



7-Day Health Transformation

*Experience a Greater Level
of Health in Just 7 Days*



How Will You Feel in 7 Days?

If nothing changes then you will probably feel exactly as you do right now. But if you complete the *Living Fuel 7-Day Health Transformation* you will find yourself on the threshold of vibrant health and incredible energy. In just one week the powerful superfood goodness of Living Fuel will have you on a path to optimal nutrition that could very well change the rest of your life.

You will start to experience noticeable benefits of:

- Increased energy
- Reduced food cravings
- More stamina
- Visible fat loss, muscle definition, and weight-optimization
- Clearer thinking
- Overall feeling of wellbeing



You will also discover the ability to achieve your health goals and overcome cravings and addictions to sugar, empty carbohydrates, caffeine and other unhealthy foods and beverages. In just one week's time you will change your health and accelerate your metabolism.

The 7-Day Transformation begins with taking positive action to control your health and achieve a quality of life that most only dream about. It is accomplished by upgrading your daily meals to a Living Fuel Super Meal Smoothie in an increasing fashion from day one through day seven.

We say *upgrade* instead of *replace* because the amazing nutrient density Living Fuel makes it extraordinarily more nutritious than anything else you were planning to eat.



The 7-Day Transformation is designed to benefit anyone who wants to create a healthy eating foundation based on superfood nutrition. Regardless of where you live, how old you are or how busy you might be, there is no better time to begin your personal journey to Super Health and a renewed sense of vitality. You can even complete the 7-Day Transformation while incorporating an intermittent fast or if you are currently on or want to start a Keto diet. You can also enjoy nutritional excellence of Living Fuel is you are a vegetarian or vegan.

The 7-Day Transformation is as easy as 1-2-3:

1. Upgrade **ONE** of your meals to a Living Fuel Super Meal Smoothie for days 1-3.
2. Upgrade **TWO** of your meals to a Living Fuel Super Meal Smoothie for days 4-6.
3. Upgrade all **THREE** meals to a Living Fuel Super Meal Smoothie on day 7.

It's okay in the beginning if you need to eat a little something along with your Super Meal. In that case you should consume vegetables, healthy fats and protein while minimizing carbs and sugars.



What Else to Eat

The Living Fuel 7-Day Health Transformation is designed to be paired with a menu of “Smart Meals,” which are comprised of whole, natural foods found in each of the Four Corners of Superfood Nutrition detailed in *The Super Health Diet*. The book contains a more detailed menu and a complete shopping list to help you plan your meals.

As mentioned before, the 7-Day Health Transformation can also be incorporated into a vegetarian/vegan, intermittent fasting or Keto diet lifestyle.

Sample Smart Meals

- Free-range, cage-free, organic EGGS, free range and cage free (soft-boiled or poached is best), lightly steamed asparagus, goat cheese, mixed green salad, cold pressed olive oil
- Grass-fed, hormone-free STEAK, steamed broccoli, mixed greens salad with cold-pressed flax seed or extra-virgin olive oil, and a bowl of fresh organic strawberries



- Wild-caught baked SALMON, small baked sweet potato, mixed greens salad with extra-virgin olive oil and a fresh organic tangerine
- Hormone-free, grilled CHICKEN breast, a small serving of brown rice and black beans, fresh salsa with organic tomatoes, avocado, and cilantro, and one-half fresh papaya
- Hormone-free, roasted TURKEY breast, with steamed green beans, a handful of fresh walnuts, mixed green salad with extra-virgin olive oil, and bowl of fresh raspberries.

Other Considerations for the 7-Day Health Transformation

- Making breakfast your Living Fuel Super Meal is easy and convenient
- Drink plenty of spring or purified water and avoid drinks with sugar and/or alcohol
- Eliminate snacks between meals
- Get quality sleep and stop eating a minimum of two hours prior to bedtime
- Manage and minimize unhealthy stress
- Eliminate as many environmental hazards as possible
- Incorporate meditation and prayer into your everyday life



Super Meal Smoothie Tips



Initially, we recommend making your Living Fuel Super Meal Smoothies in a blender. You can also use the handy and distinct Living Fuel BlenderBottle for taking your Super Smoothie on the go. Living Fuel Super Smoothies are made with 1-2 scoops of FUEL (SuperBerry® Ultimate, SuperBerry® Original, or SuperGreens) and your choice of fruits. Additional protein can help satiety, so try 1 scoop of LivingProtein® in your smoothie. Try unsweetened coconut or almond milk (50/50 ratio with water) for a creamier texture.

If you are not able to go four hours before eating again after drinking your Super Smoothie you may want to add more protein or some healthy fats like avocado or coconut oil to your smoothie to keep your hunger satisfied longer.

Visit <https://www.livingfuel.com> for more tips and recipes.

Vegetarian/Vegan

Living Fuel Super Meals are super healthy vegetarian/vegan meals. They are in fact the healthiest “VV” meal in existence. If you choose to eat strictly vegetarian or vegan meals as your non-FUEL option long-term you will need to watch your nutrition closely and focus on healthy proteins and fats. You may consider adding a small serving of Living Fuel Super Meal or LivingProtein® or SuperEssentials® Aminos along with your other eating options to ensure there are no nutritional gaps in your diet.

Intermittent Fasting

The results of intermittent fasting are intensified when you incorporate Living Fuel Super Meal smoothies into your routine. You will be able to get all of your essential nutrients as well as a healthy amount of protein, fiber, digestive enzymes and probiotics while limiting the stress of digesting your meal.

If you have a difficult time with hunger in the morning, begin with 3 square meals per day with the goal of 6 hours between meal start times and absolutely no snacks between breakfast and lunch. It's ok to start with a 4-hour spacing and work your way up to 6 hour spacing if you plan to continue with 3-square meal spacing. In any event, it's best to NOT eat after 7 p.m.

If you want to move to a 2-meal per day intermittent fast once you are comfortable with 6 hour spacing then 3 times per week wait till 11am - 12pm to have your breakfast FUEL then have your dinner time FUEL 6 hours later. It's ok to initially snack during this window between lunch and dinner but focus on vegetables, healthy fats and protein and minimize carbs and sugars. Eventually work to eliminate snacks between meals. When you feel comfortable with your intermittent fast program then you can do more days per week or make it a daily lifestyle but it's best to NOT eat after 7 p.m.

Keto Diet

One of the drawbacks to a Keto diet is maintaining a nutritional balance. There are several nutrients such as potassium and magnesium that are hard to come by on a Keto diet. Living Fuel is Keto friendly and the perfect complement to a Keto diet.



Use primarily SuperGreens instead of SuperBerry® to minimize carbs and sugars naturally occurring in berries or mix the two. You will need to increase your healthy fats & oils. You can add coconut milk or oil, MCT oil, avocado oil or olive oil to your Super Meals. You can also blend in or eat separately macadamia nuts, pecans or almonds.

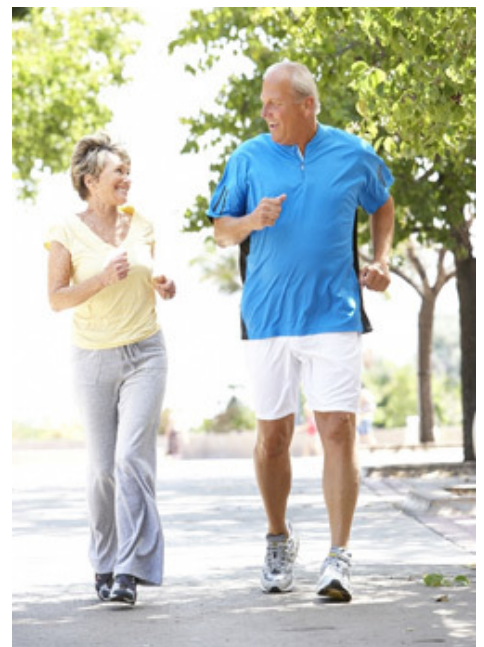
Increasing your fats to 75%-80% of total calories is a great way to get into Ketogenesis more quickly after which you can reduce your fats to 60%-65% to maintain that state. Adding an avocado, avocado oil, or MCT oil to your SuperGreens smoothie are favorites of many on a Keto diet.

Beyond Day 7

After day seven you can continue upgrading as many meals as you would like with a Living Fuel Super Meal. Most FUELers find replacing one meal per day sufficient to keep them on the road to Super Health.

Daily physical activity is critically important. Choose exercises based on your fitness level and in consultation with your doctor. Resistance training (with or without weights) such as push-ups and squats are great. You can add higher intensity exercise as your fitness level allows. This may be simply a brisk walk or climbing up several flights of stairs at a good pace.

You will discover an amazing home exercise program in Living Fuel Founder KC Craichy's book *The Super Health Diet*, available at livingfuel.com. This is also a great time to introduce more advanced nutrition strategies to your program such as Living Fuel SuperEssentials® OMEGA 3EDA+ and SuperEssentials® AMINOS.



Contact Living Fuel directly by email at customerservice@livingfuel.com or phone at 1-866-580-(FUEL) 3835 for personalized recommendations and suggestions.

Provided by:

