wine/clear spirits
Low carb beer

SWEETENERS

Stevia
Monk fruit
Erythritol/Xylitol
No artificial sweeteners

EXTRAS TO ENJOY

Cocoa powder (unsweetened)
Dark chocolate (70-90% cacao)

SNACK IDEAS

Hummus & Vegetables
Avocado Egg Salad
1/2 Apple with nut butter
Celery with nut butter
Celery with artichoke dip
Red bell pepper with guacamole
Tuna with cucumbers
Dark chocolate (70-90% cacao)
Bone broth or soup
Flavored almonds (low-sugar)

CHECK OUT SMOOTHIE AND GREENS RECIPE IDEAS on Vfinity.com



VFINITY PRODUCTS | AT A GLANCE:

- **V1SMOOTHIE**- 15g of clean protein (tastes like a cupcake)
- **V2GREENS**- Alkalize & Cleanse with 72 fruits & vegetables*
- **V3 ORIGINAL & BOOST**- Appetite control, enhances energy and mood*
- **VBIOTIC**- Optimal gut health and detox*
- **DOSE**- Immune system support in ONE bottle*
- **KETOPERK**- Clean coffee with healthy fats to curb appetite

*If caffeine sensitive take V3Original with food and not closely to other caffeine. Allow 2 hours between V3Original and medications, and/or check with your doctor.
*These statements have not been evaluated by the Food and Drug Administration. These products have not intended to diagnose, treat, cure, or prevent any disease.