

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 physical activity such as walking for simple and effective 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 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.



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BODY
RESET



WEIGHT
LOSS
SUPPORT



FEEL
AMAZING



↑ SCAN ME ↑

DISCLAIMER:

This information is presented for informational purposes and is not intended to treat, diagnose or cure any illness. Consult a physician before taking any action. It is very important to note that all of the recommendations in this brochure are not to be taken as medical care or advice.

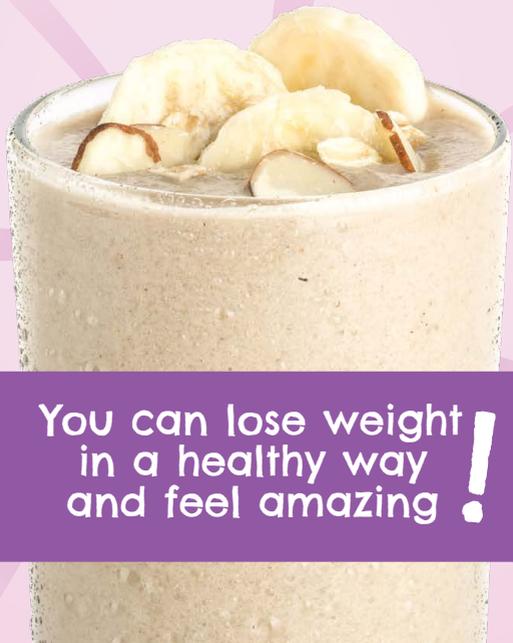
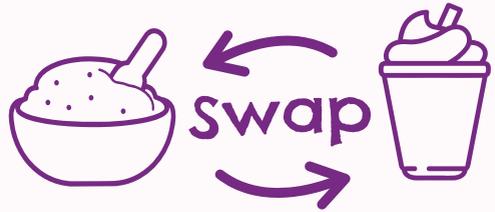


What is the 21-DAY SLIM? SMOOTHIE PROGRAM?

It is a practical plan that replaces one meal per day with one well-balanced smoothie, for 21 days.

This smoothie plan can bring about weight loss and other health benefits naturally.

Swap 1 meal for 1 smoothie



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

DISCOVER

a simple, refreshing way to feel lighter, energized, and more in control of your wellness.

The 21-Day Smoothie Slim Program makes healthy habits easy by helping you replace one daily meal with a nutrient-rich smoothie.

Each packet is crafted with premium ingredients designed to support balanced nutrition, steady energy, and mindful calorie intake—making it an effortless step toward feeling your best.†



Whether your goal is weight loss, better eating habits, or simply adding more wholesome nutrition to your day, this program fits into any lifestyle.

And your journey doesn't end after 21 days. You can continue extending the program as long as you'd like, or enjoy a smoothie every few days as a simple, effective way to maintain your results and keep your wellness on track.

HOW TO

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



Almonds



Peanut Butter
Powder



Stevia

SUPPORTS



Weight
Loss



Blood Sugar
Reduction



Clearer
Skin



Mental
Sharpness



Better
Sleep



More
Energy



General
Well-Being



Less
Stress



After completing the **21-day smoothie program**, you can continue to enjoy your meal replacement smoothies while keeping the weight off and feeling amazing.