

It Works! SYSTEM™

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.



White Potatoes

White Rice

Boxed Cereal



White Bread

White Pastas



Soft Drinks

Refined Sugar

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.†

Sweet Potatoes



Brown Rice

Oatmeal

Whole-Wheat Pasta



Whole Grains

Beans



Natural Sugar

†Individual results can and will vary. Ultimate ThermoFit™ has been approved by Health Canada and has been assigned NPN #80052458. It Works! cosmetic products are purely cosmetic in nature and do not claim to cure/treat/prevent any skin & hair related disorders. If you are allergic to any ingredients listed, or are under treatment or on medication for your skin, please consult with your physician prior to use.

REMOVE BAD FATS

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

SATURATED FATS



Cream & Ice Cream

Cheese



Chocolate

Deep Fried Foods



Butter & Lard

TRANS FATS



Some Margarines

Cookies



Packaged Snack Foods

Crackers

Icings



Microwave Popcorn

Baked Goods

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.

MONOUNSATURATED FATS

Canola Oils



Fresh Olives & Olive Oil

Avocado



Natural Peanut Butter

Nuts



POLYUNSATURATED FATS

Walnuts



Flaxseed

Vegetable & Seed Oils



Pecans

Pine Nuts

Wheat Germ



Oily Fish & Fish Oils

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.



Canned Fruits & Vegetables

Lunch Meat & Hot Dogs



Snack Foods

Soft Drinks



Microwave Meals

Boxed Cereals

REPLACE WITH WHOLE FOODS

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

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.

Apples



Cherries

Plums

Pineapples



REMOVE THE SUPERSIZE

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



Avoid the
"value" menu



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



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

REPLACE WITH RIGHT PORTION SIZE

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

Measure your food
for size and weight



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



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!**



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