
Fat-loss Accelerators

REDUCE WHITE



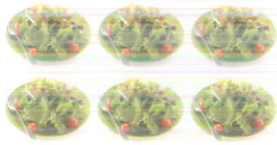
White sugar, dairy fats, white flour
white rice, potatoes, bananas, etc.

REDUCE HIGH CALORIE BEVERAGES



Fruit juice, sodas & colas,
sports drinks, alcohol, etc.

GRAZING VS. FEASTING



3 healthy meals a day GOOD
6 mini meals a day BETTER

HYDRATION



5 servings (20 drops) of Slim & Sassy blend
mixed with water throughout the day

SLIM & SASSY[®]

EAT RIGHT!

Eating right is an important part of any weight management regimen. Monitoring portion size as well as choosing healthful, nutrient-dense foods can make the difference between whether you feel great during your program or lack energy. A helpful way to remember portion size* is shown in this diagram, as well as useful tips that can help you get the most out of your weight management plan.