



FOREVER



CLEAN 9

phase one for a cleaner you

NUTRITIONAL CLEANSING PROGRAM

# CLEAN 9

Congratulations — this is it! You have finally arrived at the opportunity you've been waiting for to take charge of your health. You are now on the right path to achieving a cleaner, leaner you. Having taken this first step, you will see just how possible it is to realize your personal health and weight goals with Forever Clean 9. This easy-to-follow program will provide you with the necessary tools to help you cleanse your system and take control of your health.



clean 9 includes:

Aloe Vera Gel  
[ Three 1-Litre bottles ]

Forever Lite Meal  
Replacement Shakes  
[ 1 Vanilla ]

Forever Garcinia Plus  
[ 70 softgels ]

Forever Bee Pollen  
[ 100 tablets ]

T-Shirt

Tape Measure

Shaker (subject to availability)

Remember, it's not going to be easy — you will have to remain committed to completing this program. Weight management is a lifetime pursuit and requires a change to your lifestyle, but the results will be well worth the effort. You deserve maximum results, so don't cheat yourself out of the full benefits of this program by not following the plan exactly. After all, you deserve it!

Let's face it, taking good care of our health has become increasingly important in this day and age of processed foods, chemically enhanced crops and a polluted environment. Let **CLEAN 9 ■ LIFESTYLE 30** help you develop good habits now for continued weight loss and an overall improved health.

"In 2004, when Clean 9 & Lifestyle 30 was launched in India, I was the first person to grab this opportunity. It was a wonderful program as it was easy to follow and did not demand drastic measures. I achieved my target of losing weight in a comfortable, natural and nutritious way. I lost close to 13 kgs by diligently following this nutritious program. In October 2007 I repeated the Clean 9 program and have lost more than 15 kgs in last nine months and continue losing weight which is admirable."

—Pankaj Desai



In addition to the products in Clean 9, the program allows for you to continue to maintain your current intake of additional supplements. Once you have seen how easy it is to achieve success with Clean 9, you will be ready to transition to Lifestyle 30, specifically designed to help you manage your weight for the rest of your life. Good luck as you discover a cleaner, leaner, happier you!

“We have a long history of being overweight and were both dissatisfied with our appearances. We have tried various methods, unsuccessfully, to lose weight and improve ourselves over the years. When we were introduced to Clean 9 and Lifestyle 30, neither of us were interested in trying another weight loss program. However, our reluctance finally gave in and we started the program.

The tasty shakes and nutritional supplements helped overcome hunger pangs and control our appetite, making our new eating habits easy to form. After seeing the positive changes in our measurements, we were so impressed with our results that we continued with the Lifestyle 30 Program. We found the program easy to use and continued to lose weight without having to starve ourselves or give up our favorite foods.

We owe our improved appearances, health and vitality to Clean + Lean. We plan to continue with the Lifestyle 30 program until we reach our desired weight loss goals.”

— William & Clara Pratt

Ask about other great lifestyle programs that Forever Living has to offer.



## planning for success

This program requires diligence, so review the following daily! Pay special attention to your goals. Make sure they are measurable so that you can track your progress daily, weekly and monthly.

1

On the next page, write down 3 realistic goals that you would like to achieve in the next 9 days. Review these daily and create a mental picture of what you would like to see and how you want to feel.

2

Get a starting point of where you are today by recording your weight and measurements. If you have access to a body fat measurement device, include this in your measurements.

3

The contents of this kit will last only through the Clean 9 zone. Be sure to order Lifestyle 30 on day 5 to ensure that you will have the products necessary to keep you moving along through the program.

4

Tell your family and friends you're starting an exciting new Cleansing and Weight Management Program. Keep them informed of your progress and success — they'll be a good source of encouragement.

Remember, always consult your doctor before starting this or any other diet or exercise program. Not all exercises are suitable for everyone. The results mentioned are not typical and are specific only to the featured participants. This product has not been clinically tested to support these results.

## clean 9 / my program goals

1

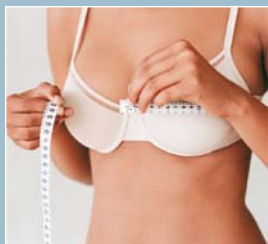
*Example: lose 10 kgs, increase energy level, and avoid afternoon nap attacks!*

2

3

Use these goals to create a positive mental picture of yourself.  
Review this daily. Include a picture of yourself before you start.

# body measurements\* / composition + goals



**arm:** at the maximum circumference of the upper arm [ bicep ]

**waist:** at the narrowest point below the ribcage, just above the hip bone

**hip:** at the level of maximum protrusion of the buttocks

**thigh:** just below the fold of the buttocks

**chest:** at the nipple line after exhaling

date >	/ /	/ /	/ /	/ /	
body part	day 1	day 3	day 6	day 9	total loss
arm					
waist					
hip					
thigh					
chest					

date >	/ /	/ /	/ /	/ /	
	day 1	day 3	day 6	day 9	total loss
weight					
body fat% [opt.]					

\*Be sure to use a cloth measuring tape, such as the one included in this kit, when measuring as instructed above.

## day 1 – 2 / clean zone

The first step to a clean body is to control your intake of harmful preservatives and other chemicals. Consume these products, with natural ingredients, for the first two days, and you will be on your way to a healthier, happier you. Getting past the first two days is the toughest. You need to be serious about improving your life and losing weight. The results are worth it, so stick to it!



morning

2 Garcinia Plus softgels\* [ 20 mins. before Aloe ]  
120 ml Aloe Vera Gel + min. 240 ml water  
Minimum 20 mins. of exercise [ walk, run, cycle or swim ]

snack

2 Forever Bee Pollen tablets + min. 240 ml water  
WARNING: Test a small amount of Forever Bee Pollen (1/4 tablet) to ensure no allergic reaction and then gradually increase daily intake. Consult your physician before taking this or any other nutritional supplement.

lunch

2 Garcinia Plus softgels [ 20 mins. before Aloe ]  
120 ml Aloe Vera Gel + min. 240 ml water  
1 Scoop of Forever Lite Ultra w/ 300 ml skim or soy milk  
2 Forever Bee Pollen tablets

dinner

2 Garcinia Plus softgels [ 20 mins. before Aloe ]  
120 ml Aloe Vera Gel + min. 240 ml water  
2 Forever Bee Pollen tablets

evening

120 ml Aloe Vera Gel + min. 240 ml water

\* Garcinia is most effective when used in conjunction with a low-calorie diet.

Tip: Be sure to drink plenty of water throughout the day. Stay motivated by taking a 20-minute brisk walk to recharge your body and mind.



## day 3 – 9 / clean zone



Adherence to the following plan will help your body continue to purge itself of harmful chemicals and begin to burn your excess fat. During this zone, you should already be able to feel some results. Your weight may fluctuate from day to day, so don't let that discourage you. Instead of weighing yourself daily, record your weight on Days 1, 3, 6 and 9.

morning

2 Garcinia Plus softgels [ 20 mins. before Aloe ]  
120 ml Aloe Vera Gel + min. 240 ml water\*  
1 Scoop of Forever Lite Ultra w/ 300 ml skim or soy milk  
Minimum 20 mins. of exercise [ walk, run, cycle or swim ]

snack

2 Forever Bee Pollen tablets + min. 240 ml water

lunch

2 Garcinia Plus softgels [ 20 mins. before Forever Lite Ultra]  
1 Forever Lite Ultra w/ 300 ml skim or soy milk  
2 Forever Bee Pollen tablets + min. 240 ml water

dinner

120 ml Aloe Vera Gel + min. 240 ml water  
2 Garcinia Plus softgels [ 20 mins. before meal ]  
600-Calorie meal [ see calorie counter for suggestions ]  
2 Forever Bee Pollen tablets

evening

Min. 240 ml water

\*Three litres of clean, potable drinking water will provide your minimum daily water requirements.

Tip: If you prefer to eat your 600-calorie meal at lunch, you can simply interchange it with a Forever Lite Ultra meal for dinner instead.

# LIFESTYLE 30

You will undoubtedly achieve measurable results from the Clean 9 program. Plan for continued success and weight loss with Lifestyle 30\*, the second phase of this remarkable weight-loss solution. Look forward to the “rewards” that Lifestyle 30 has to offer, such as added daily snacks and tasty meal suggestions. Be sure to order by day 5 for a seamless transition into Lifestyle 30. Contact the person who introduced you to **CLEAN 9** to order your **LIFESTYLE 30** today!



Lifestyle 30 includes:

Forever Lite Meal

Replacement Shakes

[ 1 Vanilla, 1 Chocolate, 1 Ultra  
Vanilla ]

2 Aloe Vera Gels, 1 Aloe Berry  
Nectar and 1 Bits n' Peaches

[ 4 1-litre bottles ]

2 Forever Garcinia Plus

[ 70 softgels in each ]

Forever Bee Pollen

[ 100 tablets ]



## daily planner

Our experience shows that you are 2-3 times more likely to stick with the program and achieve your goals if you write down your daily meals and chart your progress. Keep track of how your body is improving by weighing yourself on the indicated days and checking your measurements regularly. Use the daily planner provided to keep track of your results; it will be a great diary of your success and will motivate you to keep going. Later on, it will provide a good reference as you help others to take control with **CLEAN 9** ■ **LIFESTYLE 30** .

# how to use the daily planner

day 7: **clean 9**

date: 01/01/05

exercise  5 min. warm up  2 min. stretch  water bottle  20 min. exercise

exercise activity	notes [ intensity level, weight, reps, etc. ]	duration
treadmill sit-ups	level 6 incline 4 reps of 25	25 mins. 10 mins.

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input checked="" type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input checked="" type="checkbox"/> 5

## notes

*It felt great to fit into my old jeans again today!*

*Nothing tastes as good as thin feels!*

extra food log

Don't cheat! Try to keep this area blank to maximize the effectiveness of the program. However, if you do cheat, write it down here.

I did it!



1

## daily planner

day 1: **clean 9**date: 

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise 

exercise activity	notes [ intensity level, weight, reps, etc. ]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

extra food log	I did it!
	<input type="checkbox"/>

*"The first wealth is health."* Ralph Waldo Emerson

2

## daily planner

day 2: **clean 9**date: 

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise 

exercise activity	notes [ intensity level, weight, reps, etc. ]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

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extra food log

I did it! *"Looking after my health today gives me a better hope for tomorrow."*

Anne Wilson Schaefer

3

## daily planner

day 3: **clean 9**date: 

exercise  5 min. warm up  2 min. stretch  water bottle  20 min. exercise

exercise activity	notes [ intensity level, weight, reps, etc. ]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

**notes**

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**extra food log**

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**I did it!**

*"Health is not simply the absence of sickness."* Hannah Green

4

## daily planner

day 4: **clean 9**date: 

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise 

exercise activity	notes [ intensity level, weight, reps, etc. ]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes


extra food log

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I did it! 

*"One who has health, has hope. One who has hope, has a life."*  
Anonymous



5

Remember to order Lifestyle 30 today so that you will have it in time to continue

day 5: **clean 9**

date:

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise 

exercise activity	notes [ intensity level, weight, reps, etc. ]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

extra food log

I did it! 

*"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."* Spanish Proverb

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## daily planner

day 6: **clean 9**date: 

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise 

exercise activity	notes [ intensity level, weight, reps, etc. ]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

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extra food log

I did it! 

*"Ill-health, of body or of mind, is defeat. Health alone is victory. Let all men, if they can manage it, contrive to be healthy!" Thomas Carlyle*

7

## daily planner

day 7: **clean 9**date: 

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise 

exercise activity	notes [ intensity level, weight, reps, etc. ]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

By now you have already achieved some measurable results from Clean 9. Continue your success and weight loss with Lifesyle 30, the second phase of this remarkable weight-loss solution. If you haven't ordered your extra supplies on day 5, contact the person who introduced you to **CLEAN 9** to order your **LIFESTYLE 30** today!

I did it!

8

## daily planner

day 8: **clean 9**date: 

<b>exercise</b>	5 min. warm up <input type="checkbox"/>	2 min. stretch <input type="checkbox"/>	water bottle <input type="checkbox"/>	20 min. exercise <input type="checkbox"/>
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exercise activity	notes [ intensity level, weight, reps, etc. ]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

<b>extra food log</b>	<b>I did it!</b> <input type="checkbox"/>

*"Happiness lies, first of all, in health."* George William Curtis

9

## daily planner

day 9: **clean 9**date: 

exercise

5 min. warm up 2 min. stretch water bottle 20 min. exercise 

exercise activity	notes [ intensity level, weight, reps, etc. ]	duration

daily status	mark how you feel	low med high
hunger	How hungry am I today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
energy	What's my energy level?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
motivation	How am I feeling about the program today?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
confidence	How confident am I about finishing the program?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

notes

extra food log

You did it! *"Every man is the builder of a temple called his body."*

Henry David Thoreau

Congratulations! You have now managed to successfully set yourself on the path of a very exciting and healthy journey. But remember, what you have accumulated leisurely is not about to go in a jiffy! Since your body is discovering the benefits of a disciplined lifestyle, do not allow the initial excitement to fade! Remember, you are more likely to stick to the nutritional programme if you add fun and reward to your routine. Eating right, proper nutritional supplementation and indulging in a variety of physical activities will help you to continue with the programme and prepare your body for the next level i.e. Lifestyle 30.





## calorie counter

In order to simplify your diet, our calorie counter groups foods by approximate caloric values. Once you see for yourself which foods are lower in calories, you may find out just how easy weight control can be. You will become a walking calorie counter, always knowing what to eat. In no time at all, you will have control of your calories and your weight!

## calorie counter / snacks

Choose any two of the following items for a delicious, 200-calorie snack! Try to vary each snack with foods from different categories, as noted below. Each item is approximately 100 calories.\*

1 C Nonfat or 1% low-fat cottage cheese (D)  
30 gms mozzarella cheese (D)  
1 cheese slice  
1 C skimmed milk  
240 ml Light or nonfat yogurt (D)  
2 Tbl. spoons salad dressing  
1 C Low-fat or light ice cream or frozen yogurt (D/F)  
6 Whole almonds or cashew nuts (F/P)  
4 Tbls.spoons home made chutney or dip  
30 gms Dry-roasted peanuts or mixed nuts (F/P)  
1 T Peanut butter (F/P)  
4 Hard-boiled egg whites or 1 hard-boiled egg with yolk (P)  
Grilled fish with little butter or oil basting  
Grilled chicken or paneer with little butter or oil basting  
1 C Cooked soybeans (P)  
2 Tbls. Salted Mix veg.  
2 T Salsa (V)

1 C Raw vegetables (V)  
Cucumber slices<sup>†</sup> (V)  
1 C Tomato or veg. juice cocktail (V)  
1 Samosa/ Pizza/ Vada/ Pav/ Cheese/ Veg. Sandwich etc.  
1 Idli, Plain Dosa with little oil; 1 C rice; ½ C dal; sambhar ½ C; 2 chappatis etc.  
3 C Air-popped or microwave light popcorn (B)  
1 Rasgulla/ 150 gms kheer, 1 gulabjamun etc.  
1 C bhel; 1 plain veg. sandwich etc.  
2 Pieces light whole wheat bread (B)  
1 Piece cake (B/F)  
1 Small apple (Fr)  
1 C mixed fruit cocktails  
1 C Grapes (Fr)  
1 Large pear (Fr)  
1 Large orange (Fr)  
1 C Strawberries or melon cubes (Fr)  
1 Fresh grapefruit (Fr)  
1 Small banana (Fr)  
1 C canned fruit or fruit cocktail in light syrup (Fr)

\*For exact calories per serving, check the “Nutrition Facts” label on the package.

<sup>†</sup> Unlimited or “free” food [ Note: C = Cup, T = Tablespoon ]

Fr = Fruit, D = Dairy, F = Fat, P = Protein, V = Vegetable, B = Bread / Starch

Email menu suggestions or testimonials to [marketing@flpindia.net](mailto:marketing@flpindia.net)



## calorie counter / meal suggestions

Looking for some tasty suggestions on what to eat for your evening meal? Try some of these delicious menu items — or mix and match them. Each meal is approximately 400 calories.

<ul style="list-style-type: none"> <li>1 Medium chicken leg or breast (grilled)</li> <li>2 Small Chappatis</li> <li>1 C Steamed vegetables</li> <li>1 C raw vegetable salad with low cal dressing</li> <li>1 C butter milk (optional)</li> </ul>	<ul style="list-style-type: none"> <li>1 C boiled rice or 2 Chappatis</li> <li>3-4 Pieces of grilled cottage cheese</li> <li>½ C raw vegetable salad with butter milk</li> <li>½ C dal; 1 C steamed vegetables</li> </ul>
<ul style="list-style-type: none"> <li>1 Portion of grilled fish</li> <li>1 C pasta/ 1 Medium piece Pizza (less cheese)/ 1 C rice/ 2 chappatis</li> <li>1 C raw veg. salad with crushed peanuts &amp; herb or 1 C skimmed milk yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>1 Medium size Masala Dosa/ ¾ c uppma</li> <li>1 C Sambhar</li> <li>2 C butter milk or 1 C skimmed milk yogurt</li> </ul>
<ul style="list-style-type: none"> <li>1 Chicken sandwch with whole wheat bread</li> <li>1 C salad with mild dressing</li> <li>1 Baked or boiled potato with jacket and few dots of butter</li> </ul>	<ul style="list-style-type: none"> <li>1 Veg-butter-chutney Sandwich with whole wheat-bread</li> <li>1 C salad with mild dressing</li> <li>1 Jacket potato with little cream</li> <li>1 C butter milk</li> </ul>
<ul style="list-style-type: none"> <li>1 C fish or prawn masala curry</li> <li>1 C rice or 2 medium chappatis</li> <li>1 C salad without dressing</li> </ul>	<ul style="list-style-type: none"> <li>1 C paneer or tofu masala curry</li> <li>1 C rice or 2 Medium Chappatis</li> <li>1 C butter milk or</li> <li>1 C salad without dressing</li> </ul>
<ul style="list-style-type: none"> <li>1 Large piece of Chicken or fish (grilled with little oil)</li> <li>1 C salad without dressing</li> <li>1 Rasgulla/ Gulab Jamun or</li> <li>2 Tbls. of any one of these: Suji Halwa; Badam Halwa; Jalebi ( 2 pieces); ½ Scoop ice cream etc.</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Tofu with little oil.</li> <li>1 C salad without dressing</li> <li>1 Rasgulla/ Gulab Jamun or</li> <li>2 Tbls. of any of these: Suji Halwa; Badam Halwa; Jalebi (2 pieces) ; ½ Scoop ice cream etc.</li> </ul>

# calorie counter / fruits, veggies + breads

1/2 C low-cal vegetables	1/2 C vegetables	1/2 C starchy vegetables	1/2 C cooked beans
15 calories	25 calories	75 calories	115 calories
Alfalfa Sprouts Cabbage Celery Eggplant Green Peppers Lettuce Mushrooms Radish Raw Spinach Summer Squash Turnip Zucchini	Asparagus Bamboo Shoots Broccoli Brussel Sprouts Carrots Cauliflower Cucumbers Green Beans Okra Onions Bitter gourd - Karela Tomato	Potato Beets Sweet Potato Corn Green Banana Peas	Baked Beans Kidney Beans Lentils Lima Beans Chana Dal Urad Dal Whole Moong Rajmah Soya Bean
The values given in these food charts are approximate. Check your food labels for a more accurate calorie count.			

low-cal fruits (see portions below)	high-cal fruits (see portions below)	low-cal breads (see portions below)	med-cal breads (see portions below)
40 calories	80 calories	70 calories	110 calories
Apple Small Berries 1/2 C Cantaloupe 1/4 Cherries 1/3 C Dried Fig 1 Grapes 1/2 C Kiwi 1 Peach 1 Medium Raisins 2 T Strawberries 3/4 C Watermelon 1 C	Apple Medium Apple Juice 2/3 C Applesauce 1/2 C Banana Small Dried Figs 2 Grape Juice 1/2 C Grpfrt. Juice 1 C Medium Pear Or. Juice 3/4 C Pineapple 1C Pnapl. Juice 2/3 C	Bran Cereal 3/4 C 1 C Cornflakes Italian Bread 1 sl. 1 White Bread Plain Popcorn 3 C 1 Small Atta Chappati Ritz Crackers 18 3 Tbls. Cooked Rice Triscuit 3 Multi grain Bread 2 sl.	Bagel 1/2 Medium Biscuit 2" Corn Tortilla 2 Cornbread 2" sq. Croissant 1/2 French Fries 8 Hot-dog bun White Bread 1 Muffin Small Pancake / waffle 5" Pita 1/2

# calorie counter / meats, dairy + desserts

high-cal breads (see portions below)	120 gms fresh cooked low-cal fish	100-125 gms lean meats (visible fat removed)	med-fat meats (100-125 gms cooked)
<b>140 calories</b>	<b>110 calories</b>	<b>165 calories</b>	<b>225 calories</b>
1 Medium Piece Cake Barley 1 C 2 Small Idlis Hamburger Roll Oatmeal 1 C Pasta 1 C Pound Cake 1 sl. Rice 1 C Swt. Potato ½ C White Potato 1 C	Herring Crab Rahu (Fresh Water) Mrigal Lobster Pomfret Pike Sardines	Tuna Fish Chicken / Fowl Lamb Liver Mutton Freshwater Bass Ham / Pork Leg Lamb (except breast) Lamb Liver Swordfish / Tuna	Boiled Ham Canned Herring Fried Scallops Fried Shrimp Grnd. Beef (15% fat) Lake Trout Liver Pork Loin Pork Shoulder

high-fat meats (100-125 gms cooked)	fats (see portions below)	dairy + breakfast (see calories below)	desserts + rolls (see calories below)
<b>300 calories</b>	<b>45 calories</b>	<b>calories in bold</b>	<b>calories in bold</b>
Club Steak Cold Cuts Corned Beef Duck Fried Chicken Grnd. Beef (20% fat) It. or Pol. Sausage Lamb / Veal Breast Rib Roast Spare Ribs Stew Meat	Cream (Light) 2T Cream Cheese 1T Creamy Dressing 2t French Dressing 1T Italian Dressing 1T Margarine / Oil 1t Mayo / Butter 1t Olives 5 Almonds 10 Peanuts 10 Pecans 2	Bacon 3 slices <b>100</b> Cheese 1 oz. <b>100</b> Egg – 1 lg. <b>80</b> Egg White <b>16</b> Egg Yolk <b>64</b> Whl. Milk 1 C <b>150</b> 2% Milk 1 C <b>121</b> 1% Milk 1 C <b>102</b> Skim Milk 1 C <b>90</b> Yogurt Pln. 1 C <b>140</b>	Carrot Cake <b>385</b> Chocolate or White Cake <b>250</b> (cake portion = 1 sl.) Doughnut <b>240</b> 2 Pieces of Barfi 100 gms. Suji Halwa Jelly 1 T <b>49</b> 1 Tbls. Badam Halwa Stuffing 1/2 C <b>240</b> Toaster Pastry <b>200</b>

# LIFESTYLE 30



## L30

Lifestyle 30

Order Phase Two  
TODAY!

*\*Exercise equipment not included.*



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Forever Plaza, The Silver Mist, 74 Hill Road,

Opp. Stanislaus School, Bandra (W), Mumbai 400 050, India

Tel.: (022) 6641 4000 Fax.: (022) 6641 4010 Email: [admin@flpindia.net](mailto:admin@flpindia.net)