

LOSE FAT, GAIN MUSCLE

Today!

Sure, you workout hard, but are you achieving your weight loss, muscle gain goals? Stop wasting your time in the gym! **Get results NOW!**

POST WORKOUT RECOVERY A COMMON QUESTION WE HEAR IS:

“Why would I want to put calories in my body immediately following my workout if I want to lose weight?” These scientific facts just may just help you shatter your weight loss ceiling plateau. Professional athletes understand this secret, now you will too!



REFUELING POST WORKOUT IS KEY TO ALL WEIGHT LOSS GOALS

THE SCIENCE

Calories are consumed as Carbs, Protein and Fat. A balanced diet, stores Carbs as Glycogen to be used later for Energy. Glycogen is stored in Muscles, NOT Fat and is the most efficient form of Energy during a workout, much better than your body's own Fat or Sports preworkout drinks.



THE SCIENCE

When you eat a balanced diet and store enough Glycogen, you will have a incredible workouts. If you screw up and starve yourself, you just may BONK!

It is best to replenish Glycogen stores immediately following each workout. This is your 30-minute Metabolic Window when your body needs to be refueled.

Ignoring this Window by just drinking water and your body is thrown into a Catabolic State, also known as Muscle Wasting. BAD!

During Catabolism, your body will breakdown Lean Body Mass also known as Muscle and Organ Tissue, to replenish its Glycogen stores. Eventually, you will have less Muscle making it harder to store Glycogen and to burn Fat off your Body. The more Muscle you have, the Less Fat!

Sure, your body will eventually recover and adapt, but over time, your body will reach plateaus that will be tough to break! Losing Fat will be impossible!

SOLUTION

Drink a Recovery Shake with a nutritional make up of Carbs and Protein within 30 minutes of your workout and your body will hold onto its Lean Body Mass (Muscle) and torch those pesky love handles and hips right off!

SHAKES *by* WORKOUT



These shakes are

RECOMMENDED *for your* RECOVERY

LIGHT WORKOUT

Treadmill Walking, Yard Work,
Stretching, Gentle Swimming

CALORIES BURNED 150-250

- > Tropical Shredder 🍹
- > Strawberry Lean 🍹
- > The Caffeinator ⚡
- > Slenderberry 🍹🌿
- > Skinny Delight 🍹
- > I Love Veggies Lite 🍹🌿



MIND BODY

Yoga, Pilates, Tai Chi

CALORIES BURNED 250-400

- > Red Velvet Cupcake Lite 🍹🌿
- > I Love Veggies Lite 🍹🌿
- > Tender Greens 🌿
- > Anti-Inflammatory



HEAVY WEIGHT

Strength or Resistance

CALORIES BURNED 450-600

- > Mo Mass 💪
- > Cardio Extreme 💪
- > Peanut Butter Cup 💪
- > Banana Nut Blast 💪
- > Swap any Meal Replacement or Functional shake's protein for Daily Mass Builder



SENIORS

Water Aerobics, Chair Yoga, Light Walking

CALORIES BURNED 50-150

- > Anti-Inflammatory
- > Tropical Shredder 🍹
- > Strawberry Lean 🍹
- > The Caffeinator ⚡
- > Slenderberry 🍹🌿
- > Skinny Delight 🍹
- > I Love Veggies Lite 🍹🌿



CARDIO & FUNCTIONAL

Cycling, Boot Camp, Kick Boxing, Step,
Tread Mill, Zumba

CALORIES BURNED 350-500

- > Strawberry Slam ⚡
- > Berry, Berry Slim ⚡
- > Mango Berry Burst ⚡
- > Hawaiian Harvest ⚡
- > Cracker Jax ⚡
- > Peaches n' Cream ⚡
- > Java Jolt ⚡
- > Matcha Chai Tea ⚡
- > Chocolate Frosty (optional Mint)
- > Organic Cookie Crunch
- > I Love Veggies 🌿



MEAL REPLACEMENT

Complete Balanced Whole-Food
Meal in a Cup

- > Peanut Butter Cup Lite
- > Banana Nut Blast Lite
- > Blueberry Crumble
- > Brownie Batter 🍹
- > Anti-Inflammatory
- > Tender Greens 🌿

Note – Fruit-based shakes have zero added sugar.
Milk-based shakes are sweetened with Organic Cane Sugar.

SHAKE BENEFITS

- | | |
|-------------|----------|
| 🍹 Low Sugar | 🌿 Detox |
| 💪 Bulk-up | ⚡ Energy |