

Starting WellnessPro

Congratulations you have started on a very exciting journey to better health and wellness!

Basic steps to start your program

Using product for Weightloss

Replace two meals with the shake. Remove all high sugar and processed white foods from your diet (replace all white rice and pasta, bread with whole wheat/grain). Decrease your coffee intake to a cup or so a day. Drink plenty of water during the day (6-8 glasses). Do not go for long periods with out food. Have a couple healthy low carb/high fiber snacks that include a small portion of protein.

Snack ideas (apple slice/ with cheese, hard boiled eggs, rolled piece of ham/turkey meat, Strip or two of spiced cooked chicken breast, almonds, green veggies/with a bit of cheese.) If you have alot of weight to lose stay away from high sugared fruits such as bananas, cherries, watermelon. Eat small portions of high fiber/dark fruits (strawberries, blueberries, raspberries) after your first 2 weeks.

How to Mix Shake

Measure 2 tablespoons of Half and Half cream into blender/cup (we suggest you purchase a magic bullet at costco or Canadian tire. They are fantastic for these shakes) add approx 5 ounces of water, 2 scoops of shake mix, 5 or so ice cubes and mix for 1 min. You can make choc, vanilla, swirl (one scoop of choc/one scoop of vanilla). The vanilla is also tasty with 1/2 tsp of cinnamon. If you are wanting to lose wieght you want to limit your additions to the shake. Do not make with high carb liquids such as orange juice/ skim milk or add sweet fruit such as bananas.

When you start your maintanence program or you are just using shakes for a healthy meal or after excer-cise you can be more creative. If you are making for childrens snack or breakfast add your fruits etc.

- Start your Defense and Blocker with one 1/2 hour before dinner with a full glass of water. Do this for a couple of days to see how you feel. Then add a second D and B before breakfast shake with a glass of water. After a week increase your Defense to 2 in morning and 2 before dinner

You will experience de tox symptoms as you are cleansing your body and not eating as much sugar and coffee. You may experience some headaches, flu like symtoms for a few days. Just try to drink lots of water and rest while your body flushes out.

- For your one meal during the day. We choose evening dinner. Have your favorite foods. Barbeque, have lots of fresh veggies and salad. Once and a while enjoy your pizza etc. You will find that you will crave less sweets and junk food as you continue with the shakes.

-Wellnesspro will help you to gain your health and energy back. Excercise and healthy lifestyle changes will help you to experience maximum wellness and weightless with the shakes!