



A powerful system of nutrients that accelerate your weight loss while feeding your body the essential nutrients for optimal health and wellness.

Weight Loss Approved Nutrition Program

The HBC Weight Loss Approved Nutritional Plan is a vital element to achieve the maximum level of weight loss and fat targeted success. The plan is purposefully simple. Although there can be a multitude of variations and flexibility in the plan, true success happens when individuals are regimented in their approach to weight loss. It's important to remember that this nutrition plan has been developed specifically to compliment the incredible benefits of ASAP and is not meant to be used for extended periods of time. Although extremely safe, developed by top level nutritionist using natural, wholesome foods, the plan is stricter than you'll have to be after you finish and obtain your weight goals with ASAP. The plan utilizes high dense, nutritious foods to ensure that you are given an optimal level of nutrition throughout the day.



During your HBC Weight Loss Program you will be taking in fewer calories than what you are used to and what you will be when you finish. While some weight loss programs leave you in this dangerous situation where the body can be fatally compromised, ASAP has complimented its ingredient set with Youngevity 90 for Life nutraceutical program for overall health and wellness.

Advice:

The 90 For Life products allow you to optimize your weight loss goals using ASAP. Low calorie diet plans can leave your body nutritionally deficient and hinder your ability to accelerate your metabolism, access fat stores, and fully metabolize the toxins created during fat loss. 90 For Life guards against these deficiencies.

Recipes:

For a complete set of recipes go to www.Mighty-90.com/asap

Weight Loss Nutrition Program

The HBC approved nutritional program consists of (3) healthy, wholesome, nutrition meals a day made up of a Protein, Fruit, Vegetable, and Bread. The Breakfast is very specific, where the Protein source is Egg, due to the incredible health benefits and nutritious value of Egg, however for Lunch and Dinner, the Protein may be chosen from the variety of choices.

HBC Approved Nutrition Menu		
Breakfast	Lunch	Dinner
Beyond Tangy Tangerine® - as directed	(1) Protein	(1) Protein
Beyond Osteo-fx™ - as directed	(1) Fruit	(1) Fruit
Ultimate™ EFA Plus™ soft-gels - as directed	(1) Vegetable	(1) Vegetable
(12oz) Water	(1) Melba Toast or	(1) Melba Toast or
(1) Whole Egg*	Grissini Breadstick	Grissini Breadstick
(1) Fruit*	(12oz) Water	(12oz) Water
(1) Vegetable*		
(1) Melba Toast or		
Grissini Breadstick*		

**One can opt to only take the 90 for Life supplements at breakfast time as this has helped many meet their weight loss goals. Check out the Top 3 Success Tips below!*

Tips From SUCCESSFUL Health-Body-Challenge Weight Loss Winners

"Having A Really Light Breakfast" - #1 most used tip!

Many of our Weight Loss Champions just drank their Beyond Tangy Tangerine and Beyond Osteo- fx for breakfast. They found that the BTT and Beyond Osteo-fx was filling enough so they didn't feel the need to eat anything for breakfast. The great thing about taking the

Youngevity products for breakfast is that they are filled with nutrients from a variety of sources that can help fuel you till lunch.

"Eating Just the Egg/Protein for Breakfast"

If you need to eat something in the morning, many Champions chose Protein only. Protein gives you the calories you need, slow burning and filling so you can get through lunch. Protein also helps to kick start your metabolism, your fat burning systems, so you start burning calories right away.

"Skipping the Melba Toast/Grissini Breadstick"

You can get plenty of healthy, useful carbohydrates from the vegetables you eat, therefore many Champions felt that the carbohydrates from the Melba Toast or Grissini Breadstick was not needed. In addition, the carbohydrates from the Toast/Breadstick can break down quickly in some individuals so there is a chance those calories can get stored instead of used for energy.

HBC Program Sample Day

7:40 am	ASAP
8:00 am	Breakfast/90 For Life
11:40 am	ASAP
12:00 am	Lunch
4:40 pm	ASAP
5:00 pm	Dinner

Approved Foods

Protein (100 grams = 3 ounces)

Lean Beef	175-200 calories
Lean Veal	150-175 calories
Chicken Breast	110-150 calories
Fresh White Fish	130-150 calories
Shrimp	120-140 calories
Lobster	75-100 calories
Crab	70-80 calories
Black Beans*	80-100 calories
Garbanzo Beans*	80-100 calories
Kidney Beans*	80-100 calories
Pinto Beans*	80-100 calorie

**For strict vegetarians! Use only 2 oz. if using beans as protein source.*

Herbs & Spices

Paprika	Parsley
Cayenne	Curry
Turmeric	Thyme
Cinnamon	Dill
Basil	Garlic Powder
Cumin	Onion Powder
All Spice	Chile Powder
Oregano	

** Most spices are ok use as long as there is no sugar or salt added.*

** Organic Rock Salt, Stevia, and Liquid Stevia*

Vegetables (handful or 1 cup)

Asparagus	32 calories
Beet Greens	8 calories
Cabbage	18 calories
Celery	20 calories
Chicory	42 calories
Collard Greens	12 calories
Cucumbers	14 calories
Fennel	27 calories
Tomatoes	35 calories
Kale	42 calories
Mustard Greens	14 calories
Onions	60 calories
Red Radishes	20 calories
Romaine Lettuce	30 calories
Spinach	12 calories
Swiss Chard	6 calories

Fruits (handful or .5 cup)

Blueberries	41 calories
Strawberries	23 calories
Orange	65 calories
1/2 Grapefruit	37 calories
Apple	81 calories

Bread (1 piece or 3 grams)

Grissini Breadstick	12 calories
Melba Toast	12-20 calories

Marinades

Any Marinades/Sauces that DO NOT contain sugar are also ok to use. (Also try to reduce salt).
Bragg carries a few dressings that make good substitutes. (Apple Cider Vinegar, Liquid Amino Acids)

Eating Out

Eating out is sometimes necessary or unavoidable. Here are some suggestions:

- Order 1 hamburger patty with lettuce on both sides and mustard.
 - Order a grilled chicken Caesar salad, take off all cheese and carrots and don't use dressing or croutons. Bring your own dressing or squeeze on lemon juice
 - Mexican style restaurants – choose a salad with no cheese/no beans/ no rice. Chicken must be boneless and skinless. Use pico de gallo, hot sauce, or salsa for dressing
 - Grilled chicken or fish is typically a safe option then ask for a side of tomatoes or lettuce.
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For a complete set of recipes go to www.Mighty-90.com/asap