




SLIM

**THERMO-SLIM
PROGRAM**



YOUR BEST BODY
8-WEEK CHALLENGE

DYLAN FLANNERY

TOP FITNESS TRAINER & INTERNATIONAL COVER MODEL

"The methods used in the Thermo-Slim Program are things that all of the top fitness models in the world and I do to stay in top shape year round. YOR Health has packaged it in a way where the average person can now do it too. This is going to be a big game changer in the fitness world!"



CLAIRE MORGAN

TOP LIFESTYLE COACH & INTERNATIONAL COVER MODEL

"YOR Health uses the highest quality products on the market and really takes care of all the fundamental areas of health.

"Packaged in convenient sets that can be delivered to your door, **living a healthy lifestyle has never been simpler.** I couldn't be happier for myself and my clients."



CONGRATULATIONS!

You've taken an important first step in controlling your weight and improving your health, and YOR Health is ready to help you every step of the way. You have selected the SLIM Set to support your goal to lose weight. This product set includes the Thermo-Slim Program with instructions to maximize your results and guide you to success with the YOR Best Body 8-Week Challenge.





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**THOUSANDS OF CHALLENGERS
GETTING MAXIMUM
RESULTS**

SLIM

CONSULT WITH YOUR HEALTH CARE PROVIDER

We recommend that you contact your health care provider before starting any diet or exercise program, and stay in touch throughout your weight-loss progress. Follow all safety instructions before beginning the program. You'll want your health care provider's supervision if you are:

- Over age 65
- Pregnant, nursing, diabetic, have hypertension, a history of chest pain, heart disease or other serious medical conditions
- Under age 18
- Taking medications, especially those for diabetes

† These statements have not been evaluated by the Food and Drug Administration. YOR Health products are not intended to diagnose, treat, cure, or prevent any disease.

As of Jan 2014, men and women who completed any cycle of the YOR Best Body 8-Week Challenge in the Weight Loss (SLIM) Category lost an average of 12.94 lbs. (5.86 kg.) in an eight week period, or 1 1/2 lbs. (0.68 kg.) per week. Optimal results are achieved when following the product regimen in combination with a healthy diet and exercise program.



THERMO-SLIM PROGRAM

If you are serious about your health and you are truly ready for a change, then this is the program that will give you success.

The Thermo-Slim program is based upon the secrets that fitness models and professional athletes have used for years to achieve and maintain their amazing physiques. Those secrets are now simplified into this program so that anyone can use them.

At YOR Health, it is our passion to provide everyone with a solid nutritional foundation to live a better, healthier, and happier life. Follow the Thermo-Slim Program for stunning maximum results!

HOW IT WORKS

The Thermo-Slim program integrates the Slim Set products into a complete diet and exercise rotation plan to help you achieve maximum results. This revolutionary method is designed to confuse the body by systematically switching up your diet and exercise. Why is this important? Once your body adapts to a new diet and exercise plan, important fat loss and muscle building hormones like thyroid, leptin, testosterone, and growth hormone all trail off and down-regulate. This process is what slows down your results and causes you to plateau. The secret to maintaining progress is to apply systematic changes that keep your body guessing. We implement this method along with powerful weight loss and muscle-building techniques, in a 3-Stage process that lasts 8 weeks.

The first stage is the **Balance Stage**, which provides a solid foundation and focuses on improving digestion for maximum weight loss. Next, the **Activate Stage** boosts your metabolism, preserves lean muscle, and triggers thermogenesis to help build momentum and results. And lastly, the **Ignite Stage** helps to overcome weight loss plateaus by igniting healthy energy and supporting a healthy metabolism. We want you to feel great as you reach your goals!†

Your body will continually be **Balancing**, **Activating**, and **Igniting** all at once throughout your 8-weeks, but we will intensely focus on each of the 3 stages for a period of time to confuse your body and maximize success.



This is an evolutionary program, meaning that it offers a continuous opportunity to maintain or advance your level of health and fitness. After completing an 8-Week Challenge cycle, you will update your custom plan at www.slim.yorhealth.com and repeat the **Balance Stage** (more details at the bottom of pg. 13). You can continue to challenge yourself and advance in the program, or simply repeat the program at the same level to maintain a healthy lifestyle with good habits.

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For a complete list of references please see: references.yorhealth.com

THE MEAL PLAN

WHY CALORIE CYCLE?

80% of diets fail. Why? Most often, it's because we hit plateaus and give up. But what if there was a way to eradicate diet plateaus?

Every time you cut calories, it's never long before your body recognizes that your eating less food and it begins to adapt to the change. Soon, your body adjusts your metabolism to burn fewer calories, your hunger increases, your energy drops, and it gets harder and harder to stick to your diet.

The THERMO-SLIM Meal plan is based around something called calorie cycling. You will rotate low calorie days (SLIM DOWN) with higher calorie days (CARBO-CHARGE). On both SLIM DOWN and CARBO-CHARGE days, you will eat 5 small meals a day to maximize fat burning, prevent over-eating and balance blood sugar levels. The plan also features YOR Shake to satisfy hunger, curb cravings and boost thermogenesis---all while controlling calories to help you lose weight and get fit!



SLIM DOWN

SLIM DOWN days are the days where you will consume fewer calories in order to lose weight and hit your goal. The number of calories on your SLIM DOWN days will be based on your weight, height, age, sex and activity level. SLIM DOWN days consist of 5 meals a day (3 mini meals and 2 YOR Shakes), in which you will reduce calories in the form of starchy carbs, at each meal. (For more info on SLIM DOWN meals, see pg. 34).



CARBO-CHARGE

CARBO-CHARGE days are where you will consume more calories in order to keep your body from getting accustomed to your new low calorie diet. CARBO-CHARGE days also consist of 5 meals a day (3 mini meals and 2 YOR Shakes). But on these days you will add back calories in the form of starchy carbs, while reducing fats at each meal. CARBO-CHARGE days will help to stimulate your metabolism, and push you past plateaus. (For more info on CARGO-CHARGE meals, see pg. 36).



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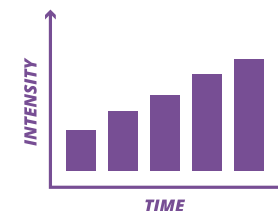
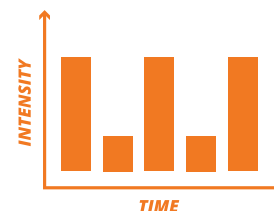
For a complete list of references please see: [references.yorhealth.com](https://www.yorhealth.com/references)

THE EXERCISE PLAN

WHY 2 WORKOUT METHODS?

If you worked out exactly the same way every single day your body would get used to the routine and you would plateau. In order to see maximum results you need to switch up your routine, intensity, and duration in order to continue stimulating fat loss muscle growth.

That's why the Thermo-Slim Program incorporates 2 methods of exercise, HIIT (High Intensity Interval Training) & PROGRESSIVE weight training, so that your body will continuously progress forward. As you move through the Balance, Activate, and Ignite Stages your exercise routine evolves to help you build upon your results. This plan combines the latest scientifically backed methods for maximizing fat loss, toning muscle and boosting your metabolism to help you reach your ultimate body transformation goals.



HIIT WORKOUTS

The idea behind HIIT Workouts is very similar to calorie cycling. The idea is to confuse your body so that you can break through those weight loss plateaus.

HIIT workouts consist of rotating short periods of low intensity exercise with short periods of high intensity exercise through various full body workouts to boost metabolism and increase fat loss. You'll choose 1 HIIT Workout at a time and they only last for 30 minutes – resulting in a short workout time nearly anyone can integrate into their lifestyle. (For more info on HIIT workouts, see pg. 38).



PROGRESSIVE WORKOUTS

Our PROGRESSIVE WORKOUTS consists of full body weight training workouts with little rest in between exercises.

On the Thermo-Slim program, each time you advance to a new stage you will slightly increase the weight, the number of reps, or the number of sets. Incorporating progressive weight training just 3x a week contributes to greater fat loss, an increase in lean muscle and a faster metabolism. (For more info on PROGRESSIVE workouts, see pg. 40).



* No matter what stage of health & fitness you are at, you are going to see results as long as you try! You don't have to complete the exercise in its entirety, just put in the effort and slowly build upon your results.

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WHAT IS YOUR FITNESS LEVEL?

LEVEL 1

OR

LEVEL 2



**DISCOVER
WHAT LEVEL YOU ARE
IN JUST 5 MINUTES!**

GO TO: WWW.SLIM.YORHEALTH.COM

Fill out the simple form at slim.yorhealth.com to get your numbers, then enter your results below.

ENTER YOUR NUMBERS

Write in your Level

Based on your Waist to Height ratio

LEVEL

.....

Slim Down Days

Write in your Slim Down Days number

SLIM DOWN DAYS

.....
CAL PER MEAL

Carbo-Charge Days

Write in your Carbo-Charge Days number

CARBO-CHARGE DAYS

.....
CAL PER MEAL

Protein

Write in your protein number

PROTEIN

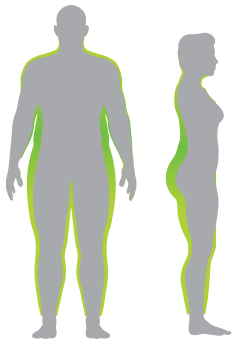
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GRAMS PER MEAL

IMPORTANT: At the beginning of EVERY 8-week challenge cycle return to slim.yorhealth.com to recalculate your custom plan. When you engage in repeat cycles, your plan needs to evolve according to your progress. For instance, when you lose weight after completing an 8-week cycle, your Level, Calories, and Protein requirements will need to change to reflect your new weight status.

DEFINING YOUR LEVEL

LEVEL 1: LOSE WEIGHT

If you are Level 1, continue to Page 16

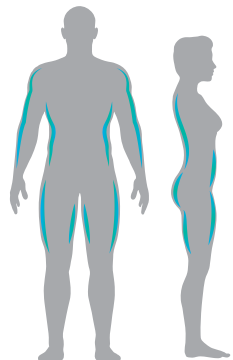


Level 1 focuses primarily on creating a consistent calorie deficit to put you in the fat-burning zone. If you complete an 8-Week Challenge cycle and achieve your weight loss goals, but still have a waist to height ratio above the Level 2 requirements, you will need to continue with the Level 1 plan for the next 8-Week cycle until your waist to height ratio qualifies you to advance.

To receive maximum long-term benefits, strive to continue to Level 2, where you will really notice the full power of the Thermo-Slim Program.

LEVEL 2: IMPROVE BODY COMPOSITION

If you are Level 2, continue to Page 24



Level 2 is ideal for people who are generally healthy, but would still like to slim down while improving muscle tone and increasing fitness. As you get closer to obtaining your ideal weight, it normally becomes harder and harder to drop the pounds because the metabolism tends to slow down. This level provides an effective strategy to help prevent the increased chance of experiencing a weight loss plateau at this stage.

BEFORE YOU BEGIN

5 SIMPLE STEPS TO BOOST YOUR SUCCESS

1 PLAN AHEAD TO GET AHEAD

Plan ahead. This advice is powerful. This can reduce the amount of times you need to use pure willpower and this will help you bounce back faster after setbacks. For tips on how to get started see pg. 32-33.

2 THERMO-SLIM MEAL EXAMPLES



Alternating SLIM DOWN and CARBO-CHARGE Days and eating 5 mini meals a day can curb hunger, balance blood sugar, boost metabolism and deliver the best results. For Daily Meal Plan examples see pg. 34-37.

3 MAKE YOUR EXERCISE COUNT



You don't always have to exercise longer and harder to obtain the best results. What you do and how you do it can have a greater impact on your results. To see more information on our HIIT & PROGRESSIVE Workouts, go to pg. 38-41.

4 CLEAN EATING FOR BETTER & FASTER RESULTS

Do you feel like you gain weight too easily? Are you fatigued even after a good night's sleep? If there were something that could boost your metabolism and increase your energy would you want to know about it? For more information on the best fat-burning foods see pg. 46-48.

5 HYDRATION

It's hard to stress just how important water is to your diet. The Daily Recommended Intake (DRI) for total daily water intake set by the Institute of Medicine is 3.7 liters for men and 2.7 liters for women. (This includes total water intake that can be included from fruits, vegetables and beverages like YOR Berry Blast).



THERMO-SLIM

LEVEL 1

WEEKLY GUIDE



BALANCE STAGE

WEEK 1 – 2

BALANCE ●●●●●●●●●●
 ACTIVATE ●●●●●●●●
 IGNITE ●●●●

BALANCE DIGESTION

When we change food intake during a diet, this can also change your bowel regularity until our body adapts to a new method of eating. If you are experiencing irregularity after your first 3-5 days on the program, try these additional methods for improving digestion:

- Take 2 YOR Digest Ultra capsules for larger meals, e.g. lunch and dinner.
- Drink plenty of water throughout the day.
- Drink 8-10 ounces of warm water with lemon upon rising to trigger bowel movements.
- Reduce stress. Try deep breathing exercises, yoga, and walking daily.
- Address food sensitivities with your doctor. If you improved your eating habits but have not noticed better digestion, you may have a food allergy or intolerance.

PRODUCT PLAN

PRODUCTS			
YOR Probiotics Ultra	1 Capsule		
YOR Digest Ultra		1 Capsule	
YOR Shake		2 Scoops	
YOR Berry Blast			1 Packet

* FOR PRODUCT SPECIAL INSTRUCTIONS SEE PG. 45

DAILY PLAN

WRITE IN YOUR CALORIES & PROTEIN FROM PG. 12 BELOW

Breakfast	Mid-Morning	Lunch	Exercise	Post Exercise	Dinner
140 CAL. PER SERVING OF YOR SHAKE CALORIE TARGET CALORIE TARGET	10 CAL. PER SERVING OF YOR BERRY BLAST	140 CAL. PER SERVING OF YOR SHAKE CALORIE TARGET
20 g. OF PROTEIN PROTEIN (GRAMS) PROTEIN (GRAMS)		20 g. OF PROTEIN PROTEIN (GRAMS)

⊕ **MAX RESULTS TIP** – Consume 3 scoops of YOR Shake to help gain lean muscle mass.†

WEEKLY PLAN

PROGRESSIVE EXERCISE PLAN WITH SLIM DOWN DAYS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low Intensity Cardio 30-45 min	Moderate Weights High Reps 30 min	Low Intensity Cardio 30-45 min	Rest	HIIT Workout see pg. 38 30 min	Moderate Weights High Reps 30 min	Rest

- Go at your own pace.** If you're just beginning to exercise, start cautiously and progress slowly. No matter what stage of health & fitness you are at, you are going to see results as long as you try!
- Strength training boosts metabolism and burns more fat in 24 hours.** Adding just two weight lifting sessions per week can reduce your body fat by three percent. See pg. 40 for how to get started.

⊕ **IMPORTANT** - Consume YOR Shake within the prime metabolic window 30 min. after workouts.†

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LEVEL 1

ACTIVATE STAGE

WEEK 3 – 5



ACTIVATE METABOLISM

Combining YOR Shake at key times with a progressive exercise plan that includes lifting weights can propel your metabolism to burn more fat and preserve lean muscle. Utilize these methods to ensure that your metabolism and fat burning furnace are functioning at their optimum state:[†]

Consume YOR Shake 2-5x a day (minimum 2x a day).

Eat 5 evenly spaced meals a day to maintain a consistent metabolic rate.

Eat within the first hour of waking to boost metabolism and burn more calories all day.

Add delicious spices to boost metabolism.

Weight lifting at least 2-3x a week - Preserves & builds lean muscle, boosting your resting metabolic rate.

Include several High Intensity Interval Training (HIIT) sessions during each week of the Activate Stage to boost fat-burning for 24 hours.

PRODUCT PLAN

PRODUCTS			
YOR Probiotics Ultra	1 Capsule		
YOR Digest Ultra		1 Capsule	
YOR Shake		2 Scoops	
YOR Berry Blast			1 Packet

* FOR PRODUCT SPECIAL INSTRUCTIONS SEE PG. 45

DAILY PLAN

WRITE IN YOUR CALORIES & PROTEIN FROM PG. 12 BELOW



Breakfast + Mid-Morning + Lunch + Exercise + Post Exercise + Dinner

140 CAL. PER SERVING OF YOR SHAKE	CALORIE TARGET CALORIE TARGET	10 CAL. PER SERVING OF YOR BERRY BLAST	140 CAL. OF YOR SHAKE CALORIE TARGET
20 g. OF PROTEIN	CALORIE TARGET CALORIE TARGET		20 g. OF PROTEIN CALORIE TARGET
 PROTEIN (GRAMS) PROTEIN (GRAMS)		 PROTEIN (GRAMS)

⊕ **MAX RESULTS TIP** – Consume 3 scoops of YOR Shake to help gain lean muscle mass.[†]

WEEKLY PLAN

PROGRESSIVE EXERCISE PLAN WITH SLIM DOWN & CARBO-CHARGE DAYS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low Intensity Cardio 45 min	Moderate Weights High Reps 45 min	HIIT Workout see pg. 38 30 min	Rest	HIIT Workout See pg. 38 30 min	Moderate Weights High Reps 45 min	Rest

1-2 HIIT Workouts can help stimulate your metabolism to overcome plateaus. HIIT is an exercise method in which you simply alternate high intensity periods with lower intensity periods. The key is to pick exercises that use the majority of muscle groups. For more details see pg. 38.

⊕ **IMPORTANT** - Consume YOR Shake within the prime metabolic window 30 min. after workouts.[†]

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THERMO-SLIM

LEVEL 2

WEEKLY GUIDE





BALANCE STAGE

WEEK 1 – 2

BALANCE ●●●●●●●●●●
 ACTIVATE ●●●●●●●●
 IGNITE ●●●●

BALANCE DIGESTION

When we change our food intake, our regularity also changes until our body adapts. If you are experiencing irregularity after your first 3-5 days on the program try these additional methods for improving digestion:

Take 2 YOR Digest Ultra capsules for larger meals, like lunch and dinner.

Drink plenty of water throughout the day.

Drink 8-10 oz. of warm water with lemon upon rising to trigger bowel movements.

Reduce Stress. Try deep breathing exercises, yoga, and walking daily.

Address food sensitivities with your doctor. If you improved your eating habits but have not noticed better digestion, you may have a food allergy or intolerance.

PRODUCT PLAN

PRODUCTS			
YOR Probiotics Ultra	1 Capsule		
YOR Digest Ultra		1 Capsule	
YOR Shake		2 Scoops	
YOR Berry Blast			1 Packet

* FOR PRODUCT SPECIAL INSTRUCTIONS SEE PG. 45

DAILY PLAN

WRITE IN YOUR CALORIES & PROTEIN FROM PG. 12 BELOW



Breakfast + Mid-Morning + Lunch + Exercise + Post Exercise + Dinner

140 CAL. PER SERVING OF YOR SHAKE	CALORIE TARGET CALORIE TARGET CALORIE TARGET CALORIE TARGET	10 CAL. PER SERVING OF YOR BERRY BLAST	140 CAL. PER SERVING OF YOR SHAKE CALORIE TARGET CALORIE TARGET
20 g. OF PROTEIN PROTEIN (GRAMS) PROTEIN (GRAMS)		20 g. OF PROTEIN PROTEIN (GRAMS)

⊕ MAX RESULTS TIP – Consume 3 scoops of YOR Shake to help gain lean muscle mass.†

WEEKLY PLAN

PROGRESSIVE EXERCISE PLAN WITH SLIM DOWN & CARBO-CHARGE DAYS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low Intensity Cardio 30-45 min	Moderate Weights High Reps 30 min	Rest	Moderate Weights High Reps 30 min	HIIT Workout see pg. 38 30 min	Rest	Moderate Weights High Reps 30 min

- Go at your own pace.** If you're just beginning to exercise, start cautiously and progress slowly. No matter what stage of health & fitness you are at, you are going to see results as long as you try!
- Strength training boosts metabolism and burns more fat in 24 hours.** According to studies, weight lifting 3x a week delivers the best results. See pg. 40 for how to get started.

⊕ IMPORTANT - Consume YOR Shake within the prime metabolic window 30 min. after workouts.†

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ACTIVATE STAGE

WEEK 3 – 5



ACTIVATE METABOLISM

Combining YOR Shake at key times with a progressive exercise plan that includes lifting weights can propel your metabolism to burn more fat and preserve lean muscle. Utilize these methods to ensure that your metabolism is burning at its optimum state.†

- Consume YOR Shake 2-5x a day. (minimum 2x a day).
- Eat 5 evenly spaced meals a day to maintain a consistent metabolic rate.
- Eat within the first hour of waking to boost metabolism and burn more calories all day.
- Add delicious spices to boost metabolism.
- Weight lifting at least 2-3x a week - Preserves & builds lean muscle, boosting your resting metabolic rate.
- Include several High Intensity Interval Training (HIIT) sessions during each week of the Activate Stage to boost fat-burning for 24 hours.

PRODUCT PLAN

PRODUCTS			
YOR Probiotics Ultra	1 Capsule		
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YOR Berry Blast			1 Packet

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DAILY PLAN

WRITE IN YOUR CALORIES & PROTEIN FROM PG. 12 BELOW

Breakfast	Mid-Morning	Lunch	Exercise	Post Exercise	Dinner
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20 g. OF PROTEIN CALORIE TARGET CALORIE TARGET		20 g. OF PROTEIN CALORIE TARGET
 PROTEIN (GRAMS) PROTEIN (GRAMS)		 PROTEIN (GRAMS)

⊕ **MAX RESULTS TIP** – Consume 3 scoops of YOR Shake to help gain lean muscle mass.†

WEEKLY PLAN

PROGRESSIVE EXERCISE PLAN WITH SLIM DOWN & CARBO-CHARGE DAYS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low Intensity Cardio 30-45 min	Moderate Weights High Reps 45 min	HIIT Workout See pg. 38 30 min	Moderate Weights High Reps 45 min	HIIT Workout See pg. 38 30 min	Rest	Moderate Weights High Reps 45 min

- 1-2 HIIT Workouts can help stimulate your metabolism to overcome plateaus. HIIT is an exercise method in which you simply alternate high intensity periods with lower intensity periods. The key is to choose exercises that use the majority of muscle groups. For details see pg. 38.
- Carbo-Charge days help to boost metabolism and increase muscle gain even further when you combine them with more intense weight training days.

⊕ **IMPORTANT** - Consume YOR Shake within the prime metabolic window 30 min. after workouts.†

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IGNITE STAGE

WEEK 6 – 8



IGNITE HEALTHY ENERGY

The Ignite Stage helps you continue to see results by igniting healthy energy to help overcome weight loss plateaus.[†] At the most basic level, breaking a fat loss plateau simply means introducing changes to stimulate your metabolism to re-establish a calorie deficit.

You should see some kind of positive result every week. If you see no results after a 7-day period, honestly ask yourself: "Have I been doing what I know I should be doing, every day? Have I put in 100% effort or could I have given it more?" If your compliance is good and results have stagnated, try the following methods for overcoming plateaus:

- Have a YOR Berry Blast up to 3 times a day to ignite healthy energy and support fat oxidation.[†]
- Improve your food choices. Choose more 'best' Options from the Clean Eating foods list on pg. 46-48.
- Skip a Carbo-Charge Day. Reducing starchy carbs can force your body to burn more fat.
- Try different types of physical activity: bike riding, swimming, hiking, tennis, etc.
- Increase your daily energy expenditure. Take the stairs. Park further away. Bike to work. Take a walk at lunch. Minimize sedentary activities like watching TV to 10 hours per week.
- Increase the duration, frequency or intensity of your exercise.

PRODUCT PLAN

PRODUCTS			
YOR Probiotics Ultra	1 Capsule		
YOR Digest Ultra		1 Capsule	
YOR Shake		2 Scoops	
YOR Berry Blast			1 Packet

* FOR PRODUCT SPECIAL INSTRUCTIONS SEE PG. 45

DAILY PLAN

WRITE IN YOUR CALORIES & PROTEIN FROM PG. 12 BELOW

Breakfast	Mid-Morning	Lunch	Exercise	Post Exercise	Dinner
140 CAL. PER SERVING OF YOR SHAKE CALORIE TARGET CALORIE TARGET	10 CAL. PER SERVING OF YOR BERRY BLAST	140 CAL. PER SERVING OF YOR SHAKE CALORIE TARGET
20 g. OF PROTEIN CALORIE TARGET CALORIE TARGET		20 g. OF PROTEIN CALORIE TARGET
 PROTEIN (GRAMS) PROTEIN (GRAMS)		 PROTEIN (GRAMS)

⊕ **MAX RESULTS TIP** – Consume 3 scoops of YOR Shake to help gain lean muscle mass.[†]

WEEKLY PLAN

PROGRESSIVE EXERCISE PLAN WITH SLIM DOWN & CARBO-CHARGE DAYS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Workout See pg. 38 30 min	Moderate Weights High Reps 45-1 hr	HIIT Workout See pg. 38 30 min	Moderate Weights High Reps 45-1 hr	HIIT Workout See pg. 38 30 min	Rest	Moderate Weights High Reps 45-1 hr

⊕ **IMPORTANT** - Consume YOR Shake within the prime metabolic window 30 min. after workouts.[†]

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PLAN AHEAD TO GET AHEAD

1 THE PROPER MINDSET

KNOW WHY.

Beginning a program with the proper mindset is everything. Knowing why you want to eat healthier can help you make changes in your eating habits, and stay positive about those changes. Write down your reasons and use them as a daily reminder to drive positive action.

MAKE A COMMITMENT AND GAIN SUPPORT.

Make a commitment to yourself when you set your goals. Surround yourself with people who help to support and reinforce your commitment. Having support and understanding from family can help create the proper environment for success.

VISUALIZE YOURSELF IN YOUR NEW BODY.

Take 5-10 min. everyday to visualize yourself with the body you want to achieve. See yourself feeling powerful, attractive, healthy, full of energy, vibrant and alive! You want to be able to live your life to the max. To be able to do that, motivate yourself with where you want to be. If you are used to being spurred to action through fear, negativity, doubt or oppression, this is your time to change your outlook, mentality and relationship with yourself. If you want your body to change, you have to change your mind.

2 PLAN AHEAD

PICK A FEW EASY FAVORITE HEALTHY RECIPES AND MAKE DOUBLE.

One of the best ways to have a healthy diet is to prepare your own food. If you have three or four easy and delicious meals planned per week and eat leftovers on the other nights, this can help you create a healthy alternative to eating take-out, fast food or frozen dinners.

SUNDAY & WEDNESDAY METHOD.

Plan all your meals at the beginning of the week and take care of all shopping on Sunday. Set aside some time on Sundays and Wednesdays to chop, grate, mix, cook and pack whatever you can for your meals and snacks. It's amazing how even doing something simple, like chopping vegetables for your scrambled eggs or salads, can save you time during the week.

3 GET ORGANIZED

CLEAN THE KITCHEN & PANTRY.

Cleaning your kitchen and pantry is an important first step toward losing weight and becoming healthier. To put you on the right track to success, throw out or donate the following items to a food drive:

Anything in a box or can. These are foods like macaroni and cheese, skillet meals, cookies, pudding, sugary cereals, and anything labeled "instant."

Refined flours and sugars. These include all-purpose flour, table sugar, regular pasta, white bread, white rice, and white crackers. These should all be replaced with whole grain equivalents, such as brown rice, and whole grain breads.

It is also important to clean out your refrigerator and freezer. Eliminate any products with high-fructose corn syrup and added sugar, such as flavored yogurt snacks and some juices. Prepared and pre-cooked meats like bacon, hot dogs, and lunchmeats should also be eliminated because they are often high in calories, sodium, and nitrates.

KEEP A WELL-STOCKED PANTRY AND FRIDGE.

By having a well-stocked kitchen, you have basic meal tools, such as stocks, soups, beans, and grains, on hand. Making extra portions of foods like brown rice or gilled chicken breast, can also provide meals later in the week.

4 MAKE A LIST

USE OUR 'CLEAN EATING' GUIDE.

To prepare your shopping list, use our foods list on pg. 46-48 and make sure you have all the main components to assemble your SLIM DOWN and CARBO-CHARGE plates. Have a meal or snack before you shop so it is easier to make healthy decisions and stick to your list. Also shop the perimeter of the grocery store. This is usually where fresh whole foods like fruit, vegetables, meat and fish are usually stored for access to refrigeration. Avoid the center aisles where junk foods lurk.

5 ESTABLISH A ROUTINE

SIMPLIFY.

Most people have success when they initially reduce their number of food choices. For example, you may want to have two or three choices that you consistently eat for breakfast and lunch. When you limit your options to your few favorite choices, you make it easier to plan and prepare for those meals. If you're worried about variety, you can use your dinner meal as the place to experiment with more food choices.



SLIM DOWN MEALS

3 SLIM DOWN MEALS + 2 YOR SHAKES



STEP 1: FILL 1/4 PLATE WITH PROTEIN



STEP 2: FILL 3/4 PLATE WITH VEG & FRUIT



STEP 3: ADD HEALTHY FATS AS TOPPINGS

FILL IN YOUR NUMBERS BELOW. Use the Plate Method to plan your SLIM DOWN meals. If you find making meals difficult, don't worry, your portions don't have to be perfect.

CALORIE TARGET _____ & PROTEIN TARGET _____

- PROTEIN:** Choose a lean protein for every meal. Bake, broil, or grill your way to a delicious and healthy meal.
- VEGETABLES & FRUIT:** Include a variety of colorful vegetables and fruit to pack a broad range of nutrients and flavor.
- HEALTHY FATS AS TOPPINGS:** Add avocado, various nuts, healthy oils, or low fat salad dressing for savory richness and texture.



DAILY PLAN EXAMPLE

SLIM DOWN AVG. DAILY CALORIES:
MEN 1600 CAL / WOMEN 1060 CAL



BREAKFAST

EXAMPLE:

YOR Shake Chocolate

CALORIES

130 cal

PROTEIN

20 gms



MID-MORNING

EXAMPLE:

2-3 Hard-boiled eggs with fruit and 4 oz. low-fat cottage cheese

CALORIES

Men 440 cal (3 eggs)
Women 260 cal (2 eggs)

PROTEIN

Men 35 gms
Women 26 gms



LUNCH

EXAMPLE:

Chicken Caesar Salad with low-fat dressing

CALORIES

Men 440 cal (~5 oz chicken)
Women 260 cal (~3-4 oz chicken)

PROTEIN

Men 35 gms
Women 26 gms

EXERCISE

1 YOR Berry Blast

CALORIES

10 cal



POST-EXERCISE SNACK

EXAMPLE:

YOR Shake Vanilla

CALORIES

140 cal

PROTEIN

20 gms



DINNER

EXAMPLE:

Top round steak, green beans and garden salad

CALORIES

Men 440 cal (5 oz steak)
Women 260 cal (~3-4 oz steak)

PROTEIN

Men 35 gms
Women 26 gms



CARBO-CHARGE MEALS

3 CARBO-CHARGE MEALS + 2 YOR SHAKES (W/FRUIT)



-  **STEP 1: FILL 1/4 PLATE WITH PROTEIN**
-  **STEP 2: FILL 1/2 PLATE WITH VEG & FRUIT**
-  **STEP 3: FILL 1/4 PLATE WITH STARCHES**
-  **STEP 4: ADD HEALTHY FATS AS TOPPINGS**

FILL IN YOUR NUMBERS BELOW. Use the Plate Method to plan your SLIM DOWN meals. If you find making meals difficult, don't worry, your portions don't have to be perfect.

CALORIE TARGET _____ & PROTEIN TARGET _____

STARCHES: Choose unprocessed or minimally processed whole grains; slow cooked brown rice, sweet potatoes, and whole oats.

***** REALLY IMPORTANT:** Eat every 3 hours to maximize fat burning, prevent over-eating, and balance blood sugar levels. Avoid irregular habits that keep you stuck in a starve-and-binge cycle. Staying on a moderate and consistent meal schedule is the hallmark of success.



DAILY PLAN EXAMPLE

CARBO-CHARGE AVG. DAILY CALORIES:
MEN 2450 CAL / WOMEN 1850 CAL



BREAKFAST

EXAMPLE:

YOR Shake Vanilla with mixed berries

CALORIES

190 cal

PROTEIN

20 gms



MID-MORNING

EXAMPLE:

Nonfat Greek yogurt and fruit with high protein cereal (no sugar added)

CALORIES

Men 690 cal

Women 490 cal

PROTEIN

Men 35 gms

Women 26 gms



LUNCH

EXAMPLE:

Chicken breast, brown rice, broccoli and side salad

CALORIES

Men 690 cal (5 oz chicken)

Women 490 cal (3-4 oz chicken)

PROTEIN

Men 35 gms

Women 26 gms



POST-EXERCISE SNACK

EXAMPLE:

YOR Shake Chocolate with 1/2 banana

CALORIES

180 cal

PROTEIN

20 gms



DINNER

EXAMPLE:

Grilled salmon, yams, asparagus & side salad

CALORIES

Men 690 cal (5 oz salmon)

Women 490 cal (3-4 oz salmon)

PROTEIN

Men 35 gms

Women 26 gms



HIIT WORKOUTS

LOW INTENSITY - HIGH INTENSITY

CHOOSE **1 HIIT EXERCISE** PER WORKOUT SESSION

1 SPRINT OR CYCLE

Perform 8 seconds at a high intensity and jog or cycle at a low intensity for 12 seconds.

Repeat this for 20 minutes.

2 SPRINT

For 15 seconds and walk/jog for 30 seconds.

Repeat this for 20 minutes.

3 SPRINT

For 30 seconds and walk/jog for 60 seconds.

Repeat this for 20 minutes.

4 SPRINT/FAST RUN

For 60 seconds and walk/jog for 90-120 seconds.

Repeat this for 20 minutes.

5 CIRCUIT TRAINING

Mix up squats, bench presses, deadlifts, and pull-ups. Move quickly between each exercise and do 1 minute of each exercise for every 1 minute of rest.

Repeat this for 20 minutes.

6 BODYWEIGHT TRAINING

Combine bodyweight squats, pushups, and pull-ups for 1 minute of exercise, followed by 1 minute of rest.

Repeat this for 20 minutes.

7 JUMP ROPE

Jump rope for 1 minute of exercise, followed by 1 minute of rest.

Repeat this for 20 minutes.

8 STEPS

Run up and down steps for 1 minute and then rest for 1 minute.

Repeat this for 20 minutes.

It is helpful to rotate your HIIT workouts, to challenge different muscle groups and to stimulate your metabolism.



THE HIIT WORKOUT PREP

FOR BEGINNERS

BASIC HIIT WORKOUT: 30 MINUTES - 4-5X A WEEK



BEFORE YOU BEGIN

Always warm up to prevent injury, and begin with the shorter interval routines to gradually build up your endurance. We recommend that beginners start with low impact exercises like cycling so it is easier on the joints. Be sure you have a timer to keep track of your interval times.

RUN OR CYCLE:

Warm up: 5 minutes and stretch out well

High Interval: Perform 8 seconds of heavy work at a high intensity

Low Interval: Perform 12 seconds of light to moderate work at a low intensity

Repeat: Rotate this cycle for 20 minutes

Cool down: 5 minutes and stretch out well

TOTAL WORKOUT TIME: 30 minutes

If you have not exercised in a really long time, repeat The Prep Plan above for as many weeks of the 8-week program as needed, until you feel conditioned to move on to the progressive exercise plan in Level 1 or Level 2.

START CAUTIOUSLY AND PROGRESS SLOWLY.



PROGRESSIVE WORKOUTS

FULL BODY WORKOUT

THE MAIN GOAL: EXERCISE ALL MUSCLE GROUPS EACH SESSION

Choose at least 1 exercise **PER MUSCLE GROUP** per session

1 CHEST

Examples: Try a combination of Bench Press, Fly, Push-Up, Chest Dip, Chest Press, or Pullover exercises.

5 TRICEPS

Examples: Try a combination of Tricep Kickback, Dip, Triangle Push-Up, Pushdown, or Tricep Extension exercises.

2 BACK

Examples: Try a combination of Row, Bent-over Row, Wide Grip Pull-Ups, or Hip Bridge exercises.

6 QUADRICEPS

Examples: Try a combination of Squat, Lunge, straight leg raise, or Step-Ups exercises.

3 SHOULDERS

Examples: Try a combination of Arm Circles, Overhead Press, Band Pull Apart, Ropes, or Delta Row exercises.

7 HAMSTRINGS

Examples: Try a combination of Deadlift, Ham Raise, Good Morning, or Leg Curl exercises.

4 BICEPS

Examples: Try a combination of Curl, Underhand Chin-Up, or Inverted Row exercises.

8 ABS

Examples: Try a combination of Crunches, Knee Lifts, or Plank exercises.

IF YOU DON'T HAVE ACCESS TO A GYM you can build your routine from the comfort of your home. The weight you use can come from your body weight, gravity, resistance band, or momentum.

GENERAL RULES: **1.** Always warm up. Jog and stretch at least 5 min. before and after your session to prevent injury. **2.** Lift and lower the weights slowly. Take 4-5 seconds to complete one rep in a slow, controlled manner. **3.** Breathe. Don't hold your breath, and use a full range of motion throughout the movement. **4.** Stand up straight. Pay attention to your posture and engage your abs in every movement.

REST TIME BETWEEN SETS: Rest 30-60 seconds between sets. Take enough time to recover breathing but move quickly between exercises to keep your heart rate up. For squats and dead lifts rest 2 minutes between sets. (These exercises demand more oxygen and require more rest.)



THE PROGRESSIVE ROUTINE

FULL BODY WORKOUT

FOLLOW THE ROUTINE THAT MATCHES **YOUR LEVEL**

LEVEL 1

LEVEL 2

BALANCE STAGE

WEEK 1-2

Perform 3 sets of each exercise for about 10-20 reps.

ACTIVATE STAGE

WEEK 3-5

Increase weights and perform 3 sets of each exercise for about 10-20 reps.

IGNITE STAGE

WEEK 6-8

Increase weights and perform 4 sets of each exercise for about 15-20 reps.

BALANCE STAGE

WEEK 1-2

Perform 3 sets of each exercise for about 10-20 reps.

ACTIVATE STAGE

WEEK 3-5

Increase weights and perform 4 sets of each exercise for about 10-20 reps.

IGNITE STAGE

WEEK 6-8

Increase weights and perform 5 sets of each exercise for about 15-20 reps.

Each time you move up a stage from **Balance**, **Activate** to **Ignite**, increase the weight, and keep the number of reps the same or higher. Each session, try different exercises and change the order you do the exercises.

IMPORTANT: If you're just beginning to exercise, start cautiously and progress slowly. Repeat the Balance Stage if needed and allow for time to recover. Also, begin your routine by using machines versus free weights. This is ideal because it provides more support and stability for the core, joints, and other weak areas. If you have an injury or medical condition, consult your doctor or a physical therapist for help designing a fitness program that gradually improves range of motion, strength and endurance.

YOUR RESULTS GIVE YOU AN OPPORTUNITY TO GRAB A PIECE OF
**\$265,000 IN PRODUCT-PRIZES
 AND CASH GIVEAWAYS.**

**KEEP YOUR
 TRANSFORMATION
 GOING!**

MAKE SURE YOU'RE ON AUTOSHIP!

CHALLENGE T-SHIRTS

UNLOCK & COLLECT THEM ALL!

After you successfully complete 2 Challenge Cycles, you will receive one Free T-Shirt in your next AutoShip order. You will receive 1 Free T-Shirt for each additional Challenge Cycle you successfully complete, up to your 6th Cycle (Professional). All Challenge Cycle T-Shirts that you have unlocked will also be available for purchase at the YOR Health online store.



1ST CYCLE



2ND CYCLE



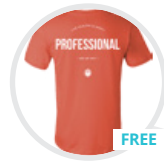
3RD CYCLE



4TH CYCLE



5TH CYCLE



6TH CYCLE



BECOME A
WINNER!
 24 MONTHLY WINNERS

4 CATEGORIES - MALE/FEMALE + SLIM/SCULPT

1ST PLACE

\$1000 USD

IN PRODUCT-PRIZES

2ND PLACE

\$750 USD

IN PRODUCT-PRIZES

3RD PLACE

\$500 USD

IN PRODUCT-PRIZES



WWW.YORBESTBODY.COM

YOR Best Body Challenge prizes are a combination of free products, prizes and vacations, with a total value of \$265,000 annually. There is no guarantee of winning or receiving a specific prize. For complete contest rules, go to www.yorbestbody.com.

Upon completion of the 8-Week (56 days) Challenge, each participant's results are examined by a panel of judges to determine the winner for each category of the YOR Best Body Challenge. This is not a random drawing.

SIMPLE REGIMEN



SIMPLE REGIMEN

YOR HEALTH PRODUCTS + REPLACE MEALS WITH SHAKES

The Simple Regimen provides an easy alternative to the Thermo-Slim Program. If you have a very busy lifestyle and prefer a simple routine, replace meals with shakes and take YOR Health products as recommended for great results!

SPECIAL INSTRUCTIONS



YOR PROBIOTICS ULTRA®

Take 1 probiotic capsule upon rising or at bedtime.

If you are not achieving 1-2 bowel movements a day, take one additional YOR Probiotics Ultra capsule at lunch and/or dinner.

Those with sensitive digestive systems may experience minor bloating for a few days, until regularity normalizes.



YOR DIGEST ULTRA®

Take 1 capsule with 8 oz. of water at the beginning of a meal. One capsule is generally recommended, but two capsules may be taken for greater digestive needs.



YOR SHAKE™

Pour 8-12 oz. of cold water into a blender or YOR Shaker Cup. Next add 2-3 rounded scoops of YOR Shake™. Blend or shake vigorously for 15-30 seconds.

3 scoops are recommended for those looking to boost metabolism, gain lean muscle mass, or who currently consume more than 2000 calories per day.†

Try mixing YOR Shake™ Chocolate or Vanilla with fruit for taste, health and variety: 1/2-1 cup of strawberries, peaches, or mango, 1/2 cup of blueberries, or 1/2 of a banana. Note: mixing with fruit increases calorie content.

To maximize your 'metabolic window' consume YOR Shake within 30 minutes after exercise.†



YOR BERRY BLAST

Mix 1 packet with 6-8 oz. of water. May be taken 1/2 hour before and during exercise, or anytime for an energy boost. But take before 5 pm, as it may cause sleeplessness. Do not exceed 3 packets per day.



HYDRATION MEN 3.7 Liters (~15.5 Cups) WOMEN 2.7 Liters (~11.5 Cups)

† These statements have not been evaluated by the Food and Drug Administration. YOR Health products are not intended to diagnose, treat, cure, or prevent any disease.

CLEAN EATING FOR BETTER & FASTER RESULTS

For best results, try to eat clean, delicious fat-burning foods 80-90% of the time. Also see our recommendation for replacing fattening foods with healthier options. You can still lose weight without completely changing your diet, but if you're interested in having more energy, improving your health, boosting your mood, and shedding excess weight, see the recommendations below.

	BEST ✓✓✓	GREAT ✓✓	GOOD ✓	AVOID ✗
FRUITS AND SIMPLE CARBS	ACAI BERRIES	PAPAYA	PINEAPPLE	COOKIES
	APPLES	STRAWBERRIES	MANGO	PASTRIES
	BLACKBERRIES	CANTALOUPE	GRAPES	CANDY
	BLUEBERRIES	CHERRIES	BANANA	PASTEURIZED JUICE
	RASPBERRIES	POMELO	GUAVA	SODA
	POMEGRANATE	PEARS	PASSION FRUIT	WHITE SUGAR
	GOJI BERRIES	ORANGES	PRESSED JUICE	HIGH FRUCTOSE SYRUP
	CAMU CAMU	NECTARINES	HONEY	CORN SYRUP
	BERRIES	APRICOTS	100% MAPLE SYRUP	AGAVE
	CRANBERRIES	TANGERINES	STEVIA	REFINED CHOCOLATE
GOOSEBERRIES	PLUMS	CACAO		
GRAPEFRUIT	JACKFRUIT	CAROB		
LYCHEE	KUMQUAT			
KIWI	WATER			
	MELON			
	CLEMENTINE			
	PEACH			
	LEMONS			
	LIMES			
VEGETABLES	DARK LEAFY GREENS	ROMAINE LETTUCE	CORN	
	SPINACH	ZUCCHINI	ICEBERG LETTUCE	
	KALE	CARROTS		
	ARUGULA	GREEN BEANS		
	WATERCRESS	BEETS		
	SWISS CHARD	CAULIFLOWER		
	BROCCOLI	MUSHROOMS		
	BOK CHOY			
	ARTICHOKES			
	ASPARAGUS			
	BRUSSEL SPROUTS			
	BELL PEPPERS			
	TOMATOES			
	CABBAGE			
	CUCUMBERS			
	CELERY			
	ONIONS			
	LEEKs			
GARLIC				

	BEST ✓✓✓	GREAT ✓✓	GOOD ✓	AVOID ✗
PROTEINS	CHICKEN BREAST <small>free range, hormone free</small>	BUFFALO	GROUND BEEF <small>Extra lean</small>	GROUND BEEF <small>70 - 80% lean</small>
	TURKEY BREAST <small>extra lean, pasture raised</small>	BISON	CUTS OF PORK LOINS <small>very lean</small>	DEEP-FRIED MEATS
	COD FISH <small>wild caught</small>	LEAN GAME MEATS	PORK ROUNDS <small>very lean</small>	CHICKEN THIGHS <small>with skin</small>
	HALIBUT	LEAN CUTS OF BEEF <small>grass fed</small>	TURKEY THIGHS <small>very lean</small>	PROCESSED MEATS <small>like ham</small>
	SCALLOPS	FLANK STEAK	DARK TURKEY MEAT <small>very lean</small>	sausage <small>and deli meats</small>
	ALBACORE TUNA <small>U.S. or British Columbia</small>	TOP SIRLOIN <small>extra lean</small>	CHICKEN THIGHS <small>without skin</small>	HOTDOG
	SALMON <small>wild Alaskan</small>	GROUND TURKEY <small>low-fat</small>		BACON
	EGG WHITES	LIGHT TOFU		HAMBURGERS
	WHOLE EGGS <small>organic, cage free & hormone-free</small>	SOY <small>non-GMO</small>		
	BLACK BEANS	TEMPEH		
	GARBANZO BEANS	EDAMAME		
	KIDNEY BEANS	HUMMUS		
	LIMA BEANS	NUT BUTTERS <small>natural non-sweetened</small>		
	NAVY BEANS			
	PINTO BEANS			
	WHITE BEANS			

Use the charts below to determine how many grams of protein are found in common food selections.

Lean Protein Selections	Each Serving = 0 g carbohydrate, 7 g protein, 0-3 g fat, 45 calories
Beef (Select or Choice grades): ground round, roast (chuck, rib, rump), sirloin	28 g
Steak (flank, porterhouse, T-bone), tenderloin: 1 oz.	28 g
Cheeses (0-3 g fat per oz.): 1 oz.	28 g
Cottage cheese: 1/4 cup	56 g
Egg Whites: 2	66 g
Fish: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna:	28 g
Game: buffalo, venison	28 g
Pork, lean: pork tenderloin: 1 oz.	28 g
Poultry, skinless: cornish hen, chicken, turkey	28 g
Shellfish: clams, crab, imitation shellfish, lobster, scallops	28 g
Vegetarian Protein Selections	Each Serving = 7 g protein, 0-7 g of fat
Tofu, light	115 g
Tempeh	56 g
Soy non-GMO Beans (all types, cooked)	40 g
Eggs	33 g
Beans (all types, cooked)	112 g
Edamame	112 g

Food charts display unprocessed, natural whole foods, and are organized and recommended according to: nutrient density, protein, fiber, sugar, fat (low saturated and no trans fats), and sodium content. - Food-A-Pedia USDA Center for Nutrition

NOTE: not all proteins are made up of 100% protein. Animal sources have various levels of fat, and beans and legumes contain twice the amount of carbohydrate as protein.

*Protein Chart - Academy of Nutrition and Dietetics Food Exchange List (formerly ADA) 2008

STARCHY CARBOHYDRATES

FATS

BEST ✓✓✓	GREAT ✓✓	GOOD ✓	AVOID ✗
WHOLE GRAINS quinoa barley amaranth millet spelt STARCHY VEGETABLES acorn squash butternut squash yams OATMEAL whole or steel cut oats, unsweetened BLACK BEANS GARBANZO BEANS KIDNEY BEANS BLACK EYED PEAS LENTILS RICE long grain or brown SPROUTED GRAIN BREADS Ezekiel	100% WHOLE GRAIN BREAD 100% WHOLE GRAIN PASTAS	RED POTATOES WHOLE WHEAT BREAD WHOLE WHEAT PASTA QUICK BROWN RICE	REFINED WHITE BREAD ENRICHED WHEAT BREAD WHITE RICE REFINED FLOUR PASTA MAC 'N' CHEESE INSTANT NOODLES SUGARY BREAKFAST CEREAL BAKED GOODS PASTRIES MUFFINS DONUTS PROCESSED SNACK FOODS crackers, chips, cookies FRENCH FRIES
EXTRA VIRGIN OLIVE OIL RAW COCONUT OIL cold pressed FLAXSEED OIL fresh or organic OLIVES AVOCADOES FATTY FISH salmon, trout, herring NUTS AND SEEDS almonds, walnuts, pistachios, pumpkin seeds, flax seeds, sesame seeds, sunflower seeds NUT BUTTERS natural/unsweetened		LOW FAT SALAD DRESSING	BUTTER MARGARINE SOLID SHORTENING PALM PALM KERNEL OIL MAYONNAISE CREAM CHEESE SOUR CREAM PROCESSED AND FAST FOODS (high in fat- especially trans fat) HIGH FAT DESSERTS

- TIPS:**
- * Choose foods with whole oats, whole rye, or whole grains listed first on the label's ingredient list.
 - * Look for breads with at least 3 grams of fiber in each slice.
 - * Be wary of foods labeled multi-grain, stone ground, 100% wheat, or bran. These are usually NOT whole grain products.
 - * Choose foods with fewer added sugars, fats, or oils.



BECOME A CHAMPION

3 ANNUAL CHAMPIONSHIPS

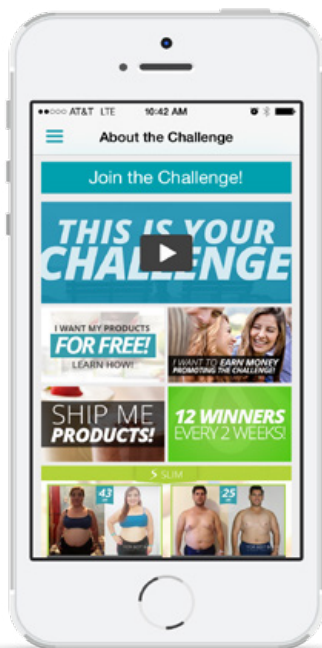
4 CATEGORIES – MALE/FEMALE + SLIM/SCULPT



As of Jan 2015, men and women who completed any cycle of the YOR Best Body 8-Week Challenge in the Weight Loss (SLIM) Category lost an average of 12.94 lbs. (5.86 kg.) in an eight week period, or 1 1/2 lbs. (0.68 kg.) per week. Optimal results are achieved when following the product regimen in combination with a healthy diet and exercise program. YOR Best Body Challenge prizes are a combination of free products, prizes and vacations, with a total value of \$265,000 annually. There is no guarantee of winning or receiving a specific prize. For complete contest rules, go to www.yorbestbody.com.

STAY ON TRACK

Download the Yor Best Body
8-Week Challenge Mobile App



Manage your
Challenge Profile



Product Regimen
Reminder



Purchase
Products



Community
Voting



Daily Motivation
Catered to You



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