

RENEW

EvolveLifeByDesign.com

Partner the Mödere product regimen below with our comprehensive Renew Meal Plan to guide you through a 14 Day Process for immune support, improved digestion, and better absorption! Great as a jumpstart before a program or as a plateau buster anytime.

Boost with weight loss, support general wellness, or improve performance. Simply Renew, or choose the boost that's best for you.

RENEW

PROBIOTIC + **FIBER** + **ALOE** + **GO** + **PURE VANILLA MEAL REPLACEMENT** = **\$139.90**
 10% savings w/ SmartShip & Save
 Reg Price \$155.45

BOOST WEIGHTLOSS

RENEW + **LEAN BODY SCULPTING SYSTEM** + **CARB BLOCKER** = **\$283.42**
 15% savings w/ SmartShip & Save
 Reg Price \$333.44

BOOST WELLNESS

RENEW + **LIQUID BIOCELL LIFE** + **ADULT MULTIVITAMIN** + **ANTIOXIDANT** = **\$237.51**
 15% savings w/ SmartShip & Save
 Reg Price \$279.42

BOOST PERFORMANCE

RENEW + **RUSH** + **RECOVER** + **OPTIMIZE** = **\$193.33**
 15% savings w/ SmartShip & Save
 Reg Price \$227.45

All BOOST packages include Free Shipping. Tax & shipping applied at checkout
Meal Plan is \$28 @ EvolveLifeByDesign.com

RENEW is a 14-day comprehensive meal plan that guides you through steps for an Immune Boost, Improved Digestion, and Better Absorption. Using a systematic approach to renews metabolism, supports general health, and promote and encouraging reduction in pounds and inches when followed intentionally.

Opt-in to virtual coaching with recipes, guidance & accountability video tips on the same page you printed this plan.

For an added **BOOST**, increased savings and a longer product regimen you can choose from the Weight Loss, Wellness and Performance **BOOST** packages to your left.

➤ **BOOST WEIGHT LOSS:** Adds what you need for an additional month of products to partner with the Team Evolve's **BODY BURN** Meal Plan System for continued weight loss. **BODY BURN** is found at www.EvolveLifeByDesign.com

➤ **BOOST WELLNESS:** These 3 valuable wellness products are shown in your **RENEW** & **BOOST** plan as optional products to add. They will last 30 days.

➤ **BOOST PERFORMANCE:** If you love to workout, then you seek endurance, strength and optimal recovery. Add **RUSH** pre workout, **REVITALIZE** during and **RECOVER** after. They will last for 20 workouts.

SMALL (S) = under 130lbs

MEDIUM (M) = 131-175lbs

LARGE (L) = 176-225lb

X-LARGE (XL) = 225+

Use all 4 FACTORS to determine your portion size:

FACTOR #1 Body Weight:

This is your starting point. You can move up or down depending on the next couple factors.

*Ex. Carmen's body weight is 165lbs, which means she will start on the **Medium** portion size. (see chart above)*

FACTOR #2 Meals Per Day:

Do you currently eat 1-2 / 3-4 / or 5-6 meals per day?

If you just finished another program successfully remain on the same portion.

1-2 Meals per day currently – decrease 1-2 portion sizes

3-4 Meals per day currently – decrease 1 portion size unless you feel you are an over eater

5-6 meals per day currently – stay at the same portion size as determined in Factor #1

Notes:

1) If you decide to move down two portion sizes but started at the medium or small in **FACTOR #1** move to the lower end of the **Small** on the Portion Chart.

2) When you're hungry for all 5-6 meals you may move up to the next portion size & continue moving up as your metabolism increased or at the appropriate portion size for your body weight.

FACTOR #3 Activity Level:

Do you work out? Intentional workouts are different than an active lifestyle.

If you exercise intensely for more than 7 hours per week – increase 1-2 portions sizes

If you exercise 5-7 hours per week – increase 1 portion size

- Activity like Yoga, Pilates, Barre and walking do not factor into increased portion sizes.

- If your weight is at the low end of a portion size then stay the same.

Ex. if your weight is 131 – 150lbs and you exercise 5+ hours a week then DO NOT increase a size.

However if your weight is 150 to 170 and you exercise 5+ hours then DO increase to large portions.

If you exercise 1-4 hours per week do not adjust your portions due to exercise

If you do not exercise decrease 1 portion size

FACTOR #4 Age:

Age can be a factor due to a natural decrease in lean body mass as we age.

Age 55-75 – decrease 1 portion

Over 75 – most cases do small portions

Move up a portion if hunger starts to increase in all 5-6 meals.

HEALTHY FAT	PROTEIN	FRUIT	VEGETABLE	LOW-MED GLYCEMIC CARBOHYDRATES	OTHER
	S 3-4oz M 4-5oz L 5-6oz XL 6-8oz <i>weigh in ounces after cooking</i>	S ¼ cup M ½ cup L ¾ cup XL 1 cup	S ¾ cup M 1 cup L 1 ¼ cups XL 1 ½ cups	S ¼ cup (2oz) M ½ cup (4oz) L ¾ cup (6oz) XL 1 cup (8oz)	Mödere required: -Vanilla Protein -Probiotic -Fiber -Aloe -GO Mödere BOOST: -Multi Vitamin -Antioxidant -BioCell Life Mödere Optional: -Logiq -MCT Creamer Additional Grocery Items: Limes Lemons Green Tea PB Fit Curry Powder Pumpkin Pie Spice Oregano Basil Vanilla extract Stevia packets Orange Juice AC Vinegar Vanilla Corn Starch Low Sodium Soy Sauce Yellow Mustard Coconut or Almond Milk <i>Purchase milk brands only 30 to 45 calories maximum per cup</i>
Nuts Raw No Salt Almonds or Cashews S 8 whole M 1/8 cup L 1/4 cup XL 1/3 cup Avocado S 1oz M 2oz L 3oz XL 4oz Peanut Butter or Almond Butter S 2 tsp M 1 Tbsp L 1.5Tbsp XL 2 Tbsp Coconut Oil S 1 tsp M 1 1/2 tsp L 2.1/2 tsp XL 1 TBSP Chia Seeds S 1 Tbsp M 2 Tbsp L 3 Tbsp XL 4 Tbsp	Fish <i>Wild recommended</i> <i>No canned</i> Halibut Tilapia Cod Salmon Tuna filet Shrimp Meat Chicken Breast 96% Ground Beef 99% Ground Turkey Egg Whites S 6 (3/4c) M 8 (1c) L 10 (1 1/4c) XL 12 (1 1/2c) Dairy Non-Fat Plain Greek Yogurt S ¾ cup M 1 cup L 1 ¼ cup XL 1 ½ cup	<i>Eat your portion</i> <i>Best for Constipation Bold</i> Oranges Apple Blueberries Strawberries Raspberries Blackberries Cantaloupe Cherry tomatoes Banana <i>Frozen or fresh are both great!</i>	<i>Free food yellow</i> Spinach Cucumbers Lettuce* (Any) Celery Leeks* Green onion* Radish* <i>Best for constipation Bold</i> Kale Swiss Chard Asparagus* Green beans Carrots Rutabaga <i>Eat your portion</i> All Peppers All Onions* Cauliflower (<i>Frozen Riced</i>) Collard Greens* Cabbage* Mushrooms Zucchini Snow peas Parsnips Kohlrabi Beets Broccoli Brussel Sprouts Artichoke Eggplant	Yams Brown rice Oatmeal How to Measure: Yams - <i>cooked</i> <i>Ounces on a scale</i> Oatmeal - <i>dry</i> <i>In a measuring cup.</i> All others - <i>cooked</i> <i>In a measuring cup.</i>	

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14
VT1	VT2		VT3		VT4		VT5		RE-ORDER	VT6		VT7		VT8

VT = Video Tip. You must Opt-in to your virtual coaching video tips on the same page you printed your meal plan.

TIME 2.5 – 3.5 hours apart	EVENT	WHAT TO CONSUME	TIPS
	WAKE	<p>1 TBSP Aloe</p> <p>1TBSP Apple Cider Vinegar</p> <p>1 scoop Fiber</p> <p>½ packet GO</p> <p>Add desired water</p>	<p>Either use a milk frother or whisk to stir in powders OR Shake in a shaker cup</p> <p>Drink right away before fiber thickens.</p>
	BREAKFAST CHOOSE A SHAKE	<p>2 scoops vanilla MR Shake</p> <p>½ packet GO</p> <p>½ banana (Frozen chunks are best)</p> <p>1Cup Almond or Coconut Milk</p> <p>¼ Cup egg white</p> <p>3-4 ice cubes</p>	<p>Use a blender</p> <p>May substitute banana with frozen Strawberries</p> <p>May add vanilla</p> <p>Drink within 1hr of waking up and 5-30 min after Renew Drink</p>
	SNACK	<p>Fruit + Vegetables</p> <p>Green Tea with Lemon</p>	<p>Eat your portion every 3 hours.</p>
	LUNCH	<p>Fruit + Vegetables</p> <p>1 Probiotic</p> <p>1 Antioxidant</p>	<p>May eat extra veggies on RENEW days</p>
	SNACK	<p>Fruit + Vegetables</p> <p>Green Tea with Lemon</p>	<p>Make sure you have consumed 1/2 gallon of water by now.</p>
	DINNER	<p>Fruit + Vegetables</p> <p>1 Probiotic</p> <p>1 Multi Vitamin</p> <p>2 Antioxidant</p>	<p>Try Cauliflower Ice Cream</p> <p>https://vimeo.com/404144665/9091eed101</p>
	BEFORE BED	<p>1 TBSP BIO CELL</p>	<p>Finishing 1 gallon of water</p>

RED: Required

BLUE: Optional BOOST

BLACK: Food

- Intense activity or working out is not suggested on days 1 or 8. Reserve your bodies energy resources on these 2 days.
- The meal plan for all other days will include a significant increase in the amount of Protein, Carbohydrates and Fats throughout the day

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14
VT1	VT2		VT3		VT4		VT5		ORDER	VT6		VT7		VT8

VT = Video Tip. You must Opt-in to your virtual coaching video tips on the same page you printed your meal plan.

TIME 2.5 – 3.5 hours apart	EVENT	WHAT TO CONSUME	TIPS
	WAKE	<p>1 TBSP Aloe</p> <p>1TBSP Apple Cider Vinegar</p> <p>¼ Cup OJ</p> <p>Add desired water</p>	<p>May choose Grapefruit or Cranberry Juice. NO added sugar in any juice. Fresh pressed optimal</p>
	BREAKFAST	<p>YP Muffin Top Oats!</p> <p>1 Probiotic & 1 Antioxidant</p>	<p>Recipe is in VT2</p> <p>OR use the recipes from Day 1</p>
	SNACK	<p>YP Fat + Fruit</p>	<p><u>Use any BOOST Options:</u></p> <p>Peanut Butter & Apples</p> <p>Raw Cashews & Strawberries</p>
	LUNCH	<p>YP Greek Yogurt Mixed with GO</p> <p>OR</p> <p>YP 96% or Leaner Ground Turkey or Beef</p> <p>YP Brown Rice</p> <p>YP Vegetables</p> <p>Toss in Sauce of choice</p>	<p><u>Sweet & Salty Sauce: VT3</u></p> <p>1TBSP Yellow Mustard</p> <p>2 TBSP Almond Milk</p> <p>1tsp Low Sodium Soy Sauce</p> <p>½ tsp corn starch</p> <p>1 packet stevia</p> <p><u>Tomato Puree</u></p> <p>1 cup Cherry Tomato's</p> <p>1-2 tsp minced garlic</p> <p>½ tsp basil</p> <p>½ tsp oregano</p> <p>Blend in Blender</p>
	SNACK	<p>YP Fat + Fruit</p> <p>GO (Optional/Try Hot or Cold)</p>	<p><u>Use any BOOST Options:</u></p> <p>Halved Cherry Tomatoes & Avocado</p> <p>Raw Almonds & an Orange</p>
	DINNER	<p>YP Chicken Breast VT4</p> <p>YP Vegetables</p>	<p>Grilled, Baked or Crockpot</p> <p>Season as desired or use sauces</p>
	OPTIONAL MEAL	<p>YP ½ Protein + Veggie</p>	<p>Same as dinner but smaller portion</p>
	BEFORE BED	<p>1 TBSP BIO CELL</p> <p>1 Probiotic</p> <p>1 Multi Vitamin & 2 Antioxidant</p>	

KEY - RED: Required BLUE: Optional BOOST BLACK: Food YP: Your portion VT : Video Tip

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14
VT1	VT2		VT3		VT4		VT5		ORDER	VT6		VT7		VT8
DATE:														

VT = Video Tip. You must Opt-in to your virtual coaching video tips on the same page you printed your meal plan.

TIME 2.5 – 3.5 hours apart	EVENT	WHAT TO CONSUME	TIPS
	WAKE	1 TBSP Aloe 2 Scoops Fiber 1TBSP Apple Cider Vinegar ¼ Cup OJ Add desired water	May choose Grapefruit or Cranberry Juice. NO added sugar in any juice. Fresh pressed optimal
	BREAKFAST	PBJ Omelet VT5 1 Probiotic & 1 Antioxidant	Recipe is in VT5 OR use recipes from Day 1 or VT2
	SNACK	YP Fat + Fruit	<u>Use any BOOST Options:</u> Cantaloupe & MCT Coconut Coffee VT5
	LUNCH	YP Greek Yogurt Mixed with GO OR YP Yam Cone VT4 YP Thai Chicken & Vegetable Stir-fry	<u>Thai Sauce: VT3</u> 2 TBSP PB Fit ½ tsp Curry Powder Water, Almond or Coconut Milk to make sauce consistency,
	SNACK	YP Fat + Fruit GO (Optional/Try Hot or Cold)	<u>Use any BOOST Options:</u> Chia seed Pudding & Blueberries VT6 Frozen Berries & Coconut Oil
	DINNER	YP Any Seafood from Portion Chart VT4 YP Vegetables	Grilled or Baked Season as desired or use sauces
	OPTIONAL MEAL	YP ½ Seafood + Veggie	Same as dinner but smaller portion
	BEFORE BED	1 TBSP BIO CELL 1 Probiotic 1 Multi Vitamin & 2 Antioxidant	

KEY - RED: Required BLUE: Optional BOOST BLACK: Food YP: Your portion VT : Video Tip

Maximize results & education on what to expect. Each tip will be text and emailed to you when you opt-in on the same page you printed your plan. Some phone carriers block texts so we always send a back up email.

VT1:

Setting up a Mindset for Success!

Goal for the next 2 weeks and Preparation

- Have a food scale that measures in ounces. The more accurate you are the better your results will be.
- Use zip lock bags or Tupperware to pack meals. Prepack the night before to save time.
- Shop and prepare in advance so that cooking is done, and it makes for a quick prep per day.

Workouts - Do not workout on Day 1 or 8

VT2:

RECIPE Muffin Top Oats

Spacing your meals throughout the day 2.5 – 3.5 hours apart so blood sugar levels can stabilize.

Try to always eat close to the same times so that eating more meals starts becoming a habit. Some people find it helpful to set an alarm on their cell phone as a mealtime reminder.

Dairy - Lactose is sugar in milk. The Mōdere Vanilla **Meal Replacement Shakes** do not contain dairy or lactose. The proteins in this shake are plant based derived from Pea.

VT3

RECIPE - Sauces

No processed foods

Processed foods may not trigger hormones to tell the brain that you are full and contain many calories that have no nutrition to preserve shelf life. Eat nutrient dense whole foods outlined on the **“food portion chart”**
Do not skip meals, overeat or eat less than the required amount. Not eating is as much of a cheat as overeating.

VT4

RECIPE Yam Cones

Cooking ideas and best cooking temperatures

Get a good Teflon pan. This prevents sticking so you can cook and clean in a matter of seconds! Go to the store and get different spices. Try to stay away from the spices that have sodium contents over 200mg per ¼ tsp. McCormick’s makes a huge variety of different spices. Use these on your meats, carbs and veggies.

VT5

RECIPE – PBJ omelet & coconut coffee

Preparing for Body Burn

Your next step to continue with steady results, structure and accountability is moving to our Body Burn System! Learn what you need to do to take this step with us.

VT6

RECIPE – Chia Seed Pudding

Salt - Your salt will reduce from the removal of processed food and restaurant food. You can have salt, however, limit intake and keep it steady. Instead of table salt, we recommend to use small amounts of Himalayan Salt which is slightly lower in sodium than regular table salt and contains trace amounts of iron oxide, calcium, potassium and magnesium.

VT7

Digestion : Changes in diet such as increased protein or fiber can trigger constipation in some or exacerbate an ongoing issue. Carbohydrates are made up of simple sugars, which break down relatively quickly. Proteins are complex molecules that take longer to digest. The process of dismantling these chemical bonds and reducing the proteins to amino acids takes longer. Other things that can be the culprit of constipation are slow thyroid, painkillers, calcium, iron, antidepressants, blood pressure and allergy medications, diuretics and IBS. Diabetes can also cause nerve damage that can affect the ability to digest. Constipation and bloating usually pass as the body adjusts. Measures you can take to help are drinking 1 gallon per day, choose foods from your portion chart in **bold**, and if needed add Basil, flaxseed, chia, or fennel to your shake
Glycemic index (GI) and glycemic load (GL) offer information about how foods affect blood sugar and insulin. The lower a food’s glycemic index or glycemic load, the less it affects blood sugar and insulin levels. Not all fruits and carbohydrates are created equal. We have very strategically chosen fruits and carbs that will give you the best results.

VT8

Resetting your mindset for success

DAILY WINS ADD UP TO BIG RESULTS

Use the chart to track your weight and body measurements as outlined.

Take measurements in inches on both sides of the body (*where applicable*).

STARTING DATE		END DATE	
BODY WEIGHT		BODY WEIGHT	
BODY FAT %		BODY FAT %	
LBS OF FAT		LBS OF FAT	
LEAN BODY MASS		LEAN BODY MASS	
VISIBLE ABS (circle)	None 2 4 6 8	VISIBLE ABS (circle)	None 2 4 6 8

STARTING MEASUREMENTS			ENDING MEASUREMENTS		
NECK			NECK		
CHEST			CHEST		
SHOULDERS			SHOULDERS		
WAIST			WAIST		
ARMS			ARMS		
WAIST			WAIST		
	RIGHT	LEFT		RIGHT	LEFT
THIGHS			THIGHS		
CALVES			CALVES		

STARTING & ENDING PHOTO

- **Clothing:**
 - fitted sports gear that shows your body outline and can be seen in public
- **Picture Timing:**
 - after waking go to the bathroom then take pics on an empty stomach
- **Duplicate:**
 - Plan on wearing the same clothes for before & after pics



NOTES