

# Congratulations!

You've decided to lose weight and **ProtiLife** will guide you!

The **ProtiLife** Slimming Plan will help you get there! Simply follow the convenient menu provided. Once achieved, switch to the Transition plan for 1 week and then, move on to the After-Diet plan. Therefore, you will maintain your weight loss and enjoy your new shape, while benefiting from healthy food choices.

## ProtiLife IS

- A weight loss plan that is easy to follow
- A line of high-protein products with vitamins and minerals in each pouch and bar

## THE BENEFITS OF ProtiLife

- Weight loss
- Little or no feeling of hunger or fatigue
- Fits easily into your busy schedule
- Proteins energizes you

**ProtiLife**  
.com

## KEEP IN MIND...

- Following this plan for 1 week requires **five to six ProtiLife product boxes**.
- Our protein products do not constitute an entire meal replacement.
- Drink **lots** of water (6 to 10 glasses per day).
- Eat your first tasty **ProtiLife** product **no later** than one hour after waking.
- Consume all the recommended quantities, so you won't feel hungry.
- In our weekly plan, you are now allowed a maximum of 2 bars per day including our breakfast bars.
- You are allowed to switch snacks around.
- Plan your meals wisely.

**ProtiLife** is a complete line of nutritional supplements. **ProtiLife** pouches contain 75 to 80% of high biological proteins that are low in calories, carbohydrates and fat. All preparations contain 21 amino acids. Note: It is recommended to eat a variety of foods from the slimming plan. It is recommended that you consult a physician before undertaking a weight-loss program if you have any medical problems or if you are taking any medication. Do not consume vitamins or mineral supplements while following the active plan, unless otherwise recommended by a healthcare professional. After reaching your healthy weight goal, we recommend that you follow Canada's Food Guide.

To promote weight loss and speed up your metabolism while preserving lean muscle mass, maximize your diet with physical activity three times a week.

Any questions?  
[protilife.com](http://protilife.com)

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## ALLOWED FOODS

### GROUP 1 PROTEIN

#### Lean meats 100 g

Beef  
Ham  
Lamb  
Rabbit  
Skinless chicken breast  
Veal

#### Lean fish 150 g

Haddock  
Dorado  
Whiting  
Red mullet  
Sole

Canned tuna in water

Turbot

#### Shellfish 150 g

Shrimp  
Lobster  
Crayfish

#### Tofu 250 g

(8 1/2 oz)

#### Eggs

2 eggs

### GROUP 2 LIMITED VEGETABLES

#### 100 g per meal

Eggplant

Asparagus  
Broccoli  
Cauliflower  
Brussels sprouts  
Zucchini  
Spaghetti squash  
Green beans  
Turnips  
Leeks  
Sweet peas

### GROUP 3 UNLIMITED VEGETABLES

Celery  
Mushrooms  
Cucumbers  
Watercress sprouts  
Shallots  
Endives  
Spinach  
Fennel  
Bean sprouts  
Lettuce  
Peppers  
Radishes

### GROUP 4 DAIRY PRODUCTS

125 mL (1/2 cup) plain greek yogurt  
125 mL (1/2 cup) ricotta cheese  
125 mL (1/2 cup) cottage or quark cheese

250 mL (1 cup) of skimmed milk

### GROUP 5 FRUITS

250 mL (1 cup) of blueberries  
250 mL (1 cup) of blackberries  
20 medium strawberries  
1 orange  
250 mL (1 cup) of raspberries  
1 apple  
2 clementines  
2 kiwis  
1 grapefruit

### GROUP 6 WHOLE GRAINS AND STARCHES

50 mL (1/4 cup) quinoa  
50 mL (1/4 cup) brown rice  
50 mL (1/4 cup) basmati rice  
50 mL (1/4 cup) barley  
50 mL (1/4 cup) wild rice

### GROUP 7 FATS: ESSENTIAL FATTY ACIDS (ALPHA-LINOLENIC)

10 mL (2 tsp) flaxseeds  
10 mL (2 tsp) flaxseed oil  
15 mL (1 Tbsp) canola oil  
15 mL (1 Tbsp) walnut oil  
15 mL (1 Tbsp) soy oil  
15 mL (1 Tbsp) wheat germ oil

### PORTION

- Protein (Group 1), for men, add an additional 50 g per serving

### COOKING

- Vegetables (Group 2 or 3), steamed • Protein (Group 1), oven-baked or grilled

## UNLIMITED SEASONING!

- Garlic
- Spices
- Fine herbs
- Lemon juice
- Pepper
- Balsamic vinegar

## WATER: DRINK AS MUCH AS YOU LIKE!

- Diet soft drinks (max. 2 glasses daily)
- Coffee (black or 5 mL (1 tsp) of 2% milk sweetener allowed)
- Tea (black or 5 mL (1 tsp) of 2% milk sweetener allowed)
- Water (6 to 10 glasses)
- Herbal tea
- Soda water

Drinking water is a very good habit. Water hydrates your body and makes your skin soft and smooth. It helps the kidneys flush away toxins and can help suppress hunger.

## SALAD DRESSING RECIPE

- 15 mL (1 Tbsp) Meaux or Dijon mustard
- 15 mL (1 Tbsp) balsamic vinegar
- Lemon juice
- 5 mL (1 tsp) water
- Salt, pepper and fine herbs, to taste

## 3-STEP SLIMMING PLAN:

### 1 ACTIVE PLAN\*

Active Plan Menu	
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>• One large glass of water</li> <li>• One fruit (Group 5)</li> <li>• One <b>ProtiLife</b> breakfast product</li> <li>• Coffee or tea (black or 5 mL of 2% milk with sweetener)</li> <li>• One slice of whole-wheat bread without butter</li> </ul>	<b>SNACK</b> <ul style="list-style-type: none"> <li>• One dairy product (Group 4)</li> <li>• One <b>ProtiLife</b> snack product</li> </ul>
<b>SNACK</b> <ul style="list-style-type: none"> <li>• One dairy product (Group 4)</li> <li>• One <b>ProtiLife</b> snack product</li> </ul>	<b>DINNER</b> <ul style="list-style-type: none"> <li>• One large glass of water</li> <li>• One serving of proteins (Group 1)</li> <li>• One serving of vegetables (Group 3)</li> </ul>
<b>LUNCH</b> <ul style="list-style-type: none"> <li>• One large glass of water</li> <li>• One <b>ProtiLife</b> meal product</li> <li>• One serving of vegetables (Group 2 or 3)</li> <li>• One serving of whole grains and starches (Group 6)</li> </ul>	<b>SNACK</b> <ul style="list-style-type: none"> <li>• One large glass of water</li> <li>• One serving of vegetables (Group 3) or a fruit (Group 5)</li> </ul>

### 2 TRANSITION (7 days)

#### WHEN DO YOU START THE TRANSITION PHASE?

After reaching your ideal weight loss goal during the Active Plan, you can start the Transition phase for a 7-day period. Take note that the Active Plan should last for a **maximum of 12 weeks (84 days)**.

#### WHAT IS THE TRANSITION PHASE?

During this phase, you will gradually start to reintegrate several "current" foods in your day and thus reduce the amount of **ProtiLife** products to consume.

It is important to mention that the reason why breakfast is the most important meal of the day is that it terminates the night's "fasting". At sunrise, your body requires its "fuel" while during the day, your energy needs are in a decreasing mode. Therefore it is essential to eat well in the morning and then reduce each of your portions during the rest of the day. It allows your body to burn calories during the day instead of storing a surplus that it does not need.

#### THE IMPORTANCE OF THE TRANSITION PHASE

During the **ProtiLife** weight loss plan, your basic metabolism rhythm (the minimum energy expenditure that allows your body to survive while at rest) has slowed down while your body lost a little bit of its capacity to burn calories, those that you used to consume in your former life. It is the reason why the Transition phase is essential as it will restore your basic metabolism and help you maintain your weight.

Transition Plan Menu	
<b>BREAKFAST</b> <ul style="list-style-type: none"> <li>• One glass of milk (1%)</li> <li>• One dairy product (Group 4) or one hard-boiled egg</li> <li>• One fruit</li> <li>• One slice of whole grain bread or 175 mL of cereals</li> <li>• 20 mL of natural peanut butter or one small serving of any unsalted nuts</li> <li>• Coffee or tea (black or 5 mL of 2% milk with sweetener)</li> </ul>	<b>SNACK</b> <ul style="list-style-type: none"> <li>• One dairy product (Group 4)</li> <li>• One <b>ProtiLife</b> snack product</li> </ul>
<b>SNACK</b> <ul style="list-style-type: none"> <li>• One large glass of water</li> <li>• One <b>ProtiLife</b> snack product</li> </ul>	<b>DINNER</b> <ul style="list-style-type: none"> <li>• One serving of proteins (Group 1)</li> <li>• One serving of vegetables (Group 2 or 3)</li> <li>• One serving of whole grains and starches (Group 6) or one fruit (Group 5)</li> </ul>
<b>LUNCH</b> <ul style="list-style-type: none"> <li>• One serving of proteins (Group 1)</li> <li>• One serving of vegetables (Group 2 or 3)</li> <li>• One serving of whole grains and starches (Group 6)</li> </ul>	<b>SNACK</b> <ul style="list-style-type: none"> <li>• One fruit</li> <li>• One <b>ProtiLife</b> snack product</li> </ul>

### 3 AFTER-DIET

Congratulation, you have achieved your weight loss objective!

#### BE PROUD OF YOUR SUCCESS!

In order to stay on track, it is important to maintain a balanced diet. Change your behaviour in relation to food and adopt a new, healthier lifestyle. Food is your friend: you simply need to manage it well.

Controlling your food portions is the key to maintaining your weight. Here are your new allies:

- Grilled chicken and fish
- Sautéed or steamed vegetables, seasoned with olive oil and fine herbs
- Whole-wheat bread (small servings)
- Water (at least 6 glasses daily)
- Sugar-free products
- Two **ProtiLife** pouches daily

We suggest consuming one **ProtiLife** snack at 10 a.m. and one at 4 p.m. to help control hunger and reduce servings during lunch and dinner.

1. Drink a large glass of water before the meal.
2. Avoid dishes with creamy sauce.
3. Order grilled fish or meat.
4. Replace potatoes with green vegetables.
5. Avoid the bread basket.
6. Replace dessert with a small plate of fresh fruits.

RESTAURANT  
TIPS AND  
TRICKS

\*Consume only one pouch of soup and only one pouch of oatmeal per day. Consume at least one serving of essential fatty acids (Group 7) per day. Take one supplement of vitamin D (400 IU) daily.