



# F15<sup>TM</sup>

## INTERMEDIATE 1 & 2



FOREVER<sup>®</sup>

# F15™

## INTERMEDIATE 1

# LET'S GET FIT!

WHETHER YOU'RE  
ALREADY ACTIVE  
BUT AREN'T SEEING  
RESULTS OR ARE  
LOOKING FOR THE  
NEXT STEP IN YOUR  
WEIGHT MANAGEMENT  
JOURNEY, THE  
F15 INTERMEDIATE  
PROGRAM HAS  
YOU COVERED.





**Forever  
Aloe Vera Gel®**  
2X 1-Liter  
Bottles

**Forever  
Lite Ultra®**  
1X 15 Serving  
Pouch

**Forever  
Garcinia Plus®**  
90 Softgels

**What your  
F15 Pak  
includes:**

**Forever Therm®**  
30 Tablets

**Forever Fiber®**  
15 Packets



### **FOREVER ALOE VERA GEL®**

helps cleanse the digestive system and maximize absorption of nutrients.

### **FOREVER FIBER®**

provides a proprietary blend of 5g of water soluble fiber that can help promote feelings of fullness.

### **FOREVER THERM®**

offers a powerful combination of botanical extracts and vitamins that can help support metabolism.

### **FOREVER GARCINIA PLUS®**

may help the body burn fat more efficiently and help suppress appetite by increasing serotonin levels.

### **FOREVER LITE ULTRA®**

shake mix is a rich source of vitamins and minerals with 17g of protein per serving.



Please consult with a licensed physician or other qualified healthcare professional for more in-depth information before beginning any exercise program or using a dietary supplement.

# LET'S GET STARTED.

**FOREVER F15 IS SPECIALLY DESIGNED TO PROVIDE YOU WITH THE TOOLS FOR HEALTHIER LIVING THAT WILL PROPEL YOU TOWARDS SUCCESS ON YOUR WEIGHT LOSS JOURNEY.**

## **FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.**

### **RECORD YOUR MEASUREMENTS.**

While the scale is a helpful measure, it doesn't give you the complete picture of your progress. Record your measurements before and after each **F15** program to truly understand the ways that your body is changing.

### **RECORD YOUR CALORIES.**

Keeping track of your calorie intake is important as you get started. Record your calories in a notebook or use your favorite calorie-tracking app as you learn to recognize healthy portion sizes and learn new eating habits.



### **DRINK PLENTY OF WATER.**

Drinking at least eight glasses (64 oz.) of water a day can help you feel fuller, flush out toxins and support healthy skin.

### **PUT DOWN THE SALT SHAKER.**

Salt contributes to fluid retention, can make you feel sluggish and give you the impression that you're not making progress. Instead, flavor foods with a variety of herbs and spices.

### **AVOID SODAS AND CARBONATED BEVERAGES.**

Carbonation promotes bloating and drinking soda can add unwanted calories and sugar that can add up fast and leave you feeling sluggish.

# SET YOUR GOALS.

Set realistic goals for yourself during **F15 INTERMEDIATE** and keep them in mind throughout the program. They can be anything from running a 5K to getting back into your “skinny jeans.”

**CLEAR GOALS WILL HELP  
YOU STAY MOTIVATED  
AS YOU MOVE FORWARD.**

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# BODY WEIGHT & MEASUREMENTS.

## HOW TO MEASURE:

**CHEST** / Measure under your armpits around the front of your chest with your arms relaxed at your sides.

**BICEPS** / Measure halfway between your armpit and elbow with your arm relaxed at your side.

**WAIST** / Measure your natural waist – approximately 2" above your hips.

**HIPS** / Measure around the widest part of the hips and buttocks.

**THIGHS** / Measure at the widest point of the thigh including the highest point on your inner thigh.

**CALVES** / Measure the thickest part of your calf, typically about halfway between the knee and the ankle, while your calves are relaxed.

## BEFORE F15 INTERMEDIATE 1 MEASUREMENTS:

	CHEST		HIPS
	BICEPS		THIGHS
	WAIST		CALVES
			WEIGHT

## AFTER F15 INTERMEDIATE 1 MEASUREMENTS:

	CHEST		HIPS
	BICEPS		THIGHS
	WAIST		CALVES
			WEIGHT

## AFTER F15 INTERMEDIATE 2 MEASUREMENTS:

	CHEST		HIPS
	BICEPS		THIGHS
	WAIST		CALVES
			WEIGHT

# YOUR SUPPLEMENT SCHEDULE.

**FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE FI5 INTERMEDIATE 1 PROGRAM.**

Breakfast	 <p><b>2X</b> Forever Garcinia Plus® Softgels</p>	 <p>Wait 30 minutes</p> <p>Before taking Forever Aloe Vera Gel®</p>	 <p><b>4 oz.</b> Forever Aloe Vera Gel®</p> <p>With a minimum of <b>8 oz.</b> of water</p>
Snack	 <p><b>1X Packet</b> Forever Fiber®</p> <p>Mixed with <b>8-10 oz.</b> of water or other beverage</p>	<p>Be sure to take <b>Forever Fiber®</b> separate from your daily supplements. Fiber can bind to some nutrients, impacting their absorption by your body.</p>	<p><b>100 - 250 Calorie Snack</b> for Women</p> <p><b>200 - 350 Calorie Snack</b> for Men</p>
Lunch	 <p><b>2X</b> Forever Garcinia Plus® Softgels</p>	 <p><b>1X</b> Forever Therm® Tablet</p>	<p><b>450 Calorie Lunch</b> for Women</p> <p><b>550 Calorie Lunch</b> for Men</p>
Dinner	 <p><b>2X</b> Forever Garcinia Plus® Softgels</p>	<p><b>450 Calorie Dinner</b> for Women</p> <p><b>550 Calorie Dinner</b> for Men</p>	
Evening	 <p>A minimum of <b>8 oz.</b> of water</p>		

**MAKE SURE TO WAIT AT LEAST 30 MINUTES BETWEEN FOREVER GARCINIA PLUS® AND FOREVER ALOE VERA GEL® OR YOUR MEAL TO MAKE SURE YOU GET THE FULL IMPACT AND BENEFIT OF FOREVER GARCINIA PLUS®!**





**1X Forever  
Therm<sup>®</sup>  
Tablet**

**300 Calorie Breakfast  
for Women**

**450 Calorie Breakfast  
for Men**

## **F.I.T. TIP**

A great way to drink your daily Aloe is to mix it with ARG1+<sup>®</sup> (sold separately). ARG1+<sup>®</sup> provides 5 grams of L-Arginine per serving plus synergistic vitamins to give your body the boost it needs to keep you going all day long.

Mix **4 oz.** of Forever Aloe Vera Gel<sup>®</sup>, **1 scoop** of ARG1+<sup>®</sup> and water to taste, then shake with ice for a delicious way to enjoy the benefits of Aloe along with a great boost of energy!

# SIMPLIFY YOUR DIET.

Sometimes it can be hard to keep track of all of the tips and tricks to maintaining a healthy diet, especially if you're on the go. The good news? There's one golden rule to follow that can keep you moving in the right direction: eat colorful foods.

The colors of different fruits and vegetables represent different phytonutrients that provide varied benefits to the body.

- Fruits and vegetables that are **pink or red** in color contain lycopene, which provides powerful antioxidant support and promotes heart health.

- **Orange and yellow** color in vegetables signifies the presence of beta-carotene. The body converts beta-carotene to Vitamin A, which supports healthy vision, the immune system and bone health. Vitamin C, known for its benefits to immunity, is also present in fruits in this color category.

- **Green** fruits and veggies are packed full of vitamins and nutrients that can have tremendous benefits on your health. **Leafy greens** such as spinach and kale provide the antioxidants lutein and zeaxanthin that support healthy vision.

- **Blue and purple** fruits and vegetables provide many different nutrients including lutein, zeaxanthin, resveratrol and Vitamin C, which can help support heart health and immunity, promote brain health and fight inflammation.

- Finally, don't forget about **white** fruits and vegetables. These nutrient packed foods contain potassium, magnesium and a whole complement of vitamins and minerals and provide seemingly endless benefits.

WHETHER YOU'RE  
PLANNING YOUR MEALS  
FOR THE WEEK, OUT TO  
DINNER WITH FRIENDS  
OR LOOKING FOR A  
QUICK SNACK,  
CHOOSING COLORFUL  
FRUITS AND VEGETABLES  
FUELS YOUR BODY AND  
KEEPS YOU ON THE  
ROAD TO LOOKING AND  
FEELING BETTER.



# PREPARE FOR SUCCESS.

One of the pitfalls of any weight management program is time. Between work responsibilities and family obligations it can be hard to find time to exercise, make a healthy meal or even just make time for yourself. Follow the tips below for meal preparation so that even on-the-go you are set up for success!

## + Plan Ahead

By identifying when you will be pressed for time before it happens, you can make sure you have something healthy to eat ready to grab and go.

## + Create A Menu

Determine which **F15** recipes you are going to make for the week, taking into consideration when your schedule is especially busy. Recipes can be found starting on **page 38**.

## + Go Shopping

Make a list of ingredients you need to prepare your weekly menu and head to the grocery store.

## + Get Cooking

Precook menu ingredients, like chicken breast, some vegetables and anything else that can save time for the week.

# FOREVER LITE ULTRA® SHAKE RECIPES.

These tasty recipes will add some variety to your **Forever Lite Ultra®** shakes. Packed with protein and high in antioxidants, they are specially formulated to keep you feeling full and energized for hours.

In the **F15 INTERMEDIATE** program, drink your shake after your workout or for a mid-day boost.

	+ WOMEN 300 Calories	+ MEN 450 Calories
<b>Cherry Ginger Zinger</b>	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened coconut milk / ½ cup 2% plain Greek yogurt ½ cup frozen cherries / ½ teaspoon minced ginger 1 teaspoon honey / 4-6 ice cubes <b>(274 cal)</b>	1 scoop Forever Lite Ultra® / 8-10 oz. unsweetened coconut milk / ¾ cup 2% plain Greek yogurt ¾ cup frozen cherries / ½ teaspoon minced ginger ½ tablespoon honey / 4-6 ice cubes <b>(447 cal)</b>
<b>Peaches and Cream</b>	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened almond milk / 1 cup frozen unsweetened peaches / ½ teaspoon cinnamon / ½ oz. walnut pieces / 4-6 ice cubes <b>(295 cal)</b>	1 scoop Forever Lite Ultra® / 8-10 oz. unsweetened almond milk / 1½ cups frozen unsweetened peaches / ½ teaspoon cinnamon / ¾ oz. walnut pieces / 4-6 ice cubes <b>(452 cal)</b>
<b>Green Goodness</b>	1 scoop Forever Lite Ultra® / 4-6 oz. unsweetened soy milk / 2 kale leaves / ½ cup spinach / 1 small frozen banana / 2 dates / ½ tablespoon flax seed <b>(318 cal)</b>	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened soy milk / 3 kale leaves / 1 cup spinach / 1 large frozen banana / 3 dates / ¾ tablespoon flax seed <b>(476 cal)</b>
<b>Blueberry Muffin</b>	1 scoop Forever Lite Ultra® / 6-8 oz. nonfat milk or alternative / ½ cup 0% plain Greek yogurt ½ cup frozen blueberries / ½ cup old fashioned oats ¼ teaspoon cinnamon / ¼ teaspoon vanilla extract 1 tablespoon granola for topping <b>(320 cal)</b>	1 scoop Forever Lite Ultra® / 6-8 oz. skim milk or alternative / ½ cup 0% plain Greek yogurt ¾ cup frozen blueberries / ¼ cup old fashioned oats ¼ teaspoon cinnamon / ¼ teaspoon vanilla extract 1 tablespoon granola for topping <b>(489 cal)</b>
<b>Chocolate Raspberry Delight</b>	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened coconut milk / 1 cup fresh or frozen raspberries ½ tablespoon cocoa powder / 1 tablespoon almond butter / 1 teaspoon cacao nibs (optional topping) 4-6 ice cubes <b>(305 cal)</b>	1 scoop Forever Lite Ultra® / 8-10 oz. unsweetened coconut milk / 1½ cups fresh or frozen raspberries 1 tablespoon cocoa powder / 1½ tablespoons almond butter / 1 teaspoon cacao nibs (optional topping) 4-6 ice cubes <b>(470 cal)</b>
<b>Strawberry Shortcake</b>	1 scoop Forever Lite Ultra® / 100 calorie vanilla Greek yogurt / 1 cup strawberries / ½ cup old fashioned oats ¼ teaspoon vanilla extract / 4-6 ice cubes <b>(278 cal)</b>	1 scoop Forever Lite Ultra® / 200 calorie vanilla Greek yogurt / 1½ cups strawberries / ¼ cup old fashioned oats / ¼ teaspoon vanilla extract / 4-6 ice cubes <b>(440 cal)</b>
<b>Apple Crisp</b>	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened soy milk / 4 oz. unsweetened applesauce / 1 small apple, chopped / ¼ teaspoon cinnamon and nutmeg / 2 small dates / 1 teaspoon chia seeds / 4-6 ice cubes <b>(300 cal)</b>	1 scoop Forever Lite Ultra® / 8-10 oz. unsweetened soy milk / 4 oz. unsweetened applesauce / 1 small apple, chopped / ¼ teaspoon cinnamon and nutmeg / 3 small dates / 2 teaspoons chia seeds / 4-6 ice cubes <b>(461 cal)</b>



### F.I.T. TIP

Create your own shake by combining **1 scoop** of **Forever Lite Ultra®** with **8-10 oz.** of nonfat, almond, coconut, soy or rice milk, **½-1 cup** of fruits and vegetables, **1 tablespoon** of healthy fats like chia seeds, flax seeds, nut butter, avocado or coconut oil and ice, water or green tea and blend.

Feel free to substitute rice milk, unsweetened almond milk, unsweetened coconut milk or unsweetened soy milk in any of these recipes. Check the label to ensure that the milk alternative you choose provides approximately 50 to 60 calories per 8 oz.

**HAVE A GREAT RECIPE?  
SHARE IT WITH US AT**  
[facebook.com/forevernorthamerica](https://facebook.com/forevernorthamerica)

# RESISTANCE MAKES RESULTS.

Many people think that weight lifting isn't related to weight loss or that introducing weights or resistance into their workouts will create bulky muscle. The reality is, when done properly, weight training burns calories and can continue to boost metabolism long after your workout has ended.

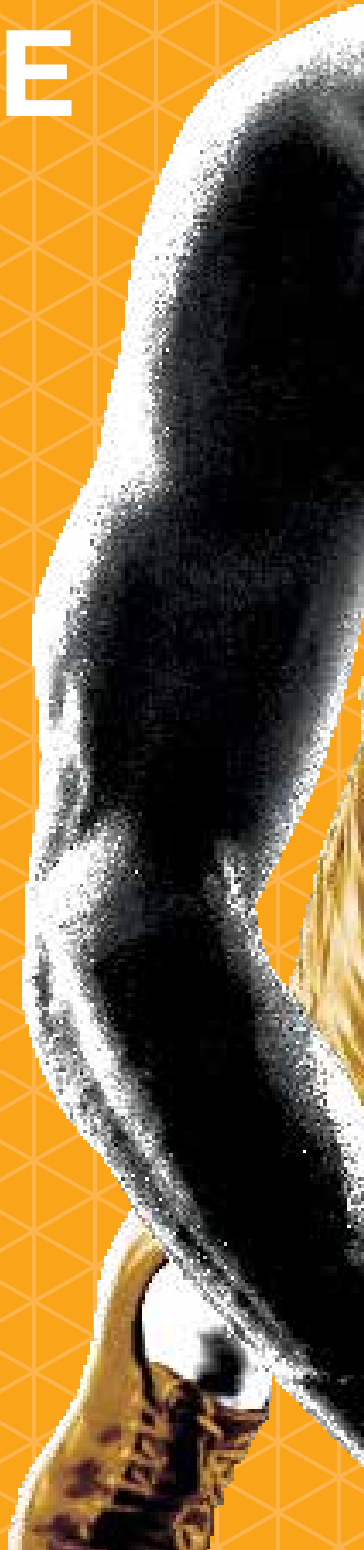
The exercises in the **F15 INTERMEDIATE** program are designed to introduce weight resistance to core foundational movements for maximum results through the use of resistance bands. Resistance bands keep tension on the muscles for an extended period of time to help build lean muscle and burn more calories.

**RESISTANCE BANDS COME IN SEVERAL STRENGTHS, ALLOWING YOU TO ADJUST THE RESISTANCE AS YOU GET STRONGER.**

For **F15 INTERMEDIATE**, we recommend a set of light, medium and heavy bands.

## F.I.T. TIP

Make sure to challenge yourself. If you can complete a workout easily or don't feel some muscle fatigue at the end of your exercise, you're not doing enough. Choose a fitness band with more resistance to get the best results.



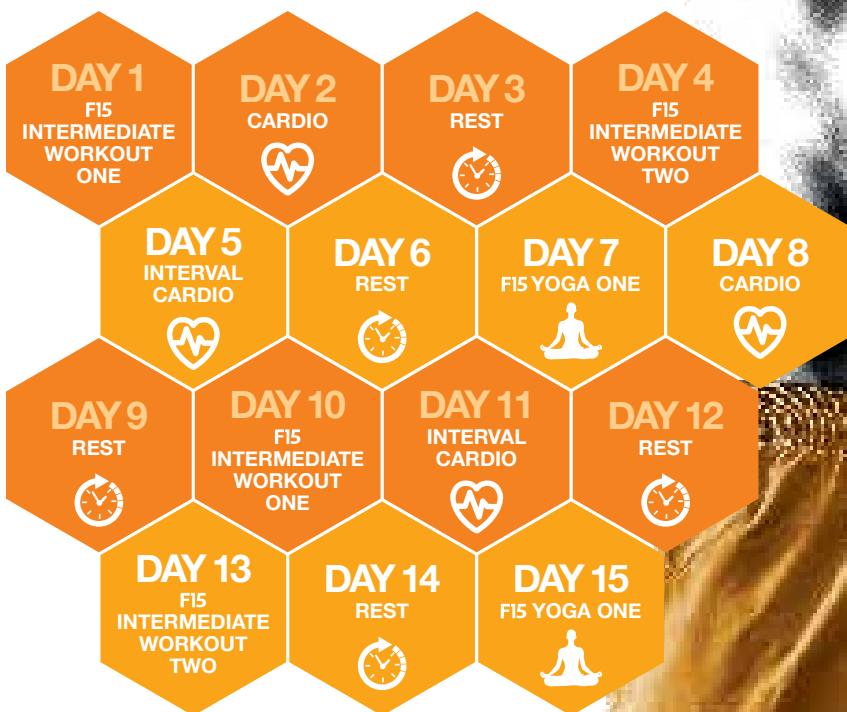


# F15 INTERMEDIATE 1 WORKOUT SCHEDULE.

## LET'S GET MOVING.

Lasting change comes from pairing optimal nutrition and supplements designed to fuel your body with exercise that can help you burn calories and build lean muscle.

The **F15 INTERMEDIATE** program combines two bodyweight workouts, yoga that you can do anywhere and cardio at your own pace to get you moving! No set up, no confusing gym equipment, no excuses.







# CRANK UP THE CARDIO.

Cardio exercises increase heart rate, can help boost metabolism, support a healthy heart and help you recover more quickly after strenuous exercise.

During the **F15 INTERMEDIATE 1** program, commit to doing at least **2-3 days** of cardio activity per week. These sessions should be **30-60 minutes** and ideally performed without interruption.

## RECOMMENDED CARDIO EXERCISES INCLUDE:

Walking, Jogging, Climbing  
Stairs, Elliptical, Rowing,  
Swimming, Yoga, Biking,  
Hiking, Aerobics, Dancing  
and Kickboxing

# THE BENEFITS OF INTERVAL CARDIO.

Introducing intervals into your cardio routine is an effective way to rev up your metabolism. Brief bursts of intensity can add enormous benefits to your workout in a short period of time.

To complete cardio intervals, choose the cardio that works best for you and can be done at varied degrees of intensity. For the first **30 seconds** of each minute, complete your cardio at a comfortable pace, then challenge yourself for the next **20 seconds**. Finally, for the last **10 seconds**, kick it into high gear and complete your exercise at the highest intensity you can.

Repeat this five times in a row before recovering for two minutes by walking slowly or jogging. That's it! In **12 minutes** you've completed a powerful, heart-pumping cardio workout. Complete interval cardio two times during the **F15 INTERMEDIATE 1** program.

# WARM UP.

## YOUR BODY IS A MACHINE.

It's important to prep before you throw yourself into a workout. Warming up allows your joints to move through their full range of motion and can help to improve the quality of your workout while reducing your chances of injury. Think of it as a dress rehearsal for the main event. Use this warm up before each exercise in the **FIS INTERMEDIATE** program.

**SUMO SQUAT  
AND REACH**  
**8X**

**STEP/TOUCH**  
**16X**

**ALTERNATE  
KNEE LIFTS**  
**16X**

**BUTT  
KICKERS**  
**16X**

**KNEE LIFT  
TO REVERSE  
LUNGE**  
**16X**

**LATERAL  
LUNGES**  
**16X**

**JUMPING  
JACKS**  
**20X**

# COOL DOWN.

Save a few minutes at the end of each workout to cool down. This allows your heart rate to transition easily into recovery while breathing and blood pressure come back to normal. It also helps improve flexibility and helps prevent injury. The cool down should be performed fluidly as a series of movements rather than individual exercises.

**SUMO  
SQUAT  
8X**

**STANDING  
REACHES  
16X**

**LATERAL  
SUPPORTED  
LUNGES  
16X**

**LUNGE  
WITH QUAD  
STRETCH  
RIGHT  
16X**

**HAMSTRING  
STRETCH  
LEFT  
16X**

**LUNGE  
WITH QUAD  
STRETCH  
LEFT  
16X**

**HAMSTRING  
STRETCH  
RIGHT  
16X**

**CHEST  
OPENER  
16X**

**SHOULDER  
CIRCLES  
8X**



**TO SEE VIDEOS OF  
ALL WARM UPS AND  
EXERCISES, VISIT:  
[FOREVERFIT15.COM](http://FOREVERFIT15.COM)**

# F15 INTERMEDIATE WORKOUT ONE

This workout builds on foundational moves learned in **F15 BEGINNER** with added resistance. Using resistance bands challenges the body and helps build lean muscle. Repetitions of each exercise will be performed in a circuit style.

Once you have finished all 13 exercises, recover for **60 seconds** and start again with a goal of completing 2-3 rounds total!

## EQUIPMENT REQUIRED: RESISTANCE BANDS

- + Static Lunges with Bicep Curl (per side) 16x
- + Squats with Tricep Kickback 16x
- + Split Squats with Mid-Back Pull (per side) 16x
- + Squat to Shoulder Press 16x
- + Quadruped with Left Leg Extensions 16x
- + Quadruped with Right Leg Extensions 16x
- + Pushups 16x
- + Plank Step Outs 16x
- + Superman 16x
- + Side Planks (per side) 8x
- + Seated Reverse Crunches 16x
- + Inverted Bike 32x
- + Mountain Climbers 32x

Rest 60  
seconds

Repeat  
2-3 times  
for full  
workout!

# F15 INTERMEDIATE WORKOUT TWO

This workout introduces alternate exercises with added resistance. Repetitions of each exercise will be performed in a circuit style.

Once you have finished all 10 exercises, recover for **60 seconds** and start again with a goal of completing 2-3 rounds total!

## EQUIPMENT REQUIRED: RESISTANCE BANDS

• Squat Side Outs (per side)	16x
• Upright Rows	16x
• Alternating Step Touches	16x
• Side Upright Rows	16x
• Squats with Glute Lift (per side)	16x
• Thread the Needle Left Side Planks	16x
• Full Body Tricep Pushups	16x
• Thread the Needle Right Side Planks	16x
• Glute Bridges with	
• Leg Extension (per side)	16x
• Core Roll Ups	16x

Rest 60  
seconds

Repeat  
**2-3 times**  
for full  
workout!

## F.I.T. TIP

Challenge makes changes!  
Completed two rounds last time?  
Take on three this time to get stronger  
and take the next step on your path  
to looking and feeling better.

# F15 YOGA ONE

The **F15 Yoga One** workout introduces 22 fundamental yoga poses. While each is its own exercise, try to move fluidly between poses for maximum results.

Instead of focusing on completing each pose perfectly, breathe deeply and allow the body to lengthen, stretch and relax to help increase flexibility and build a mind/body connection.

Follow along with the **Yoga One** workout at [foreverfit15.com](http://foreverfit15.com).

✦ Relaxation Pose	15 seconds
✦ Knees to Chest	4x
✦ Bridge	8x
✦ Inverted Bike	16x
✦ Cat/Cow	8x
✦ Bird/Dog	16x
✦ Child's Pose	5x
✦ Downward Dog	16x
✦ Mountain Pose	1x
✦ Sunflower	8x
✦ Sun Salutation	5x
✦ Warrior 1, 2, Reverse Right	1x
✦ Extended Angle	1x
✦ Triangle Pose	1x
✦ Mountain Pose	1x
✦ Warrior 1, 2, Reverse Left	1x
✦ Extended Angle	1x
✦ Triangle Pose	1x
✦ Mountain Pose	1x
✦ Child's Pose	5x
✦ Knees to Chest	4x
✦ Happy Baby	15 seconds
✦ Spinal Twist	15 seconds
✦ Relaxation Pose	30-60 seconds



# CONGRATULATIONS ON COMPLETING FOREVER F15 INTERMEDIATE 1!

**KEEP MOVING!**  
**F15 INTERMEDIATE 2**  
**IS THE NEXT STEP ON**  
**YOUR JOURNEY TOWARDS**  
**LOOKING AND FEELING**  
**BETTER.**

Don't forget to record your weight and measurements on **page 7** to track your progress. This is always a great time to reevaluate your goals and make sure you're pushing for what you want.

## **ALREADY MET ONE OF YOUR GOALS? AMAZING WORK!**

Consider the progress you're making and the changes you're seeing in your body, and set a new goal to challenge yourself!



# F15™

## INTERMEDIATE 2

# TAKE THE NEXT STEP.

In **F15 INTERMEDIATE 1**, you learned the importance of challenging yourself to help you look better and feel better and achieve your goals. Take that knowledge to the next level with **F15 INTERMEDIATE 2**.

If you haven't already, make sure you record your weight and measurements on **page 7** and take progress photos to track your results. Review your goals and focus on what you'll need to do during the Forever **F15 INTERMEDIATE 2** program to get there.





**FEELING  
MOTIVATED?  
LET'S GET  
MOVING!**

# YOUR SUPPLEMENT SCHEDULE.

**FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE F15 INTERMEDIATE 2 PROGRAM.**

Breakfast	 <p><b>2X</b> Forever Garcinia Plus® Softgels</p>	 <p>Wait 30 minutes</p> <p>Before taking Forever Aloe Vera Gel®</p>	 <p><b>4 oz.</b> Forever Aloe Vera Gel®</p> <p>With a minimum of 8 oz. of water</p>
Snack	 <p><b>1X Packet</b> Forever Fiber®</p> <p>Mixed with <b>8-10 oz.</b> of water or other beverage</p>	<p>Be sure to take <b>Forever Fiber®</b> separate from your daily supplements. Fiber can bind to some nutrients, impacting their absorption by your body.</p>	<p><b>100 - 250 Calorie Snack</b> for Women</p> <p><b>200 - 350 Calorie Snack</b> for Men</p>
Lunch	 <p><b>2X</b> Forever Garcinia Plus® Softgels</p>	 <p><b>1X</b> Forever Therm® Tablet</p>	<p><b>450 Calorie Lunch</b> for Women</p> <p><b>550 Calorie Lunch</b> for Men</p>
Dinner	 <p><b>2X</b> Forever Garcinia Plus® Softgels</p>	<p><b>450 Calorie Dinner</b> for Women</p> <p><b>550 Calorie Dinner</b> for Men</p>	
Evening	 <p>A minimum of <b>8 oz.</b> of water</p>		

**MAKE SURE TO WAIT AT LEAST 30 MINUTES BETWEEN FOREVER GARCINIA PLUS® AND FOREVER ALOE VERA GEL® OR YOUR MEAL TO MAKE SURE YOU GET THE FULL IMPACT AND BENEFIT OF FOREVER GARCINIA PLUS®!**



**1X** Forever  
Therm®  
Tablet

**300 Calorie Breakfast**  
for Women

**450 Calorie Breakfast**  
for Men

A high-contrast, black and white photograph of a person's arm and hand pouring orange juice from a pitcher. The background is a solid orange color with a subtle geometric pattern of small diamonds. The text is overlaid on the left side of the image.

# SLEEP YOUR WAY TO FIT.

Okay, so you can't exactly "sleep your way to fit," but did you know that sleep can still play an important part in your weight loss strategy? This often overlooked component of a healthy routine can make a big difference in helping you look better and feel better.

The importance of sleep to your fitness routine and healthy diet has more to do with what happens when you don't get enough sleep than what happens when you do. Lack of sleep influences the body's hormonal response and can make you more prone to gain weight and overeat.

Those who get less than an adequate amount of sleep each night may also feel sluggish and less energized, making them more likely to skip a workout and generally be less active throughout the day.

When you add these things together, it's easy to see what a powerful impact not getting enough sleep could have on your routine, even when you're doing everything else right.

**MAKE SURE YOU ARE GETTING THE RIGHT AMOUNT OF SLEEP FOR YOU AND YOUR LIFESTYLE AND TO WAKE UP FEELING RESTED AND READY TO FACE THE DAY!**



# CURB YOUR CRAVINGS.

Do you have a sweet tooth or find yourself craving fatty foods? You're not alone. Many people crave unhealthy foods, especially if they used to have them regularly and suddenly find themselves eating a healthy diet. Good news! Here are several ways to fight these cravings and stay on track with your routine!

## + Drink More Water

Often times when we feel hungry, our body is actually thirsty. Drinking 8 oz. of water when you begin feeling hungry can fight hunger pangs. Still find that you're hungry after a few minutes? Grab a healthy snack. For **F15 INTERMEDIATE** snacks, go to **page 40**.

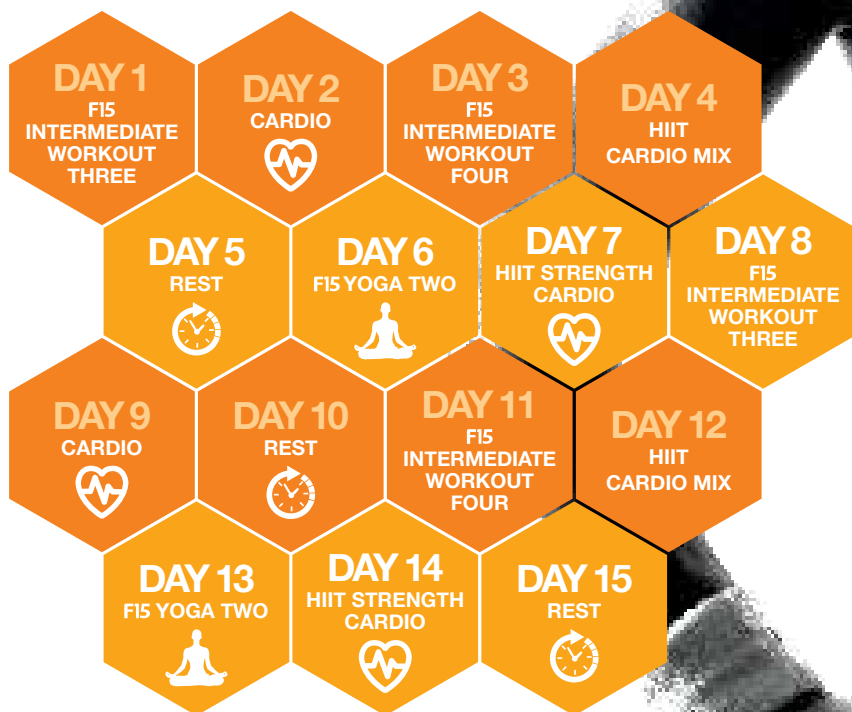
## + Plan Ahead

If you know there's a time of day when you tend to get a craving, plan your meals around it. If everyone meets in the break room at your office for a mid-morning donut break, eat something healthy before you join them so you are less likely to give in to sugary cravings just because you are hungry.

## + Mindfulness and Moderation

Denying yourself of cravings entirely can actually be detrimental to your healthy diet. Studies have found that those who deny themselves foods craved during a program are more likely to binge once the program has ended and gain back weight that they may have lost. Instead, if you are craving something unhealthy, enjoy a small amount as part of a meal once a week paired with healthy foods. Indulging a craving in moderation will help you stick to your diet, feel satisfied and stay motivated!

# F15 INTERMEDIATE 2 WORKOUT SCHEDULE.



## TAKE YOUR FITNESS TO THE NEXT LEVEL.

**F15 INTERMEDIATE 2** builds on the bodyweight and yoga workouts that you've already learned and introduces exciting new cardio trainings to get you moving.



# HIGH INTENSITY CARDIO.

**High Intensity Interval Training (HIIT)** workouts can add variety to your cardio routines. These high energy workouts increase your heart rate and help to burn more fat and calories in less time. But don't be fooled. HIIT workouts require maximum effort for maximum results.

The **F15 INTERMEDIATE 2** program introduces two HIIT cardio workouts to change up your cardio routine. These fast paced workouts can be done anywhere in 16 minutes and require no equipment other than your body and a chair.

## F.I.T. TIP

Integrate **F15 HIIT Cardio** with one steady state cardio routine each week for maximum results. Steady state cardio should be **30-60 minutes** in length and feel like an intensity of 5-7 on a scale of 10 with 10 being extremely difficult. For a refresher on steady state cardio, check out **page 17**.

# WARM UP.

In **F15 INTERMEDIATE 1**, you learned the importance of warming up to give you the best quality workout and lowest possible risk for injury. Use those foundational moves before each **F15 INTERMEDIATE 2** workout to get started. Need a refresher? Review the warm up and exercises on **page 18** or watch the video at **foreverfit15.com**.

## F15 HIIT STRENGTH CARDIO

45  
seconds  
each

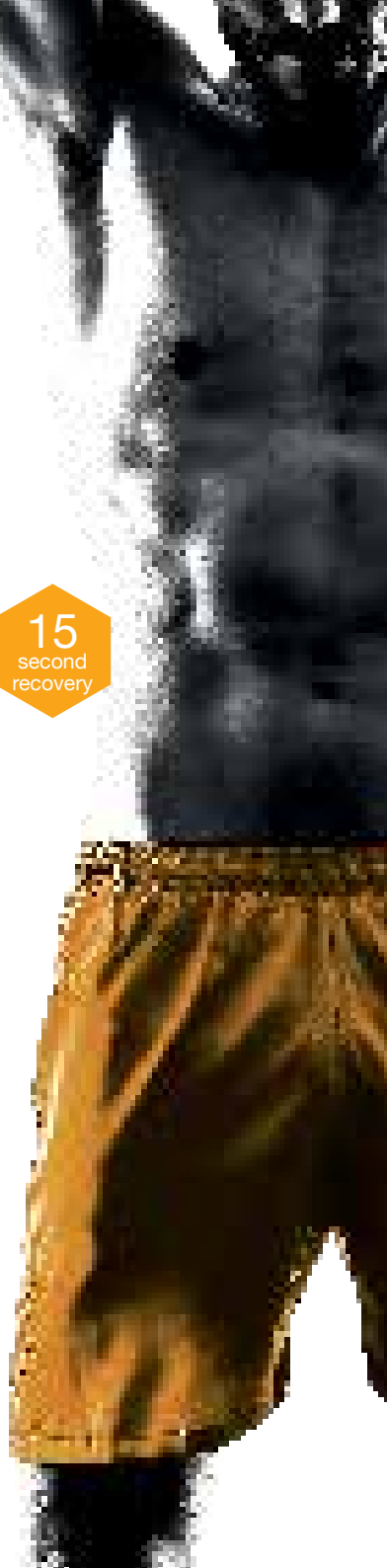
15  
second  
recovery

Each exercise will be performed for **45 seconds** with a **15 second** recovery. Complete the entire circuit and repeat again without taking time to recover. Intensity is the key to success with this workout. Challenge yourself to compete at your highest level for maximum results.

### **EQUIPMENT REQUIRED: CHAIR**

- + Reverse Lunge to Front Kicks Left
- + Jackknife Shoulder Press
- + Reverse Lunge to Front Kicks Right
- + Chair Tricep Dips
- + Plank to Squat Thrusts
- + Mountain Climbers
- + Steady State Exercise
- + Mountain Climbers
- + Speed Squats
- + Inverted Bike

Repeat 2x with no rest in between for full workout!







# F15 HIIT CARDIO MIX

This cardio **HIIT Mix** will use **Tabata** timing. This means **20 seconds** of high intensity exercise followed by **10 seconds** of recovery. Four rounds of each exercises will be completed followed by **1-2 minutes** of recovery before moving on to the next exercise.

20  
seconds  
each



10  
second  
recovery



4x  
rounds



1-2  
minute  
recovery

MOVE ON  
TO NEXT  
EXERCISE

- + **Jumping Jacks**
- + **Pushups**
- + **Side to Side Shuffles**
- + **Spiderman Mountain Climbers**
- + **High Knees**
- + **Reverse Crunches**

## F.I.T. TIP

Remember, the key to HIIT workouts are intensity. Without maximum intensity you won't achieve maximum results. **Want more?** If you can complete this workout easily and are looking for a challenge, double the rounds of each exercise before resting.

# F15 INTERMEDIATE WORKOUT THREE

**EQUIPMENT REQUIRED: DUMBBELLS, STEP OR CHAIR, RESISTANCE BANDS**

This workout builds on the **F15 INTERMEDIATE 1** workouts by adding weight resistance and muscle group isolation. Using weights challenges the body, helps to build lean muscle and causes the body to move in different ways. Repetitions of each exercise will be performed before moving on to the next exercise.

Once you have finished all 10 exercises, recover for **60 seconds** and start again with a goal of completing between 2-3 rounds total!

**16x**  
each  
exercise

**2-3**  
rounds

**60**  
second  
recovery

**MOVE ON  
TO NEXT  
EXERCISE**

- + Lunge to Step Up and Bicep Curls Left
- + Lunge to Step Up and Bicep Curls Right
- + Reverse Lunge to Tricep Kickbacks Left
- + Reverse Lunge to Tricep Kickbacks Right
- + Split Squats with Mid-Back Row Left
- + Split Squats with Mid-Back Row Right
- + Squat to Single Arm Overhead Presses Left
- + Squat to Single Arm Overhead Presses Right
- + Renegade Rows
- + Weighted Reverse Crunches

**Rest 60  
seconds**

**Repeat  
2-3 times  
for full  
workout!**

## F.I.T. TIP

Choose dumbbells that allow you to complete the exercises, but feel fatigued at the end of each set before your rest. If you are not able to complete 2-3 rounds of each exercise due to fatigue, you need lighter weights. If the exercises seem too easy at the end of 2-3 rounds, invest in heavier weights to challenge yourself.



# F15 INTERMEDIATE WORKOUT FOUR

## EQUIPMENT REQUIRED: DUMBBELLS, RESISTANCE BANDS

This workout builds on the **F15 INTERMEDIATE 1** workouts by adding weight resistance and muscle group isolation. Using weights challenges the body, helps to build lean muscle and causes the body to move in different ways. Repetitions of each exercise will be performed before moving on to the next exercise.

Once you have finished all 14 exercises, recover for **60 seconds** and start again with a goal of completing between 2-3 rounds total!



- + Squat Side Outs Left
- + Lateral Shoulder Raise
- + Squat Side Outs Right
- + Plié Squats with Upright Row
- + Curtsey Lunges with Lateral Bicep Curl Left
- + Curtsey Lunges with Lateral Bicep Curl Right
- + Lateral Lunge to Knee Balances Left
- + Lateral Lunge to Knee Balances Right
- + Squat and Step Overs
- + Planks with Alternating Hip Drop
- + Table Top Tricep Pushups
- + Glute Bridges with Single Glute Work Left
- + Glute Bridges with Single Glute Work Right
- + Row Boat Core



# F15 YOGA TWO

The **F15 Yoga Two** workout builds on the beginner yoga poses that were introduced in **F15 INTERMEDIATE 1**. While each is its own exercise, try to move fluidly between poses for maximum results.

Instead of focusing on completing each pose perfectly, breathe deeply and allow the body to lengthen, stretch and relax to help build flexibility.

Follow along with the **Yoga Two** workout at [foreverfit15.com](http://foreverfit15.com).

+ Sunflower	8x
+ Sun Salutation	5x
+ Warrior Series Right	3x
+ Extended Angle	1x
+ Triangle Pose	1x
+ Tree Pose	1x
+ Warrior Series Left	3x
+ Extended Angle	1x
+ Triangle Pose	1x
+ Tree Pose	1x
+ Crescent Lunge Left	1x
+ Kneeling Twist	1x
+ Crescent Lunge Right	1x
+ Kneeling Twist	1x
+ Child's Pose	5x
+ Relaxation Pose	30-60 seconds

## COOL DOWN.

Don't forget to save a few minutes at the end of each workout to cool down. To review the cool down, visit **page 19** or watch the at [foreverfit15.com](http://foreverfit15.com).



**CONGRATULATIONS  
ON COMPLETING  
FOREVER F15  
INTERMEDIATE 2!**

**YOU DID IT!**

**WHAT'S NEXT?  
BUILD ON EVERYTHING YOU'VE LEARNED IN THE  
F15 INTERMEDIATE PROGRAM, CRANK UP THE  
INTENSITY AND TAKE THE NEXT STEP TO LOOKING  
AND FEELING BETTER WITH F15 ADVANCED!**

Don't forget to record your weight and measurements on **page 7** to track your progress. This is always a great time to reevaluate your goals and make sure you're pushing for what you want.

**ALREADY MET ONE OF YOUR  
GOALS? AMAZING WORK!**

Now that you're experiencing some changes in your body, it's a great time to dream bigger! Consider the progress you're making and set a new goal to challenge yourself!

**Not ready to move on?** Repeat the **F15 INTERMEDIATE** program until you achieve your maximum results or are ready for a new challenge, whichever comes first!

To learn more and purchase **F15 ADVANCED**, visit [foreverliving.com!](http://foreverliving.com!)

Share your success with **F15** on social using the hashtag **#IAmForeverFIT**. We can't wait to hear about your transformation and the goals you've reached.



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# FEEDING YOUR BODY.

The road to looking and feeling better goes right through your kitchen. Follow the calorie requirements below during the **F15 INTERMEDIATE** program.

**+ Women 1,600-1,750 Calories**

**+ Men 1,900 Calories**

## BREAKFAST.

Mix and match the following recipes during **F15 INTERMEDIATE** to start your day.

### Cranberry Muesli

#### Women

½ **cup** plain nonfat Greek yogurt  
¼ **cup** uncooked rolled oats  
½ **tablespoon** wheat germ  
1 **tablespoon** sunflower seeds  
1 **tablespoon** dried cranberries  
½ **cup** unsweetened cranberry juice  
2 **teaspoons** honey  
¼ **teaspoon** vanilla extract

#### Men

½ **cup** plain nonfat Greek yogurt  
¼ **cup** uncooked rolled oats  
1 **tablespoon** wheat germ  
1 **tablespoon** sunflower seeds  
1 **tablespoon** dried cranberries  
¾ **cup** unsweetened cranberry juice  
1 **tablespoon** honey  
¼ **teaspoon** vanilla extract

Combine all ingredients. Mix well, cover and refrigerate for eight hours or overnight.

### Breakfast Taco

#### Women

1 egg  
2 egg whites  
2 corn tortillas  
1 **tablespoon** low fat cheddar cheese  
2 **tablespoons** salsa

#### Men

2 eggs  
1 egg white  
3 corn tortillas  
2 **tablespoons** low fat cheddar cheese  
3 **tablespoons** salsa

Spray pan with cooking spray and cook eggs and egg whites as desired. Sprinkle tortillas with cheese and heat to melt. Top with eggs and salsa.

### Egg and Salmon Sandwich

#### Women

1 **oz.** smoked salmon  
2 egg whites  
1 whole wheat English muffin  
½ **teaspoon** olive oil  
1 slice tomato  
1 **tablespoon** red onion, chopped  
½ **teaspoon** capers (optional)

#### Men

2 **oz.** smoked salmon  
2 egg whites  
1 whole wheat English muffin  
½ **teaspoon** olive oil  
1 slice tomato  
1 **tablespoon** red onion, chopped  
½ **teaspoon** capers (optional)  
8 **oz.** orange juice

Heat olive oil in a non-stick pan. Add onion and cook for one minute. Add egg whites and capers and cook until eggs are set. Toast whole wheat English muffin and add eggs, smoked salmon and tomato. Men can enjoy orange juice on the side.

### Huevos Rancheros

#### Women

1 egg  
2 **oz.** egg whites  
1 corn tortilla  
¼ **cup** black beans  
1 **tablespoon** avocado  
1 **tablespoon** shredded cheese  
1 **cup** spinach  
2 **tablespoons** salsa  
Hot sauce to taste

#### Men

2 eggs  
2 **oz.** egg whites  
3 corn tortillas  
¼ **cup** black beans  
1 **tablespoon** avocado  
2 **tablespoons** shredded cheese  
1 **cup** spinach  
3 **tablespoons** salsa  
Hot sauce to taste

Heat corn tortilla in a pan, sprinkle with cheese and heat until melted. Remove from heat and set aside. Spray pan with cooking spray and sauté spinach. Add egg and egg whites and cook as desired. Place on tortilla along with black beans, salsa. Add hot sauce if desired.

## F.I.T. TIP

Studies have shown that those who skip breakfast tend to overcompensate with more food throughout the day or high-calorie snacks to stave off hunger pains. Enjoy a filling breakfast to start your day in the right direction.

### Orange Cream of Wheat

#### Women

**1 cup** 1% milk  
**¼ cup** cream of wheat  
1 small orange, peeled  
and sliced  
**1 tablespoon** orange  
marmalade

#### Men

**1½ cup** 1% milk  
**½ cup** cream of wheat  
1 small orange, peeled  
and sliced  
**1¼ tablespoons** orange  
marmalade

Combine milk and marmalade in a sauce pan and heat on medium-high heat. Add cream of wheat and simmer for 30-60 seconds. Remove from heat and wait to cool slightly. Add orange slices and enjoy!

### Bagel with Almond Butter

#### Women

**½** whole grain bagel  
**1 tablespoon** almond  
butter  
**½** banana, sliced

#### Men

**½** whole grain bagel  
**1½ tablespoons** almond  
butter  
**½** banana, sliced  
**8 oz.** 1% milk

Toast bagel and top with almond butter and sliced banana. Men, enjoy with milk.

### Coconut Latte Overnight Oats

#### Women

**½ cup** vanilla nonfat Greek  
yogurt  
**½ cup** rolled oats  
**1 tablespoon**  
unsweetened coconut  
flakes  
**½ tablespoon** slivered  
almonds  
**¼ cup** brewed coffee  
**¼ cup** light coconut milk  
**½ teaspoon** cinnamon

#### Men

**½ cup** vanilla nonfat Greek  
yogurt  
**¾ cup** rolled oats  
**1 tablespoon**  
unsweetened coconut  
flakes  
**1 tablespoon** slivered  
almonds  
**½ cup** brewed coffee  
**¼ cup** light coconut milk  
**½ teaspoon** cinnamon

Place all ingredients except slivered almonds in a container and mix. Refrigerate overnight. Stir and top with slivered almonds.

**HAVE A GREAT RECIPE?  
SHARE IT WITH US AT**

[facebook.com/forevernorthamerica](https://facebook.com/forevernorthamerica)

# SNACK.

A well-balanced snack can help you feel full, fight cravings and keep you energized throughout the day. Make sure your snack includes at least two food items and pairs a carbohydrate with a protein and/or a healthy fat to promote balance.

## + Women 200 Calories

### Cheesy Popcorn

#### Women

**4 cups** air popped popcorn  
**4 tablespoons** grated Parmesan cheese  
**1 teaspoon** olive oil  
 Salt to taste  
 Cayenne pepper (optional)

#### Men

**6 cups** air popped popcorn  
**6 tablespoons** grated Parmesan cheese  
**1½ teaspoons** olive oil  
 Salt to taste  
 Cayenne pepper (optional)

Air pop popcorn and toss with olive oil, Parmesan cheese and cayenne pepper. Lightly salt to taste.

### Rice Cakes with Almond Butter

#### Women

**2** plain brown rice cakes  
**1 tablespoon** almond butter  
**2** large strawberries, sliced

#### Men

**2** plain brown rice cakes  
**1½ tablespoons** almond butter  
**2** large strawberries, sliced

Spread almond butter on each each rice cake and top with strawberries.

### Coconutty Bananas

#### Women

**1** small banana  
**1 tablespoon** almond butter  
**1 tablespoon** unsweetened coconut flakes

#### Men

**1** regular banana  
**2 tablespoons** almond butter  
**1 tablespoon** unsweetened coconut flakes

Slice banana into one inch pieces. Dab a bit of almond butter on each one and sprinkle unsweetened coconut flakes on top.

### Pita Chips with Hummus and Veggies

#### Women

**14** pita chips  
**2 tablespoons** hummus  
**1 cup** raw vegetables

#### Men

**14** pita chips  
**2 tablespoons** hummus  
**1 cup** raw vegetables  
**3 oz.** turkey

Dip vegetables and pita chips into hummus. Men should add 3 oz. of turkey to their snack and enjoy!

## + Men 350 Calories

### Peanut Butter and Jelly Yogurt

#### Women

**6 oz.** plain nonfat Greek yogurt  
**1 tablespoon** reduced sugar grape jelly  
**¼ cup** red grapes  
**1 tablespoon** peanut butter  
**1 teaspoon** unsalted peanuts, chopped

#### Men

**8 oz.** plain nonfat Greek yogurt  
**1 tablespoon** reduced sugar grape jelly  
**¼ cup** red grapes  
**1½ tablespoons** peanut butter  
**1 teaspoon** unsalted peanuts, chopped

Slightly mix jelly and peanut butter into the yogurt. Cut grapes in half and sprinkle on top. Add chopped peanuts and enjoy!

### Cookie Dough Greek Yogurt

#### Women

**½ cup** plain nonfat Greek yogurt  
**1 tablespoon** nut butter  
**1** packet stevia  
**1 tablespoon** mini chocolate chips  
**¼ teaspoon** vanilla extract  
 Pinch of sea salt

#### Men

**¾ cup** plain nonfat Greek yogurt  
**1½ tablespoons** nut butter  
**1** packet stevia  
**1½ tablespoons** mini chocolate chips  
**¼ teaspoon** vanilla extract  
 Pinch of sea salt

Mix all ingredients together and enjoy!

### Healthy Rice Pudding

#### Women

**½ cup** cooked brown rice  
**½ cup** reduced fat coconut milk  
**1 tablespoon** raisins  
**1 teaspoon** chopped walnuts  
 Pinch of cinnamon

#### Men

**¾ cup** cooked brown rice  
**¾ cup** reduced fat coconut milk  
**1 tablespoon** raisins  
**1 teaspoon** chopped walnuts  
 Pinch of cinnamon

Cover cooked rice with coconut milk. Heat in the microwave for 60 seconds. Top with raisins, cinnamon and chopped walnuts.



# LUNCH & DINNER.

Mix and match the following recipes during the **F15 INTERMEDIATE** program to make sure you're meeting your calorie requirement and staying properly fueled throughout the day!

## + Women 450 Calories

### Middle Eastern Stuffed Pepper

#### Women

**3 oz.** lean ground beef  
**½ cup** brown rice, cooked  
**1** bell pepper  
**1 oz.** grated cheese  
**½ cup** dried currants  
**½ cup** vegetable juice  
**1** clove garlic, minced  
**½ teaspoon** cumin  
**¼ teaspoon** cinnamon  
**¼ teaspoon** orange zest  
**¼ teaspoon** mint

#### Men

**6 oz.** lean ground beef  
**½ cup** brown rice, cooked  
**1** bell pepper  
**1 oz.** grated cheese  
**½ cup** dried currants  
**½ cup** vegetable juice  
**1** clove garlic, minced  
**½ teaspoon** cumin  
**¼ teaspoon** cinnamon  
**¼ teaspoon** orange zest  
**¼ teaspoon** mint

Cut top off pepper and remove seeds. Place top down on a microwave safe dish, add half an inch water and cover. Microwave peppers on high until tender (3-6 minutes). Drain water. Cook ground beef with garlic over medium heat. Stir in currants, cumin, cinnamon, orange zest, mint, rice and ¼ cup vegetable juice. Stuff mixture into pepper and return to the microwave with the remaining vegetable juice in the base of the dish. Heat 2-3 minutes.

## + Men 550 Calories

### Green Curry with Tilapia

#### Women

**6 oz.** tilapia  
**½ cup** sweet potato, diced  
**½ cup** light coconut milk  
**½ tablespoon** canola oil  
**½ cup** bok choy  
**½ cup** green beans  
**1** scallion, diced  
**½ tablespoon** curry paste  
**½ teaspoon** fish sauce  
**1** lime slice

#### Men

**6 oz.** tilapia  
**¾ cup** sweet potato, diced  
**½ cup** light coconut milk  
**½ tablespoon** canola oil  
**½ cup** bok choy  
**½ cup** green beans  
**1** scallion, diced  
**½ tablespoon** curry paste  
**½ teaspoon** fish sauce  
**1** lime slice

Heat canola oil in a skillet over medium heat. Add tilapia and scallions and cook for 4-5 minutes. Remove tilapia and scallions from the skillet. Place sweet potato in the skillet and cook for 2 minutes. Add coconut milk, curry paste, fish sauce, bok choy and green beans. Bring to a simmer then cover and cook for 7 minutes. Add tilapia back into the pan to warm, top with a squeeze of fresh lime juice and enjoy!

### Thai Peanut Tofu Wrap

#### Women

**6 oz.** baked tofu  
**2** whole wheat tortillas  
**1 tablespoon** Thai peanut sauce  
**1 tablespoon** peanuts, chopped  
**¼ cup** sliced bell peppers  
**14** snow peas

#### Men

**8 oz.** baked tofu  
**2** whole wheat tortillas  
**1 tablespoon** Thai peanut sauce  
**1½ tablespoons** peanuts, chopped  
**¼ cup** sliced bell peppers  
**14** snow peas

Spread Thai peanut sauce on each tortilla. Place peppers, snow peas and tofu in each tortilla. Top with chopped peanuts.

### Vegetarian Fried Rice

#### Women

**2** eggs  
**½ cup** brown rice  
**½ teaspoon** sesame oil  
**1 teaspoon** canola oil  
**3 oz.** asparagus, chopped  
**½** bell pepper, chopped  
**2** scallions, chopped  
**1** garlic clove, minced  
**¼ teaspoon** ginger  
**2** tablespoons soy sauce  
**1** tablespoon rice vinegar

#### Men

**2** eggs  
**2** egg whites  
**¾ cup** brown rice  
**½ teaspoon** sesame oil  
**1 teaspoon** canola oil  
**3 oz.** asparagus, chopped  
**½** bell pepper, chopped  
**2** scallions, chopped  
**1** garlic clove, minced  
**¼ teaspoon** ginger  
**2** tablespoons soy sauce  
**1** tablespoon rice vinegar

Prepare brown rice according to the package. Sauté asparagus, bell peppers, scallions, garlic and ginger with canola oil. Add the eggs and break them up in the pan while cooking. Fold in rice, soy sauce and vinegar. Cook until liquid is absorbed. Stir in sesame oil and serve.

## + Women 450 Calories

### Quinoa Salad

#### Women

**½ cup** edamame, cooked and shelled  
**½ cup** quinoa  
**½ oz.** walnuts, chopped  
**½ tablespoon** olive oil  
**¼ cup** roasted red peppers, chopped  
**1 tablespoon** dried currants  
**½ tablespoon** lemon juice  
**¼ teaspoon** lemon zest  
**½ teaspoon** tarragon  
 Salt and pepper to taste

#### Men

**¾ cup** edamame, cooked and shelled  
**¾ cup** quinoa  
**¾ oz.** walnuts, chopped  
**½ tablespoon** olive oil  
**¼ cup** roasted red peppers, chopped  
**1 tablespoon** dried currants  
**½ tablespoon** lemon juice  
**¼ teaspoon** lemon zest  
**½ teaspoon** tarragon  
 Salt and pepper to taste

Cook quinoa as directed. Combine with edamame, lemon juice, lemon zest, olive oil, tarragon, roasted red peppers, currants and chopped walnuts. This recipe can easily be prepared ahead of time and kept for up to 3 days.

### Brussels Sprouts Turkey Bacon Hash

#### Women

**2 slices** turkey bacon  
**1 egg**  
**1 cup** shredded hash browns  
**½ tablespoon** olive oil  
**1 tablespoon** Parmesan cheese  
**4 oz.** Brussels sprouts, thinly sliced  
**1 tablespoon** onion, chopped  
**½ teaspoon** rosemary, chopped  
 Salt and pepper to taste

#### Men

**3 slices** turkey bacon  
**1 egg**  
**1½ cup** shredded hash browns  
**½ tablespoon** olive oil  
**1 tablespoon** Parmesan cheese  
**4 oz.** Brussels sprouts, thinly sliced  
**1 tablespoon** onion, chopped  
**½ teaspoon** rosemary, chopped  
 Salt and pepper to taste

Heat olive oil over medium heat in a skillet. Add onion and rosemary. Cook for 2 minutes. Add hash browns and salt and pepper. Spread hash browns over the bottom of the pan and let cook for 4 minutes without stirring. Stir in thinly sliced Brussels sprouts and continue cooking until hash browns are golden and crispy. In a separate pan, cook turkey bacon. Once cooked, chop and add to hash browns. Cook egg as desired, place on top of hash browns and enjoy!

## + Men 550 Calories

### Baked Beef Taquitos

#### Women

**3 oz.** lean ground beef  
**2 corn** tortillas  
**2 tablespoons** cheddar cheese  
**1 teaspoon** canola oil  
**1 small** zucchini  
**½ teaspoon** onion powder  
**½ tablespoon** chili powder  
**¼ teaspoon** cumin  
 Salt to taste

#### Men

**5 oz.** lean ground beef  
**2 corn** tortillas  
**2 tablespoons** cheddar cheese  
**1 teaspoon** canola oil  
**1 small** zucchini  
**½ teaspoon** onion powder  
**½ tablespoon** chili powder  
**¼ teaspoon** cumin  
 Salt to taste

Preheat oven to 425°. Grate zucchini and squeeze in a paper towel to reduce the moisture. Heat canola oil in a non-stick pan on medium-high heat. Add zucchini, ground beef, onion powder, chili powder, cumin and salt. Stir and cook until beef is fully cooked. Spray corn tortillas with cooking spray and place on a baking sheet. Divide the beef mixture between the tortillas. Sprinkle with cheese, roll and bake for 14 minutes.

### Egg and Avocado Salad

#### Women

**1 hard-boiled** egg  
**2 tablespoons** plain Greek yogurt  
**1 slice** whole grain bread, toasted  
**¼ avocado**  
**1 cup** fresh pineapple  
**½ teaspoon** red wine vinegar  
**1 chive**, chopped  
 Salt to taste

#### Men

**2 hard-boiled** eggs  
**4 tablespoons** plain Greek yogurt  
**1 slice** whole grain bread, toasted  
**¼ avocado**  
**1 cup** fresh pineapple  
**½ teaspoon** red wine vinegar  
**1 chive**, chopped  
 Salt to taste

Mash egg yolk, avocado and Greek yogurt together. Chop egg white and mix with red wine vinegar and chive. Add to egg yolk mixture and place on top of 1 slice of whole grain toast. Serve fresh pineapple on the side and enjoy!

### Beet and Spinach Salad

#### Women

**3 oz.** cooked chicken breast  
**1 hard-boiled** egg  
**½ canned** beets  
**1 whole** wheat pita  
**1 tablespoon** feta  
**2 tablespoons** vinaigrette  
**2 cups** spinach

#### Men

**6 oz.** cooked chicken breast  
**1 hard-boiled** egg  
**½ canned** beets  
**1 whole** wheat pita  
**1 tablespoon** feta  
**2 tablespoons** vinaigrette  
**2 cups** spinach

Chop canned beets and hard-boiled egg. Add to spinach and toss. Top with chicken breast and drizzle with vinaigrette. Sprinkle feta and enjoy with pita on the side.

## Mediterranean Wrap

### Women

**4 oz.** cooked chicken breast  
**½ cup** whole wheat couscous  
**1** spinach tortilla  
**½ tablespoon** olive oil  
**¼** tomato, chopped  
**2 tablespoons** chopped cucumber  
**¼ cup** parsley, chopped  
**½ cup** mint, chopped  
**½ teaspoon** garlic, minced  
**1 tablespoon** lemon juice  
 Salt and pepper to taste

### Men

**6 oz.** cooked chicken breast  
**½ cup** whole wheat couscous  
**1** spinach tortilla  
**½ tablespoon** olive oil  
**¼** tomato, chopped  
**2 tablespoons** chopped cucumber  
**¼ cup** parsley, chopped  
**½ cup** mint, chopped  
**½ teaspoon** garlic, minced  
**1 tablespoon** lemon juice  
 Salt and pepper to taste

Prepare couscous according to package directions. In a bowl, combine parsley, mint, garlic, olive oil, tomato, cucumber and salt and pepper. Add couscous and chicken and stir. Place the mixture in a spinach tortilla, wrap and enjoy!

## Pesto Salmon Fettuccine

### Women

**3 oz.** salmon  
**4 oz.** whole wheat fettuccine noodles  
**1 tablespoon** prepared pesto  
**1 teaspoon** olive oil  
**½ cup** asparagus, steamed  
 Salt and pepper to taste

### Men

**6 oz.** salmon  
**4 oz.** whole wheat fettuccine noodles  
**1 tablespoon** prepared pesto  
**1 teaspoon** olive oil  
**½ cup** asparagus, steamed  
 Salt and pepper to taste

Cook noodles according to the package directions. Add pesto to drained noodles. Heat olive oil in a skillet over medium-high heat. Season the salmon with salt and pepper and cook for 3-4 minutes on each side and place on top of pasta. Steam asparagus, serve on the side and enjoy!

## Chicken and Apple Hash

### Women

**1** chicken sausage  
**1** cup sweet potato, cubed  
**2 teaspoons** coconut oil  
**1** small apple, chopped  
**¼ cup** onion, chopped  
 Pinch of cinnamon  
 Salt and pepper to taste

### Men

**2** chicken sausages  
**¾ cup** sweet potato, cubed  
**2 teaspoons** coconut oil  
**1** small apple, chopped  
**¼ cup** onion, chopped  
 Pinch of cinnamon  
 Salt and pepper to taste

Preheat oven to 375°. Melt coconut oil and toss with apples, sweet potatoes and onions. Sprinkle with cinnamon, salt and pepper. Place mixture on a baking sheet covered with aluminum foil and bake for 30 minutes. While hash is baking, cook chicken sausage according to package directions. Place sausage on hash, serve and enjoy!

## BBQ Pork Sandwich

### Women

**4 oz.** pork, shredded  
**1** whole wheat bun  
**¼** avocado  
**1 tablespoon** light ranch dressing  
**1 tablespoon** BBQ sauce  
**1-2 cups** romaine lettuce  
**¼ cup** tomato

### Men

**6 oz.** pork, shredded  
**1** whole wheat bun  
**¼** avocado  
**1 tablespoon** light ranch dressing  
**2 tablespoons** BBQ sauce  
**1-2 cups** romaine lettuce  
**¼ cup** tomato

Combine pork with BBQ sauce. Heat and place on a whole wheat bun with lettuce. Toss remaining lettuce with tomato, avocado and ranch dressing and enjoy on the side.

# CREATE YOUR PERFECT MEAL.

For a quick and easy way to add variety to your lunch and dinners, pick one from each of the following. Following these food charts ensures that you're getting the correct balance of protein, carbohydrates and healthy fats and stay within your recommended calories.

## CARBOHYDRATES.

WOMEN + 125 Calories		MEN + 200 Calories	
CATEGORY	TYPE	SERVING SIZE	
		WOMEN	MEN
OATS	Rolled oats (GF if uncontaminated)	1 cup (cooked) or ½ cup (dry)	1½ cups (cooked) or ¾ cup (dry)
	Steel cut oats (GF if uncontaminated)	¾ cup (cooked) or ¼ cup (dry)	1 cup (cooked) or ½ cup (dry)
GRAINS	Quinoa (GF)	¾ cup	1 cup (cooked)
	Rice (wild or brown)	¾ cup	1 cup (cooked)
	Cream of wheat	1 (pouch) or ¾ cup (cooked)	2 (pouches) or 1½ cups (cooked)
	Barley	¾ cup (cooked)	1 cup (cooked)
	Cream of Rice (GF)	1 cup (cooked)	1½ cups (cooked)
BREAD	Whole grain English muffin	1 muffin (125 calorie serving)	1½ muffins (110-120 calorie serving)
	Whole grain bread	1 slice (125 calorie serving)	2 slices (100 calorie serving)
	Whole grain tortilla	1 tortilla (120 calorie serving)	2 tortillas (100 calorie serving)
	Corn tortilla (GF)	2 small (60 calorie p/tortilla)	4 small (50-60 calorie p/tortilla)
	English muffin (GF)	1 muffin (120 calorie serving)	1½ muffins (110-120 calorie serving)
PASTA	Buckwheat soba noodles	1 cup (cooked)	2 cups (cooked)
	Whole wheat pasta	¾ cup (cooked)	1 cup (cooked)
	Pasta (quinoa, rice) (GF)	¾ cup (cooked)	1 cup (cooked)
LEGUMES	Black beans, chickpeas, pinto	¾ cup (rinsed & cooked)	1 cup (rinsed & cooked)
STARCHY VEG	Baked red potato	2 small	2 small
	Baked sweet potato	1 cup	1½ cups
	Winter squash (hubbard, acorn, butternut)	1¼ cups (cooked)	2 cups (cooked)

# PROTEIN.

WOMEN + 130 - 150 Calories		MEN + 170 - 200 Calories	
CATEGORY	TYPE	SERVING SIZE	
		WOMEN	MEN
FISH	Halibut, tilapia, cod, tuna, orange roughy, swordfish	4 oz.	5 oz.
	Salmon	3 oz.	4 oz.
TURKEY	Turkey bacon	3 slices (130 calorie serving)	5 slices (170 calorie serving)
	Turkey sausage	4 links (130 calorie serving)	5 links (170 calorie serving)
	Ground turkey	4 oz.	5 oz.
	Deli meat	4 oz.	6 oz.
CHICKEN	Chicken breast	4 oz.	5 oz.
	Ground chicken	4 oz.	5 oz.
	Deli meat	4 oz.	6 oz.
BEEF	95% Lean ground beef	3 oz.	4 oz.
	Ground bison	3 oz.	4 oz.
	Roast beef deli meat	4 oz.	6 oz.
EGG	Egg	1 whole + 3 whites	2 whole
	Egg substitute	8 oz.	12 oz.
DAIRY	Plain nonfat Greek yogurt or low sugar (under 10 g)	1 cup	1½ cups
	2% Cottage cheese	¾ cup	¾ cup
	1% Milk	10 oz.	12 oz.
	Whey protein	1 scoop (125 calorie)	1½ scoops (100-125 calorie)
VEGETARIAN	Lentils	½ cup (cooked)	¾ cup (cooked)
	Black beans	¾ cup (rinsed & cooked)	¾ cup (rinsed & cooked)
	Forever Lite Ultra®	1½ scoops	1½ scoops
	Tofu	8 oz.	10 oz.
	Edamame (shelled)	¾ cup	1 cup
	Veggie burger	1 patty (125 calorie)	1½ patties (110-125 calorie)

# PRODUCE.

WOMEN + 60 - 75 Calories		MEN + 50 - 60 Calories	
CATEGORY	TYPE	SERVING SIZE	
		WOMEN	MEN
FRUIT (fresh or frozen)	Apple	1 med	1 med
	Apricot	4 small	3 small
	Banana	1 small	1 small
	Berries (all)	1 cup	1 cup
	Cantaloupe	1 cup	1 cup
	Grapefruit	½ large	½ large
	Grapes	1 cup	1 cup
	Orange	1 med or 2 clementines	1 med or 2 clementines
	Peach	1 med	1 med
	Pear	1 med	1 med
	Pineapple	1 cup	1 cup
	Tomato	1 cup	1 cup
FRUIT (dried)	Raisins	½ cup	½ cup
	Prunes	4 large	3 large
VEGETABLES (fresh or frozen) Raw or steamed	Artichoke	1 large (whole)	1 large (whole)
	Carrots	1 cup	1 cup
	Asparagus	18 spears	15 spears
	Corn on the cob	1 whole	1 whole
	Brussel sprouts	12 sprouts	10 sprouts
FREE	Zucchini		
	Bell pepper		
	Broccoli		
	Cabbage		
	Celery		
	Cucumber		
	Green beans		
	Kale		
	Lettuce (all types)		
	Spinach		
	Cauliflower		

# FATS.

WOMEN + 90 - 100 Calories		MEN + 120 Calories	
CATEGORY	TYPE	SERVING SIZE	
		WOMEN	MEN
NUT	Nut butter (peanut, almond, cashew)	1 tablespoon	1½ tablespoons
	Almond (whole & unsalted)	12 almonds (½ oz.)	18 almonds (¾ oz.)
	Walnut (halves)	7 halves (½ oz.)	10 halves (¾ oz.)
	Cashew (whole & unsalted)	7 cashews (½ oz.)	10 cashews (¾ oz.)
	Pistachio	20 kernels	30 kernels
FRUIT	Avocado	½ avocado or 4 teaspoons	4 tablespoons
	Coconut flakes (unsweetened)	¼ cup	3 tablespoons
	Olives	9 whole	10 whole
SEED	Pumpkin seeds	1½ tablespoons	2 tablespoons
	Sunflower seeds	1½ tablespoons	2 tablespoons
	Chia seeds	1½ tablespoons	2 teaspoons
	Flax seeds	1 tablespoon	1½ tablespoons
OIL	Olive oil	2 teaspoons	1 teaspoon
	Coconut oil	2 teaspoons	1 teaspoon
	Sunflower oil	2 teaspoons	1 teaspoon
DAIRY	Mozzarella cheese	1 oz.	1 oz.
	Reduced fat cheese	1 oz.	1½ oz.
	Full fat cheese	½ oz.	¾ oz.
	Dark chocolate (at least 70% cacao)	½ oz.	¾ oz.



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