

WRAP. REMOVE. REBOOT.™

REMOVE: 2-4 DAYS EVERY MONTH

"Remove" bad foods and "Replace" with healthy foods 2-4 days in a row every month!

See how easy it is with these "Remove" and "Replace" tips!

REMOVE DAY TIPS

REMOVE BAD CARBS

Instead of giving you sustained energy, these simple carbs merely spike energy, leaving you feeling tired and hungry sooner, which can lead to weight gain.

REPLACE WITH GOOD CARBS

These complex carbohydrates take more time for your body to break down, giving you sustained energy and helping you feel fuller longer.



White Potatoes

White Rice

Boxed Cereal

White Bread

White Pastas

Soft Drinks

Refined Sugar

Sweet Potatoes

Brown Rice

Oatmeal

Whole-Wheat Pasta

Whole Grains

Beans











REMOVE BAD FATS

Saturated Fats and Trans Fats:
Both can raise cholesterol levels, clog arteries,
and increase risk of heart disease.

REPLACE WITH GOOD FATS

Monounsaturated Fats and Polyunsaturated Fats: Both of these fats can help lower cholesterol levels, triglyceride levels, and reduce risk of heart disease.



SATURATED FATS

Cream & Ice Cream



Cheese

Chocolate

Deep Fried Foods



Butter & Lard

MONOUNSATURATED FATS

Canola Oils



Fresh Olives & Olive Oil

Avocado



Natural Peanut Butter

Nuts

POLYUNSATURATED

FATS

Walnuts



TRANS FATS



Some Margarines

Cookies



Flaxseed



Pecans

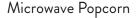


Pine Nuts

Wheat Germ

lcings

Crackers



Baked Goods





REMOVE PROCESSED FOODS

If it's packaged, boxed, or canned, it's processed food. Many of these foods have salt, sugar, fat, and preservatives added.

REPLACE WITH WHOLE FOODS

Natural foods straight from the farm that haven't been processed or manufactured.



Canned Fruits & Vegetables

Lunch Meat & Hot Dogs



Snack Foods

Soft Drinks



Microwave Meals

Boxed Cereals

Fresh Fruits & Vegetables

Fresh-Cut, Lean Meats



Organic Low-fat Dairy

Fresh Seafood

Whole Grains

Water





REMOVE PREMADE DESSERTS

This opens you up to "treats" filled with artificial sweeteners and refined sugars, which you need to remove whenever possible.



Ice Cream

Packaged Treats

Cookies

Cake Mixes

REPLACE WITH NATURE'S DESSERTS

Fresh fruits make a delicious treat and can be the perfect ingredient when making your own desserts, which is the best way to control what you're eating.



Cherries

Plums

Pineapples









REMOVE THE SUPERSIZE

Sometimes it's not what you're eating, but how much you're eating!

REPLACE WITH RIGHT PORTION SIZE

Keep the amount of food you're eating in check when you follow these methods.



Avoid the "value" menu

Measure your food for size and weight



Divide your restaurant entrée in half and save for the next day

Don't eat a portion of food that's larger than the palm of your hand





Don't skip meals (you'll overeat later!)

Use a smaller plate and plan your meals in advance



Keep the bad stuff moving out when you flush your system with the fluid you're mostly made of—water!

SO HAVE THAT
IT WORKS! BLENDER BOTTLE
FILLED UP!



