

HEALTHY TIPS

- ▶ Opt for nutritious foods and steer clear of unhealthy options high in carbs, sugar, and fats.
- ▶ Sip your smoothie slowly rather than guzzling it down.
- ▶ Stay hydrated by drinking ample water between meals.
- ▶ Incorporate gentle physical activity such as walking for effective and straightforward exercise.
- ▶ Listen to your body and take breaks when needed; don't push yourself too hard.
- ▶ Opt for gradual weight loss for lasting results over rapid weight loss.
- ▶ Consider a detox program to boost metabolism and support your weight loss journey.

NOTE:

While the program is designed for 21 days, you can extend its use indefinitely to achieve your desired weight loss goals in a sustainable and healthy manner.

With this approach, the risk of rebounding is minimized, as it's not a crash diet focused on rapid, short-term outcomes.



ONLINE ORDERING?
DOWNLOAD THE APP.



MovitaJuiceBar.com

LOSE WEIGHT IN A HEALTHY
WAY AND FEEL AMAZING!



PROUD SPONSOR

American
Cancer
Society®

You can lose weight in a healthy way and feel amazing!

WHAT IS THE 21-DAY SMOOTHIE DIET?

It is a practical diet plan that replaces 1 meal per day with 1 well-balanced smoothie, for 21 days. This smoothie diet can bring about weight loss and other health benefits in a healthy manner.

- ✓ **WEIGHT LOSS[†]**
- ✓ **BETTER SLEEP[†]**
- ✓ **BLOOD SUGAR REDUCTION[†]**
- ✓ **MORE ENERGY[†]**
- ✓ **CLEARER SKIN[†]**
- ✓ **MENTAL SHARPNESS[†]**
- ✓ **LESS STRESS[†]**
- ✓ **GENERAL WELL-BEING[†]**



Replace one meal per day with the smoothie mix. You can substitute any meal: breakfast, lunch or dinner, but most people prefer to skip breakfast or dinner.

Drink plenty of water in between meals and avoid too many carbs or sugars.

SUGGESTED USE:

1. **POUR 1 PACKET INTO BLENDER**
2. **ADD 1 WHOLE BANANA**
3. **ADD 1 CUP OF YOUR FAVORITE MILK**
4. **ADD 1 CUP OF ICE**
5. **BLEND TO A CREAMY CONSISTENCY**

Tip: Add 2-3 strawberries or a teaspoon of instant coffee for a twist.

CONTAINS:



PROTEIN



OATS



CINNAMON



PEANUT BUTTER



ALMONDS



STEVIA

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

THE MORE YOU KNOW...

FRUIT CARBS & SUGAR:

Carbs come in two forms: simple and complex. Simple Carbs are broken down rapidly and released into your blood stream.

Complex Carbs have sugar as well, but they also contain plenty of fiber that reduces the absorption of the sugar in your body.

INSULIN:

When glucose is present in the blood stream, insulin is released. If there is too much glucose in your blood stream, your body may not be able to release enough insulin to keep up.

CALORIES:

A healthy diet with balanced calorie consumption and burning is essential to achieve weight control.

FATS:

Some fats are better than others. Healthy fats are found in things like avocados, nuts, fish, olive oil, flax seeds, and eggs.

PROTEIN:

Proteins are vital for muscle repair, weight control, brain health, and many body functions.

The amount of protein recommended is based on how active your lifestyle is. If you exercise regularly, you will need more protein than someone with a sedentary routine.

START W/ YOUR WEIGHT IN LBS
MINUS - FAT % IN LBS

EQUALS = LEAN BODY MASS
MULTIPLY (X) ACTIVITY FACTOR

(NO ACTIVITY > .5 .6 .7 .8 .9 1 < VERY ACTIVE)

EQUALS = DAILY PROTEIN INTAKE
(IN GRAMS)



AFTER COMPLETING THE 21-DAY SMOOTHIE PROGRAM, YOU CAN CONTINUE TO ENJOY YOUR MEAL REPLACEMENT SMOOTHIES WHILE KEEPING THE WEIGHT OFF AND FEELING AMAZING.