

Congratulation!

You've decided to lose weight and **ProtiLife** will guide you!

The **ProtiLife** Slimming Plan will help you get there! Simply follow the convenient menu provided. Once achieved, switch to the Transition plan for 1 week and then, move on to the After-Diet plan. Therefore, you will maintain your weight loss and enjoy your new shape, while benefiting from healthy food choices.

ProtiLife IS

- A weight loss plan that is easy to follow
- A line of high-protein products with vitamins and minerals in each pouch and bar

THE BENEFITS OF ProtiLife

- Weight loss
- Little or no feeling of hunger or fatigue
- Fits easily into your busy schedule
- Proteins energizes you

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.com

KEEP IN MIND...

- Following this plan for 1 week requires **five to six ProtiLife product boxes.**
- Our protein products do not constitute an entire meal replacement.
- Drink **lots** of water (6 to 10 glasses per day).
- Eat your first tasty **ProtiLife** product **no later** than one hour after waking.
- Consume all the recommended quantities, so you won't feel hungry.
- In our weekly plan, you are now allowed a maximum of 2 bars per day including our breakfast bars.
- You are allowed to switch snacks around.
- Plan your meals wisely.

ProtiLife is a complete line of nutritional supplements. **ProtiLife** pouches contain 75 to 80% of high biological proteins that are low in calories, carbohydrates and fat. All preparations contain 21 amino acids. Note: It is recommended to eat a variety of foods from the slimming plan. It is recommended that you consult a physician before undertaking a weight-loss program if you have any medical problems or if you are taking any medication. Do not consume vitamins or mineral supplements while following the active plan, unless otherwise recommended by a healthcare professional. After reaching your healthy weight goal, we recommend that you follow Canada's Food Guide.

To promote weight loss and speed up your metabolism while preserving lean muscle mass, maximize your diet with physical activity three times a week.

Any questions?
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ALLOWED FOODS

GROUP 1 PROTEIN

Lean meats 100 g

Beef
Ham
Lamb
Rabbit
Skinless chicken breast
Veal

Lean fish 150 g

Haddock
Dorado
Whiting
Red mullet
Sole
Canned tuna in water
Turbot

Shellfish 150 g

Shrimp
Lobster
Crayfish

Tofu 250 g

(8 1/2 oz)

Eggs

2 eggs

GROUP 2 LIMITED VEGETABLES

100 g per meal

Eggplant

Asparagus
Broccoli
Cauliflower
Brussels sprouts
Zucchini
Spaghetti squash
Green beans
Turnips
Leeks
Sweet peas

GROUP 3 UNLIMITED VEGETABLES

Celery
Mushrooms
Cucumbers
Watercress sprouts
Shallots
Endives
Spinach
Fennel
Bean sprouts
Lettuce
Peppers
Radishes

GROUP 4 DAIRY PRODUCTS

125 mL (1/2 cup) plain greek yogurt
125 mL (1/2 cup) ricotta cheese
125 mL (1/2 cup) cottage or quark cheese

250 mL (1 cup) of skimmed milk

GROUP 5 FRUITS

250 mL (1 cup) of blueberries
250 mL (1 cup) of blackberries
20 medium strawberries
1 orange
250 mL (1 cup) of raspberries
1 apple
2 clementines
2 kiwis
1 grapefruit

GROUP 6 WHOLE GRAINS AND STARCHES

50 mL (1/4 cup) quinoa
50 mL (1/4 cup) brown rice
50 mL (1/4 cup) basmati rice
50 mL (1/4 cup) barley
50 mL (1/4 cup) wild rice

GROUP 7 FATS: ESSENTIAL FATTY ACIDS (ALPHA-LINOLENIC)

10 mL (2 tsp) flaxseeds
10 mL (2 tsp) flaxseed oil
15 mL (1 Tbsp) canola oil
15 mL (1 Tbsp) walnut oil
15 mL (1 Tbsp) soy oil
15 mL (1 Tbsp) wheat germ oil

PORTION

- Protein (Group 1), for men, add an additional 50 g per serving

COOKING

- Vegetables (Group 2 or 3), steamed
- Protein (Group 1), oven-baked or grilled

UNLIMITED SEASONING!

- Garlic
- Spices
- Fine herbs
- Lemon juice
- Pepper
- Balsamic vinegar

WATER: DRINK AS MUCH AS YOU LIKE!

- Diet soft drinks (max. 2 glasses daily)
- Coffee (black or 5 mL (1 tsp) of 2% milk sweetener allowed)
- Tea (black or 5 mL (1 tsp) of 2% milk sweetener allowed)
- Water (6 to 10 glasses)
- Herbal tea
- Soda water

Drinking water is a very good habit. Water hydrates your body and makes your skin soft and smooth. It helps the kidneys flush away toxins and can help suppress hunger.

SALAD DRESSING RECIPE

- 15 mL (1 Tbsp) Meaux or Dijon mustard
- 15 mL (1 Tbsp) balsamic vinegar
- Lemon juice
- 5 mL (1 tsp) water
- Salt, pepper and fine herbs, to taste

1 ACTIVE PLAN*

Active Plan Menu

BREAKFAST

- One large glass of water
- One fruit (Group 5)
- One **ProtiLife** breakfast product
- Coffee or tea (black or 5 mL of 2% milk with sweetener)
- One slice of whole-wheat bread without butter

SNACK

- One dairy product (Group 4)
- One **ProtiLife** snack product

LUNCH

- One large glass of water
- One **ProtiLife** meal product
- One serving of vegetables (Group 2 or 3)
- One serving of whole grains and starches (Group 6)

SNACK

- One dairy product (Group 4)
- One **ProtiLife** snack product

DINNER

- One large glass of water
- One serving of proteins (Group 1)
- One serving of vegetables (Group 3)

SNACK

- One large glass of water
- One serving of vegetables (Group 3) or a fruit (Group 5)

2 TRANSITION (7 days)

WHEN DO YOU START THE TRANSITION PHASE?

After reaching your ideal weight loss goal during the Active Plan, you can start the Transition phase for a 7-day period. Take note that the Active Plan should last for a **maximum of 12 weeks (84 days).**

WHAT IS THE TRANSITION PHASE?

During this phase, you will gradually start to reintegrate several "current" foods in your day and thus reduce the amount of **ProtiLife** products to consume.

It is important to mention that the reason why breakfast is the most important meal of the day is that it terminates the night's "fasting". At sunrise, your body requires its "fuel" while during the day, your energy needs are in a decreasing mode. Therefore it is essential to eat well in the morning and then reduce each of your portions during the rest of the day. It allows your body to burn calories during the day instead of storing a surplus that it does not need.

THE IMPORTANCE OF THE TRANSITION PHASE

During the **ProtiLife** weight loss plan, your basic metabolism rhythm (the minimum energy expenditure that allows your body to survive while at rest) has slowed down while your body lost a little bit of its capacity to burn calories, those that you used to consume in your former life. It is the reason why the Transition phase is essential as it will restore your basic metabolism and help you maintain your weight.

Transition Plan Menu

BREAKFAST

- One glass of milk (1%)
- One dairy product (Group 4) or one hard-boiled egg
- One fruit
- One slice of whole grain bread or 175 mL of cereals
- 20 mL of natural peanut butter or one small serving of any unsalted nuts
- Coffee or tea (black or 5 mL of 2% milk with sweetener)

SNACK

- One large glass of water
- One **ProtiLife** snack product

LUNCH

- One serving of proteins (Group 1)
- One serving of vegetables (Group 2 or 3)
- One serving of whole grains and starches (Group 6)

SNACK

- One dairy product (Group 4)
- One **ProtiLife** snack product

DINNER

- One serving of proteins (Group 1)
- One serving of vegetables (Group 2 or 3)
- One serving of whole grains and starches (Group 6) or one fruit (Group 5)

SNACK

- One fruit
- One **ProtiLife** snack product

3 AFTER-DIET

Congratulation, you have achieved your weight loss objective!

BE PROUD OF YOUR SUCCESS!

In order to stay on track, it is important to maintain a balanced diet. Change your behaviour in relation to food and adopt a new, healthier lifestyle. Food is your friend: you simply need to manage it well.

Controlling your food portions is the key to maintaining your weight. Here are your new allies:

- Grilled chicken and fish
- Sautéed or steamed vegetables, seasoned with olive oil and fine herbs
- Whole-wheat bread (small servings)
- Water (at least 6 glasses daily)
- Sugar-free products
- Two **ProtiLife** pouches daily

We suggest consuming one **ProtiLife** snack at 10 a.m. and one at 4 p.m. to help control hunger and reduce servings during lunch and dinner.

1. Drink a large glass of water before the meal.
2. Avoid dishes with creamy sauce.
3. Order grilled fish or meat.
4. Replace potatoes with green vegetables.
5. Avoid the bread basket.
6. Replace dessert with a small plate of fresh fruits.

RESTAURANT
TIPS AND
TRICKS

*Consume only one pouch of soup and only one pouch of oatmeal per day. Consume at least one serving of essential fatty acids (Group 7) per day. Take one supplement of vitamin D (400 IU) daily.