

PREPARATION

CUT OUT FAST FOOD

Start your Slenderiiz Programme by telling your fast food cravings to take a hike! It's called "junk food" for a reason. Junk foods are highly processed and minimise your fat loss efforts by spiking blood sugar and slowing your metabolism.

OPTIMAL RESULTS

PREPARE YOUR BODY

Take two days and prepare your body by eating as normal, with the exception of cutting out fast foods. For optimal results, start adding healthy fats to your diet such as avocado, raw nuts, and seeds, and begin taking the Day and Night drops as directed.

HANDY TIP: Adding Nutrifii supplements to your daily health regimen while participating in the Slenderiiz Programme can contribute towards your daily vitamin and mineral intake on your transformation journey.





PHASE ONE

FAT BURNING

To start your Fat Burning Phase, go through your cupboards and toss out biscuits, pastries, candy, processed meats, crisps, fizzy drinks, high-sodium frozen foods, boxed foods, and canned soups.

HANDY TIP: One dose of Rejuveniix is a great power-packed supplement that provides your body with additional support and energy needed in this transformation journey. Consider adding one serving of Rejuveniix to your daily routine.

TRACK YOUR INTAKE

It's important to make the healthiest, most nutrient-dense food selections while on the Slenderiiz Programme. To help keep you on track, be sure to monitor your food intake every day.

By keeping a food log, you will be able to begin decoding the difference between wholesome, nutritious foods and those that are highly processed, high in calories, and offer very little in nutrients. You'll soon discover the foods that keep you fuelled longest due to their nutritional density. You'll obviously want to choose those that give back the most to your weight loss efforts and keep you full and energised.

TO BEGIN MONITORING YOUR MEALS, SIMPLY:

- + Eat three regular, healthy meals a day from the Approved Food List only.
- + If you prefer, divide your meals into smaller snacks and eat them periodically throughout the day.
- + Track your eating patterns with a mobile app like CalorieCounter, MyFitnessPal, or other similar ones.
- + Eat your meal highest in calories for breakfast and end your day with your lowest caloric meal. This allows the body time to digest and burn off calories before resting for the evening.

Although counting calories can be difficult, it is essential for optimal weight loss and weight management. To get the most out of the Slenderiiz Programme, it is important to track and keep your daily intake under 1,250 calories. Through eating the right foods, it will become easy and natural to restrict calories to 1,250 a day because of their nutrient density.

The Slenderiiz Programme is not about being hungry it is about learning how nutritious, healthy foods provide you with more energy, help you feel better, satisfy you for longer, keep your blood sugar levels in control, and in turn help you lose unwanted weight.

HANDY TIP: Use a serving of PureNourish mixed with water or unsweetened almond or coconut milk and one cup of berries or ¼ cup of nuts as a perfect start to your day.

DRINK PURIFIED WATER

For optimal results, drink at least eight to ten 250 ml glasses of purified water daily. This allows your body stay hydrated as you begin burning up fat stores.

HANDY TIP: The Puritii Water Filtration System is a great choice for keeping purified water on hand at all times.

MORE ENERGY

EXERCISE

A modest aerobic exercise programme is good for your health. Start walking, hiking, swimming, jogging, biking, etc. for 20-30 minutes, five times per week.

If you have not been getting much exercise prior to this programme, it is important to begin slowly and build up to our recommended level of exercise over the next few weeks. Don't be in a rush to get to this goal, but increase your activity level steadily and safely.

NOTE: When exercising, the body builds lean muscle. This can cause discouragement on the scale because muscle actually weighs more than fat, making you feel like your progress has stalled. However, muscle takes up less space physically than fat, so be sure to take regular measurements of yourself as well so you can see the results even when the scale isn't relaying that information.

HANDY TIP: Use a tracker and try to reach or exceed 10,000 steps each day.

HANDY TIP: Remember, don't fear fat, healthy fats are good for you!

A ROUTINE SCHEDULE IS GOOD

Eat the most calories in the morning and the least at night to allow your body all day to burn them off.

Do not eat after 7 p.m. to allow time for your body to burn off the day's calories while you are still walking around. Eating even a small dinner and then zoning out for the rest of the night is damaging to metabolism and interferes with digestion and quality sleep. For optimal results, do not eat after taking the Night drops.

PLAN YOUR MEALS IN ADVANCE.

Reduce your temptation for unnecessary foods by having a grocery list and sticking to the sections of the grocery store where you will find fresh foods that are most nutritionally balanced and increase your metabolism.

APPROVED FOODS LIST

Focus on fresh foods to help you avoid sodium, unhealthy fats, and processed foods that will spike your blood sugar and slow down your transformation efforts. We also offer some special recipes to inspire you to cook healthy, available separately.

PROTEIN

Free-range chicken
(*raised without hormones is best*)
Duck
Eggs *free-range*
Grass-fed beef
(*ground, steak, tips, roast*)
Lamb
Turkey (*fresh, not preserved deli meat*)
Turkey bacon,
(*nitrate-free*)
Venison
Buffalo
Any white fish *wild is best, not farm-raised*
Halibut
Seabass
Anchovies
Cod
Crab
Flounder

Hake

Mackerel
Mussels
Red mullet
Salmon
Sardines
Swordfish
Tuna
Trout
Lobster
Crayfish
Shrimp

VEGETARIAN PROTEINS*

Quinoa
Tofu (*organic*)
Raw or sprouted nuts
are not as low in calories, or as filling as quinoa and tofu
Tempeh
Beans (*high in calories for small amounts -*

kidney beans, black beans, cannellini beans, lima beans)
Chickpeas
(*garbanzo beans*)
Lentils

NUTS & SEEDS

(*in moderation as they are calorific*)
Almonds
Brazil nuts
Cashews
Chestnuts
Chia seeds
Flaxseeds
Hemp seeds
Sunflower seeds
Pumpkin seeds
Walnuts

*Please be mindful of vegan meat/seafood replacements that are normally highly processed with salt, preservatives,

wheat and sugar to enhance flavour. Please eat natural foods on the Slenderiz® programme. NOTE: always read the labels and choose meat-alternatives that don't contain wheat, soya or anything artificial added.

VEGETABLES

Organic, in-season vegetables are best. Anything green is generally good, so try something new!
Artichokes
Asparagus
Arugula (*rocket leaves*)
Bean sprouts
Beet greens
Brussels sprouts
Broccoli
Bamboo shoots
Beetroot*
Bell peppers (*green, red, orange*)

Bok choy
Cabbage
Carrots
Cauliflower
Cavolo nero
Celery
Celeriac
Chard
Choi Sum greens
Chicory greens
Chili peppers
Collard greens
Courgette (*zucchini*)
Cress (*mustard cress, sprouted seeds*)
Cucumbers
Dandelion greens
Dill pickles
Daikon radish (*mooli*)
Endive
Escarole
(*frisée lettuce*)
Green beans
Green leaf lettuce
Kale
Leeks
Mangetout
Mushrooms
Mustard greens
Okra
Onions
Peas (*snap peas, garden peas*)
Broccoli
Parsnip
Pumpkin*
Radicchio greens
Radishes

Red cabbage
Red leaf lettuce
Romaine lettuce
Rhubarb
Runner beans
Spinach
Sprouts
Shallots
Squash (*butternut, summer and spaghetti squash*)
Sweet corn*
Sweet potato*
Summer squash
Swiss chard
Yellow squash
Watercress
*In moderation due to medium/high GI. Can raise your blood sugar levels, which can slow down progress.

SEA VEGETABLES

Nori
Dulse
Hijiki
Kelp
Kombu
Wakame

FRUITS

Organic, in-season fruits are best.

BEST CHOICE

(*lowest sugar content*)
Apples
Avocados

Strawberries
Blueberries
Blackberries
Cherries
Raspberries
Tomatoes

SECOND BEST

Cranberries
Grapefruit
Passionfruit
Pears
Peaches
Persimmon
Pomegranate
Plums
Fresh figs
Kiwi

THIRD BEST

Oranges
Papaya
Mango
Melon (*cantaloupe melon only in moderation due to medium/high GI*)
Tangerines
Nectarines

HEALTHY FATS

These fats are building blocks to support a healthy immune system. Reserve a minimum of 250-300 of daily calories for these fats.

Coconut oil* (*may be used safely for cooking: 1 spoonful = 100 calories*)

*Best cooking oil for high heat usage is extra virgin, raw coconut oil
Cold pressed chia seed oil**
Cold pressed hemp seed oil**
Cold pressed raw pumpkin seed oil**
Cold pressed raw walnut oil**

**2 spoonful servings, may be used for salad dressing. If using raw ingredients, may use 50 grams.

Oils for drizzling onto food
No heat applied to these oils as they will smoke, cause toxins and go rancid.
Avocado
Avocado oil
Cold-pressed extra virgin olive oil
Flaxseed oil
Borage oil

Avoid vegetable, canola, corn, peanut, soybean, sunflower, safflower, and cottonseed oils completely. Instead use coconut oil.

HERBS

Basil
Bay leaf
Caraway seeds
Cardamom
Cayenne pepper
Chives
Cinnamon
Cloves
Chilli flakes
Coriander
Curry leaves
Dill
Fennel
Garlic
Ginger
Kafir lime leaves
Lemongrass
Mint
Oregano
Paprika
Parsley
Rosemary
Tarragon
Thyme
Sage
Saffron
Vanilla bean
(not the essence with alcohol bases)
Note: nutritional yeast can be used as a seasoning.

SPICES

Salt-free and sugar-free spices are a great option to liven up your meals with the *Slenderii* Programme. Apple cider vinegar
Balsamic vinegar
Black/pink pepper
Cayenne
Cumin
Curry powder (all variety of mixes but check for no sugar)
Dulse flakes
Garlic
Kelp flakes
Lemon
Lime
Mustard
Onion powder
Real sea salt
Turmeric

SWEETENERS

Liquid Stevia drops
Stevia powder that does not contain maltodextrin

CONDIMENTS

Fermented condiments like kimchi or sauerkraut are especially helpful for metabolism and can make meat more digestible. Do not eat condiments that contain sugar or artificial sweeteners like sucralose,

aspartame, Equal, or Splenda. Avoid sweet-chilli sauce and brown sauce as they contain sugar. Also read stock cube ingredients and choose low salt versions.
Horseradish (pure, not horseradish sauce)
Ketchup (organic with no sugar or sucralose)
Mustard
Olives (sun dried or packed in vinegar)
Picante sauce
Salsa (read ingredients, often contains sugar)
Soy sauce (wheat free, low sodium)
Tabasco sauce
Tamari (gluten-free soya sauce)
Wasabi

CARBOHYDRATES

(use sparingly, one time per week only)
Oats, rye, buckwheat, soba, pumpnickel, sourdough, gram flour

AVOID

Bread (white, brown, and wheat-based breads), barley, chips, pretzels, flour (white, wheat, brown), rice, cereals, couscous, pasta, potatoes, sugar, chemical sugar-replacements, iodised

table salt, crisps, roasted and salted nuts, commercial dairy products, vegetable oils, sodium-rich foods such as canned soups, processed meats, chocolate, tortilla chips, jam, and trans fats.

HANDY TIP:

organic foods are always best. They provide a way to avoid harmful chemicals, pesticides, herbicides and added hormones.

REMEMBER:

- + Only eat from the Approved Foods List
- + Track food
- + Monitor water intake



PHASE TWO MAINTENANCE

Congratulations on reaching your goal! Now it is important to maintain your healthy lifestyle, including a balanced diet and regular exercise.

By now you understand the dangers processed foods bring to your health and transformation. You have been eating a low-glycaemic diet and now is the time to gradually add complex carbohydrates back in.

AVOID PITFALLS

To avoid common pitfalls, build your lifestyle around the healthy food choices. Be aware of what time of day you eat, how much you are taking into your body, and the quality of those calories.

Remember to avoid white bread, white flour, pasta, and potatoes, along with all other highly refined starches and processed foods.

Pay special attention and avoid products that are labelled as “enriched”. Instead, look for words such as whole grain, whole meal, and sprouted grains. You will also want to choose whole grain rice options, such as Basmati, long rice, whole brown rice, wild rice, and sprouted rice. Your potatoes should be sweet potatoes or red potatoes.

By following these guidelines, you are eating in a way that avoids spiking your blood sugar and will continue to support the new, leaner you. Finally, be sure to keep taking your Nutrifii supplements. These products provide healthy fats, extra energy boost, and enhanced nutrition important for maintaining a healthy body.

HANDY TIP: The term “whole wheat” doesn’t always mean it’s made of whole wheat grain. Brown bread is not necessarily better. Be sure to read the full ingredient list before purchasing.

SAMPLE DAY

BREAKFAST

Take the Day drops as directed.
Take Nutrifii supplements.

Choose one:

- PureNourish shake (two scoops) blended with spinach, water, and unsweetened coconut or almond milk (ice as optional)
- 3 free-range eggs with ½ cup of berries
- 3 egg omelette with 1 cup, or more, of vegetables (no cheese)
- Scrambled tofu with spinach, garlic, turmeric, and coconut oil
- 1 cup raw fruit with 10-20 raw almonds. You can also blend this into a smoothie using 1/3 cup coconut milk.

LUNCH

Take the Day drops as directed.

Up to 250 gr (before cooking) of protein from
the Approved Food List
3 cups, or more, of vegetables
½ cup fruit is optional

SNACK

Choose one:

- Unsweetened pickles and white turkey breast
- Apple with 1 spoonful almond butter
- PureNourish shake

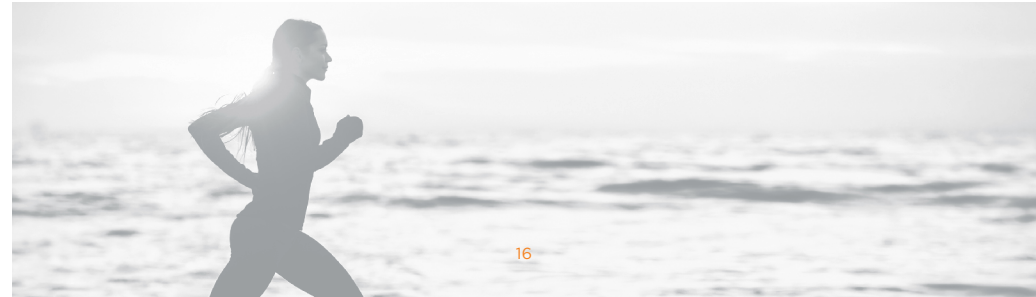
DINNER

Take the Day drops as directed.
Take Nutrifii supplements.

Up to 200 gr (before cooking) of protein from
the Approved Food List
2 cups cooked or raw vegetables
1 cup fruit

EVENING

Take the Night drops as directed, one to two hours before bed.
Do not eat after taking the drops.



THE SLENDERIIZ PLATE

The Slenderiiz plate helps you visualise the portions of a balanced meal.



Q&A

Q: What should I expect when starting this programme?

A: You may experience a withdrawal from processed foods if your diet was high in fast food, frozen, prepared, or canned food before the programme. At the beginning, you may experience some cravings, but it is important to be strong through these first 48 hours so you can get to the good part! To ensure maximum transformation results, eat plenty of fibrous vegetables like broccoli, cauliflower, spinach, cucumbers, red peppers, and cabbage. If you are truly hungry and not just experiencing withdrawal from the chemicals in processed foods, you need to eat more fibre-rich vegetables and drink more water. Fibre and water intake are extremely important to your success with this programme.

Q: Do I need to exercise while on this programme?

A: Exercise is important for maintaining a healthy lifestyle. Even small amounts each day will benefit you. Exercise will help you to lose inches though the scale may not reflect it as quickly because you are gaining muscle at the same time.

Q: What if I need to cheat?

A: If you are going to deviate from the programme at all, then eat more lean proteins or green vegetables and healthy fats. Try to not eat sweets!

Eating sugar, starch, and vegetable oils can set your transformation journey back and change your fat-burning potential by three to four days. Small deviations will not usually cause a sudden weight gain, but will slow your transformation over time. We prefer that you do not stray from the programme, but if you do, be smart in your approach. Make sure that your departure from the "ideal" is in moderation. Don't allow your cheating to set you back to the point that you give up.

Q: What do I do if I hit a plateau?

A: It is normal to experience plateaus for two to five days. If it persists for longer than six days, you need to do one of two things to push your metabolism out of the plateau, allowing for continued a continued body transformation:

OPTION 1: For one full day, consume only protein, water, and Day and Night drops.

OPTION 2: Drink three PureNourish shakes a day with two apples as in-between meal snacks, Day and Night drops, and plenty of water.

*Shakes can be prepared with two cups of organic baby spinach blended into the shake.

DAY PRE-MEAL DROPS

With plant extracts, chromium and biotin.

FOOD SUPPLEMENT

Net Content: 60 ml

NUTRITIONAL INFORMATION

Per Daily Portion (45 drops)		DRI%*
White Kidney Bean Extract	150 mg	-
Cacao Bean Extract	85,2 mg	-
Green Coffee Bean Extract	49,5 mg	-
Green Tea Leaf Extract	19,8 mg	-
Guarana Seed Extract	15,9 mg	-
Cinnamon Bark Extract	7,95 mg	-
Biotin	300 µg	600%
Chromium	40 µg	100%

*DRI Not Established

INGREDIENTS:

Glycerol (humectant), Water, White Kidney Bean Extract (Phaseolus vulgaris L.), Cacao Bean Extract (Theobroma cacao L.), Erythritol (sweetener), Natural Vanilla Flavour, Green Coffee Bean Extract (Coffea arabica L.), Citric Acid (acidity regulator), Green Tea Leaf Extract (Camellia sinensis), Guarana Seed Extract (Paullinia cupana Kunth), Cinnamon Bark Extract (Cinnamomum cassia), Steviol Glycosides (sweetener), D-biotin, Chromium Chloride.

Contains caffeine. Not recommended for children or pregnant women (56 mg/45 drops).

Biotin contributes to the normal metabolism of macronutrients and to normal energy metabolism.

Chromium contributes to the normal metabolism of macronutrients and to the maintenance of normal blood glucose levels.

The intake of foods containing erythritol instead of sugar induces a lower increase in blood glucose after their intake compared to foods containing sugar.

RECOMMENDED DAILY INTAKE AND DIRECTIONS OF USE:

Shake well before using. Take 15 drops (0.7 ml) 20 – 30 minutes before breakfast, lunch and dinner. Do not exceed the daily recommended portion.

WARNINGS: FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF YOUNG CHILDREN. DO NOT USE DURING PREGNANCY OR WHILE BREASTFEEDING.

NIGHT SOOTHING BEDTIME DROPS

With plant extracts.

FOOD SUPPLEMENT

Net Content: 60 ml

NUTRITIONAL INFORMATION

Per daily dose (45 drops)	
L-theanine	100 mg
L-glutamine	25 mg
Fructo-oligosaccharides	10 mg
Acerola Fruit Extract	5 mg
Holy Basil Powder	5 mg
Cordyceps Powder	5 mg
Astragalus Root Powder	5 mg

INGREDIENTS:

Water, Glycerol (humectant), L-theanine, L-glutamine, Natural Raspberry Flavour, Natural Spearmint Flavour, Citric Acid (acidity regulator), Fructo-oligosaccharides, Acerola Fruit Extract (Malpighia glabra L.), Holy Basil Powder (Ocimum tenuiflorum L.), Cordyceps Powder (Cordyceps sinensis), Astragalus Root Powder (Astragalus membranaceus), Steviol Glycosides (sweetener).

Astragalus Root Powder is a tonic that contributes to adaptogenic activity and physical and mental well-being. Adaptogens contribute to the maintenance of normal physiological processes.

Holy Basil Powder contributes to the maintenance of resistance to stress.

RECOMMENDED DAILY INTAKE AND DIRECTIONS OF USE: Shake well before using. Take 45 drops (2 ml) one to two hours before bedtime. For best results, do not eat after taking drops. Do not exceed the daily recommended portion.

WARNINGS: FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED AND BALANCED DIET AND A HEALTHY LIFESTYLE. KEEP OUT OF REACH OF YOUNG CHILDREN.

NOT SUITABLE FOR CHILDREN UNDER 12 YEARS. DO NOT USE FOR PROLONGED PERIOD WITHOUT PROFESSIONAL ADVICE. DO NOT USE DURING PREGNANCY OR WHILE BREASTFEEDING.