

**RE·BODY<sup>®</sup>**

THE SCIENCE OF BODY TRANSFORMATION™

**COMMIT**

**CONNECT**

**SUCCEED**

# RE·BODY<sup>®</sup>

THE SCIENCE OF BODY TRANSFORMATION™

## THE RE·BODY<sup>®</sup> REVOLUTION

Finding the way to body transformation—that's our goal at RE·BODY<sup>®</sup>. At RE·BODY<sup>®</sup> we use scientific research to create amazing product that can help you achieve your weight loss goals.\*\*

### AT RE·BODY<sup>®</sup>, WE:

- Believe there are no magic solutions or silver bullets that can replace a healthy diet and exercise routine
- Pride ourselves on offering ingredients that are naturally sourced whenever possible and science-backed. Our supplements can help you achieve your weight-loss goal\*\*
- Are committed to sourcing high-quality, naturally derived ingredients whenever possible

RE·BODY<sup>®</sup> is the one-stop shop you have been looking for to help you achieve body transformation.\*\*



# RE·BODY®

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## COMMIT. CONNECT. SUCCEED.

### COMMIT

Committing to body transformation can feel daunting. But you are not alone. RE·BODY® offers you science-based knowledge and products to help you achieve results. If you are committed to your success, we are committed to helping you achieve your goals.

### CONNECT

There is so much waiting for you at [joinrebody.com](http://joinrebody.com). Connect with us now and get access to Q&A with our nutrition experts, delicious daily recipes, an exercise-of-the-day to help you burn even more calories, tips and strategies to keep you on track, and more.

PLUS, you'll be connected to a supportive group of amazing people on the same journey, ready to inspire you, motivate you and celebrate your milestones! Join us and we'll all succeed together!

### SUCCEED

Succeed in finding body transformation with support from the RE·BODY® team. We offer a comprehensive diet and exercise plan that will help you stay on track.

*You could be the next  
Re·Body® Success Story!*

## RE·BODY® MEAL PLAN™

Diet plays a very important role in your weight loss success. RE·BODY® takes the guesswork out of healthy eating. Our recipes were all developed by a RE·BODY® nutritionist based on a formula that will yield a meal that is approximately 400 calories, distributed as 1/3 slow-burn carbohydrates, 1/3 lean body proteins, and 1/3 fat-fighting fats... right on target with your RE·BODY® goals!

### **SLOW-BURN CARBS**

The carbohydrate group is the largest of the food groups. It contains many different varieties of foods, including grains, starchy vegetables, fruits, and fibrous vegetables. The fibrous vegetables are a particularly nutritious choice, because they are very low in calories and high in healthy fibers.

### **LEAN-BODY PROTEINS**

The protein group includes lean meats, cheeses, eggs, and vegetarian proteins.

### **FAT-FIGHTING FATS**

This diverse group includes healthy oils, nuts, seeds, avocado, olives, and certain condiments. Not all fats are created equal, and you may notice that some of the unhealthy fats (margarine, lard, shortening, processed oils) are not included in our meal plan.

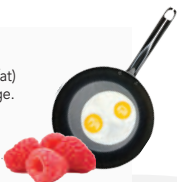


# RE·BODY™

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## RE·BODY® MEAL PLAN™: BREAKFAST

**Fried Eggs 'n Turkey Sausage** (402 calories, 28g carbs, 16g fiber, 32g protein, 18g fat)  
2 eggs fried in coconut oil cooking spray • 1 slice uncured all-natural turkey sausage.  
SERVE with 1 cup each of fresh organic blackberries and raspberries.



**Egg-cellent Omelet** (389 calories, 30g carbs, 8g fiber, 29g protein, 17g fat)  
Omelet with 2 eggs + 2 egg whites • 1 cup spinach leaves  
1oz. shredded 2% cheddar cheese.  
SERVE with 1 fresh grapefruit or other citrus fruit.



**Breakfast Scramble** (397 calories, 29g carbs, 3g fiber, 32g protein, 17g fat)  
SCRAMBLE 2 eggs in extra virgin olive oil cooking spray; mix in 1 cup firm tofu (cubed) and ¼ cup shredded mozzarella cheese. SERVE with 2 cups cubed cantaloupe or other fresh melon.



**Yummy Yogurt Parfait** (418 calories, 30g carbs, 5g fiber, 34g protein, 18g fats)  
LAYER in a bowl or parfait cup: 6 oz. Greek yogurt, ½ cup sliced fresh strawberries and blueberries, 2 Tbsp. organic granola, another 6 oz. Greek yogurt, another ½ cup sliced fresh strawberries and blueberries, 2 Tbsp. chopped pecans.

**Open-Faced Veggie Sausage Sandwich** (384 calories, 31g carbs, 4g protein, 16g fat)  
½ English muffin (toasted), topped with 1 all-natural vegetarian breakfast sausage patty, and 1 slice of your favorite cheese. SERVE with ½ cup red grapes.



**Whole-Grain Bagel 'n Lox** (395 calories, 32g carbs, 3g fiber, 33g protein, 15g fat)  
½ whole-grain oatmeal-flax bagel, topped with 1.5 Tbsp. cream cheese and 4 oz. all-natural nitrate-free smoked salmon (lox).



**Sweet Potato Hash Browns & Turkey Sausage** (409 calories, 33g carbs, 5g fiber, 31g protein, 17g fat)  
4-5 oz. uncured all-natural turkey sausage • 1 cup sweet potato hash browns cooked in coconut oil cooking spray.



# RE·BODY

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## RE·BODY® MEAL PLAN™: LUNCH & DINNER

**Turkey Chili** (380 calories, 28g carbs, 7g fiber, 31g protein & 16g fat)

ADD 2 oz. all-natural, free range ground turkey (browned)  
to 1 cup pre-made organic vegetarian chili (such as Amy's Organic Chili).  
WARM in a saucepan.



**Turkey Tacos** (420 calories, 32g carbs, 6g fiber, 37g protein, 16g fat)

DISTRIBUTE between 2 whole grain taco shells: 3 oz. browned ground turkey,  
2 Tbsp. shredded cheddar cheese, ¼ cup chopped tomatoes,  
1 Tbsp. sour cream, 1 Tbsp. guacamole. SERVE with 1 cup fresh red pepper slices.



**Grilled Chicken Salad** (398 calories, 30g carbs, 13g fiber, 38g protein, 14g fat)

TOSS 3 cups fresh Romaine lettuce with 2 Tbsp. salad dressing.  
TOP with 3 oz. sliced organic grilled chicken breast and 1 Tbsp. Parmesan cheese.  
SERVE with 2 small slices of toasted whole grain bread.



**Chicken and Brown Rice** (420 calories, 32g carbs, 6g fiber, 37g protein, 16g fat)

3 oz. baked chicken breast • ½ cup brown rice  
1 cup steamed or roasted broccoli, tossed with ½ Tbsp. extra virgin olive oil.



**Chicken-Veggie Wrap** (420 calories, 32g carbs, 6g fiber, 37g protein, 16g fat)

FILL a whole grain tortilla wrap with: 2 oz. grilled chicken breast (cubed), 1 oz. sliced  
Swiss cheese, 1-2 cups grilled, roasted, or sautéed veggies (such as mushrooms,  
eggplant, zucchini squash, and/or artichoke hearts).



**Hamburger & Baked Sweet Potato Fries** (420 calories, 32g carbs, 6g fiber, 37g protein, 16g fat)

3.5 oz. lean ground beef patty (all-natural, organic) on a whole grain hamburger bun.  
SERVE with ½ cup baked sweet potato fries.



**Grilled Salmon, Cauliflower & Black-Eyed Peas** (420 calories, 32g carbs, 6g fiber, 37g protein, 16g fat)

STEAM 2 cups cauliflower; then puree with ½ cup coconut milk,  
one garlic clove, and salt/pepper to taste. SERVE 3.5 oz. grilled  
wild Alaskan salmon with the creamy cauliflower and ¾ cup organic black-eyed peas.



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## RE·BODY<sup>®</sup> MEAL PLAN<sup>™</sup>: LUNCH & DINNER

### Fresh Tilapia with Brussels Sprouts (411 calories, 32g carbs, 6g fiber, 37g protein, 15g fat)

COAT a 4 oz. tilapia fillet with extra-virgin olive oil, then coat on both sides with a mixture of seasoned bread crumbs and ground flaxseed.  
BAKE for about 15 minutes at 375°. SERVE with ½ cup Brussels sprouts.



### Buffalo Burger with Grilled Corn on the Cob (419 calories, 34g carbs, 3g fiber, 37g protein, 15g fat)

4 oz. all-natural buffalo meat on a whole-grain hamburger bun.  
SERVE with a small cob of corn, coated with olive oil and grilled.



### Sirloin Steak with Buckwheat Noodles (420 calories, 32g carbs, 4g fiber, 37g protein, 16g fat)

3 oz. beef sirloin steak (all-natural, organic). SERVE with 1/2 cup cooked whole grain soba noodles (buckwheat noodles), and ½ cup steamed green beans sprinkled with sliced almonds.



### Tofu Stir-Fry (417 calories, 32g carbs, 13g fiber, 34g protein, 17g fat)

HEAT ½ Tbsp. extra virgin olive oil in a skillet. STIR-FRY 5 oz. tofu, ¼ cup edamame, and 2 cups mixed fresh vegetables (such as broccoli, sliced carrots, bell peppers, and mushrooms).

### Citrus Salmon Salad (384 calories, 29g carbs, 4g fiber, 31g protein, 16g fat)

TOSS 3 cups fresh organic salad greens with 1 Tbsp. citrus vinaigrette dressing. Top with 3.5 oz. grilled or baked wild Alaskan salmon, ¼ cup mandarin oranges, and 1 Tbsp. sliced almonds.



### Egg Salad and Chicken Wrap (375 calories, 27g carbs, 3g fiber, 33g protein, 16g fat)

MIX together 2 chopped hard-boiled eggs, 1-2 oz. sliced grilled chicken, and ¼ cup plain Greek yogurt.  
FILL a whole grain tortilla wrap with mixture, fresh spinach and chopped tomato.

### Salmon Sandwich with Baked Sweet Potato Fries (378 calories, 31g fat, 4g fiber, 32g protein, 14g fat)

3.5 oz. grilled or baked wild Alaskan salmon on a whole-grain hamburger bun.  
SERVE with ½ cup baked sweet potato fries.



## RE·BODY® MEAL PLAN™: SNACKS



1.5 cups air-popped popcorn + 1 cheese stick  
(153 calories, 10g carbs, 2g fiber, 8g protein, 9g fat)



1 apple + 1 Tbsp. all-natural organic almond butter  
(157 calories, 14g carbs, 3g fiber, 5g protein, 9g fat)



1 hard-boiled egg + 1 slice whole-grain toast  
(151 calories, 13g carbs, 2g fiber, 5g protein, 9g fat)



8 oz. Greek yogurt  
(155 calories, 10g carbs, 0g fiber, 22g protein, 3 g fat)

10 whole-grain tortilla chips + 2 Tbsp. guacamole  
(150 calories, 13g carbs, 0g fiber, 22g protein, 3g fat)



12 baby carrots + 1/4 cup hummus  
(150 calories, 20g carbs, 5g fiber, 4g protein, 6g fat)

1/4 cup trail mix with nuts, seeds and dried fruit  
(153 calories, 14g carbs, 1g fiber, 4g protein, 9g fat)



1 cup fresh red pepper slices + 1 oz. goat cheese  
(153 calories, 10g carbs, 3g fiber, 8g protein, 9g fat)

1 organic granola bar made with fruit and nuts  
(153 calories, 25g carbs, 2g fiber, 2g protein, 5g fat)



2 buckwheat brown rice cakes + 2 tsp. organic cashew butter  
(151 calories, 18g carbs, 1g fiber, 4g protein, 7g fat)



## RE·BODY<sup>®</sup> EXERCISE PLAN™

Starting or maintaining an exercise program is not easy. If it was easy everyone would do it. We have developed a general exercise plan based on current exercise guidelines and science that is geared for your success.

The RE·BODY<sup>®</sup> plan recommends 45 minutes of cardio a minimum of twice per week. In addition, strength training 3 times per week.

**STRENGTH TRAINING** is vital and to gain health benefits, muscle-strengthening activities need to be done to the point where it is hard for you to do another repetition without help. Furthermore, muscle tissue burns as much as 15 times more calories per day than does fat tissue!

**CARDIOVASCULAR EXERCISE** is important for health and weight loss, which is why including them in your exercise plan is a must. This type of exercise strengthens the heart and produces great results. Some types of cardio include:

- Walking
- Running
- Gardening
- Dancing
- Water Aerobics
- Biking
- Hiking
- Swimming
- Team sports

On the next few pages we offer a comprehensive On-the-Go workout that can easily be done anywhere, anytime. In just 30 minutes, this workout can pack a punch using just your own body weight. The only thing you will need is a stopwatch.

Don't forget to stretch! Stretching is very important and extremely beneficial both before and after a workout. It reduces soreness and helps to prevent injury. It is also a good idea to stretch periodically throughout the day to reduce muscle tension.

## RE·BODY® ON-THE-GO BODY WEIGHT WORKOUT™

**CIRCUIT 1:** Take 15 seconds of rest between each exercise.

### **Bodyweight Squat – 30 seconds**

- Start with your feet hip-width apart.
- Rest your arms at your sides.
- Keeping your back straight, bend at the knees, lowering your body as if you were going to sit down. At the same time, raise your arms straight out in front of you.
- Lift up slowly to the starting position, then repeat.

### **Hip Bridge – 30 seconds**

- Lay on your back, with your feet on the floor spread hip-width apart and knees bent to the ceiling. Arms should rest on the floor, straight down by your side, palms facing down.
- Keeping your head straight (don't scrunch up your shoulders, keep your shoulders pulled down away from you ears) and your feet, shoulders and palms planted firmly on the floor, lift your midsection off the floor. Lift until your body from your knees to your shoulders is in a straight line.
- Hold for one or two seconds and then slowly lower back to the floor. Repeat.

### **Crunches –30 seconds**

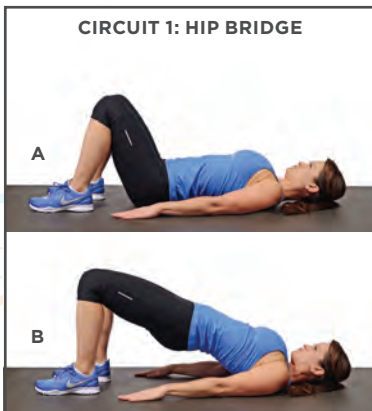
- Lay on your back with your legs together, feet planted firmly on the ground with your knees bent, pointed to the ceiling. Your hands should be placed gently behind your head, with your elbows pointing out to either side.
- Using your abdominal (stomach) muscles, lift your head and neck off the rug or mat. Be careful not to strain your neck by either lifting too far off the mat or using your neck muscles instead of your abs. Keep your upper back and neck in one straight line, so as to prevent overextending yourself.
- Slowly (with control again!) lower your upper body back to the mat and repeat. Repeat the circuit three times, then take a 2-minute rest/water break. It should take approximately 8 minutes and 45 seconds to complete.

## RE·BODY<sup>®</sup> ON-THE-GO BODY WEIGHT WORKOUT™

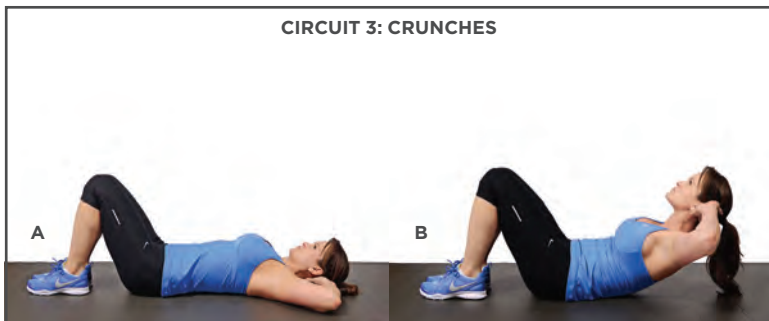
CIRCUIT 1: SQUAT



CIRCUIT 1: HIP BRIDGE



CIRCUIT 3: CRUNCHES



## RE·BODY® ON-THE-GO BODY WEIGHT WORKOUT™

- **CIRCUIT 2:** Take 15 seconds of rest between each exercise, except when switching legs for the bodyweight split squat, which should only be a 10-second breather.
- **Bodyweight Split Squat – 15 seconds**
- Stand with your left leg outstretched in front of you, with your foot flat on the floor a few inches in front of your torso.
- Extend your right leg behind you, resting your foot on your toes and the ball of your foot (keep your heel lifted).
- Keeping your back straight, lower your body down in a squat. Both of your knees should almost form a right angle when you bend.

### **Bodyweight Split Squat – Switch Leg – 15 seconds**

- Place your right foot in front, with your entire foot planted firmly on the ground in front of you, with your leg outstretched.
- Extend your left leg behind you, with your toes and the ball of your foot on the ground, your heel lifted.
- With your back straight, lower your body in a squat.
- Raise back to the starting position, then repeat.

### **Pushups – 30 seconds**

- Lay on the floor face down, lifting your body with your arms, hands on the floor directly under your shoulders. Lift your legs so you are on your toes, heels raised. Separate your legs just a little bit.
- Keeping your body in a straight line, bend at the elbows, lowering your body. Be sure to keep your elbows tucked close to your body.
- Using your arms, push your body back up to the starting position and repeat.

### **Stationary Jog – 30 seconds**

- Jog in place.
- Repeat the circuit three times, then take a 2-minute rest/water break. It should take approximately 9 minutes and 15 seconds to complete.

## RE·BODY<sup>®</sup> ON-THE-GO BODY WEIGHT WORKOUT™

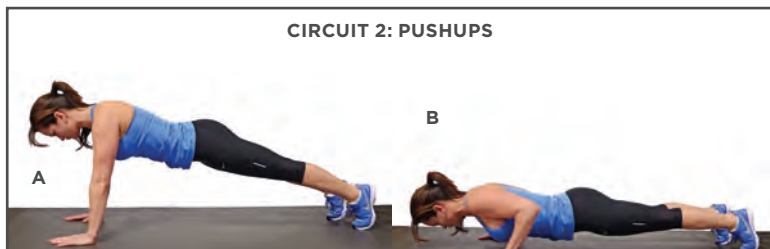
CIRCUIT 2: SPLIT SQUAT



CIRCUIT 2: SPLIT SQUAT



CIRCUIT 2: PUSHUPS



B



## RE·BODY® ON-THE-GO BODY WEIGHT WORKOUT™

**CIRCUIT 3:** Take 15 seconds of rest between each exercise, except between the side crunches which should only be a 10-second breather when switching sides.

### **Side Crunch – 20 seconds**

- Lay on your left side, your left arm outstretched above your head with your palm flat on the floor. Rest your left ear on your arm.
- Place your right hand gently on the back of your head, sticking your right elbow up in the air. Your legs should be stacked with your right on top of your left, both feet flexed facing forward.
- Lift your upper body straight up, bending the right side of your waist. Keep your left hand on the floor to help balance, but do not use the arm to lift your body; use your waist muscles. Engaging your legs will also help keep your balance.
- Lower your back down slowly to the starting position and repeat.

### **Side Crunch – other side – 20 seconds**

- Switch sides, so you are laying on your right side, legs stacked with your right arm outstretched and your left hand behind your head, elbow in the air.
- Lift up, using the left side of your waist.
- Lower back to the starting position, and then repeat.

### **Hip Bridge – 30 seconds (See Circuit 1)**

### **Prone Shoulder T's – 30 seconds**

- Lay on your stomach, with your legs together and toes pointed, resting the top part of your feet down on the floor.
- Both arms should be outstretched on each side, lifted slightly off the ground with your palms turned slightly forward.
- Lift both of your arms at the same time, squeezing your back blades together.
- Lower your arms to the starting position and repeat. Repeat the circuit three times, then take a 2-minute rest/water break. It should take approximately 9 minutes and 45 seconds to complete.

## RE·BODY<sup>®</sup> ON-THE-GO BODY WEIGHT WORKOUT™

### CIRCUIT 3: SIDE CRUNCH

A



B



### CIRCUIT 2: HIP BRIDGE

A



B



### CIRCUIT 3: PRONE SHOULDER T

A



B



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Thank you!

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