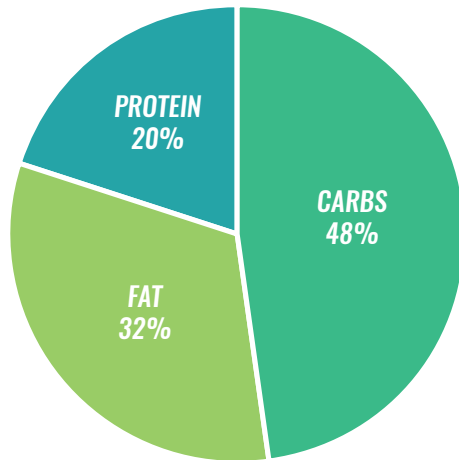


HEALTHY EATING MADE EASY WITH THREE DELICIOUS PLANS



THERE'S ONE THAT WORKS FOR YOU!

BALANCE (& BALANCE VEGETARIAN)



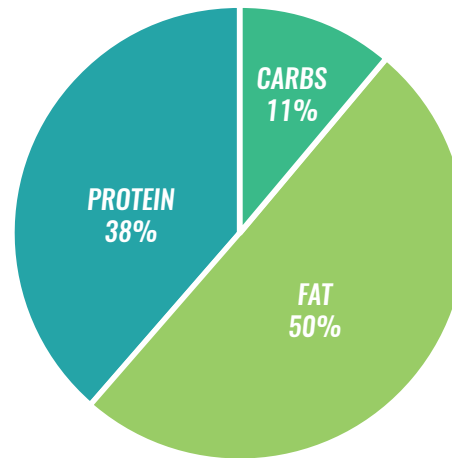
<50g Sugar per day

Perfect meal plan to lose weight consistently and keep it off!

- 1200 or 1600 calorie plans
- "No Seafood" and Vegetarian Options (easily customizable offers the greatest variety)
- Follows US Dietary Guidelines
- Low in sodium – 1500-1600 mg/day on average
- Majority of the fat is heart-healthy unsaturated fat – from olive oil, canola oil, fish and nuts – shown to improve health (lower cholesterol, help with hunger/weight control)
- Meals vary – nutrient breakdowns are averages for complete meal plan (breakfast, lunch and dinner)

Customers who commit lose 10 pounds per month, on average!

CARB 30



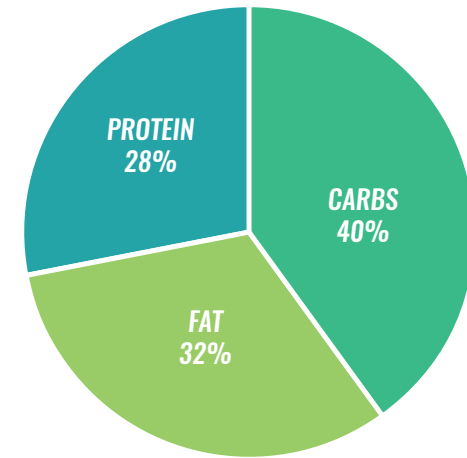
<12g Sugar per day

Perfect meal plan for meat lovers!

- Similar to Atkin's diet
- Weight loss averages 1-3 pounds per week (but can be more initially)
- Averages 1300 calories per day
- Contains red meat, pork, poultry, and seafood
- 30 net carbs per day [net carbs = total carbs – fiber]
- For optimal weight loss, customers should not add carbs in such as fruit, juice, milk, yogurt, sugar, or rice, pasta, potatoes and bread
- Not calorie restricted, add low carb snacks throughout the day

Looking to build muscle? Combine Carb 30 with weight training and turn your body into a lean fat-burning machine!

BALANCE D



<30g Sugar per day

Perfect meal plan for preventing and managing Type 2 Diabetes!

- Doctor-approved and follows the American Diabetes Association nutritional guidelines
- Controlled for carbohydrates and fats per meal (less than or equal to 45 grams carbs per meal)
- Low in Saturated Fat (less than 8% on average)
- Low in sodium (1400 mg per day on average)
- Balance D menu contains poultry, seafood and vegetarian dishes

Looking to lose that last 5-10 pounds? Low calorie budget? Balance D is great for hard to lose weight!