

SLIMDOWN 360

— REAL PEOPLE. REAL RESULTS. —

FREE

≡ JULY 1ST ≡

SUMMER BODY DRIVE

5 HEALTHY BREAKFAST RECIPES

YOUR BEST SUMMER STARTS NOW!



Fuel Your Day, Fuel Your Results.

SIMPLE. NUTRITIOUS. DELICIOUS.



65 DAYS TO JULY 1ST

LOSE UP TO 20LBS

Your Summer Body Starts Now!



45

EXERCISE SESSIONS



NO FATS
FRIED FOODS



COST: \$0

WE'RE DOING THIS TOGETHER!



GET YOUR FREE TRACKER + BODY SCAN

WWW.SLIMDOWN360.COM/JULY1ST



ONE HABIT AT A TIME.
One Day Closer.

RECIPE 1

SLIMDOWN 360

REAL PEOPLE. REAL RESULTS.



CLEAN. FILLING.
NUTRITIOUS.

TROPICAL PROTEIN

Oats

(SLIMDOWN START)



CALORIES
~320
PER SERVING



PROTEIN
~18g
PER SERVING



INGREDIENTS

- ½ cup oats
- 1 tbsp chia seeds
- 1 scoop vanilla protein powder
- ½ cup unsweetened almond milk (or low-fat milk)
- ¼ cup diced pineapple
- ¼ cup diced mango
- 1 tbsp chopped peanuts



INSTRUCTIONS

- 1 Cook oats with almond milk in a small pot over medium heat.
- 2 Stir occasionally until oats are soft and milk is mostly absorbed.
- 3 Remove from heat and mix in protein powder until well combined.
- 4 Top with pineapple, mango, chia seeds and chopped peanuts.
- 5 Enjoy warm and stay full for hours!



WHY THIS WORKS



High fiber + high protein = you stay full longer.



Natural sweetness from fruit = no sugar cravings mid-morning.



SLIMDOWN TIP

If you're serious about results: Skip sweetened milk and flavored yogurts—hidden sugar slows fat loss.



OPTIONAL VARIATIONS



SWAP FRUIT

Swap mango for papaya or berries.



LOWER CALORIE

Use water + a dash of cinnamon instead of milk.



CHANGE IT UP

Use flaxseed instead of peanuts.



EAT CLEAN. STAY CONSISTENT. SEE RESULTS.

We're doing this together!



CLEAN. FILLING.
DELICIOUS.

HEALTHY OAT PANCAKES

(SLIMDOWN START)

HIGH FIBER. LOW CALORIE.
MADE TO FUEL YOUR DAY!



CALORIES
~260
PER SERVING



PROTEIN
~12g
PER SERVING



INGREDIENTS

- ½ cup rolled oats
- 1 ripe banana (mashed)
- 1 egg
- ¼ cup unsweetened almond milk (or low-fat milk)
- ½ tsp baking powder
- ½ tsp vanilla extract
- ½ tsp cinnamon
- 1 tsp honey or maple syrup (optional)

INSTRUCTIONS

- 1 In a bowl, mash the banana and add all ingredients.
- 2 Mix until smooth and well combined.
- 3 Heat a non-stick pan over medium heat.
- 4 Pour small portions of batter and cook for 2–3 minutes on each side or until golden brown.
- 5 Top with banana slices and a drizzle of honey. Enjoy!



WHY THIS WORKS



High in fiber and natural carbs to keep you full longer.



Balanced, clean energy to support your Slimdown 360 journey.



SLIMDOWN TIP

Use ripe bananas for natural sweetness and the best texture. Perfect for meal prep!

MAKE IT YOURS ADD BERRIES



Top with berries for extra fiber and antioxidants.



BOOST FLAVOR

Add a pinch of cinnamon for a warm, sweet taste.



SWAP SWEETENER

Use stevia or dates if you prefer no added sugar.

RECIPE 3

SLIMDOWN 360

REAL PEOPLE. REAL RESULTS.



CLEAN. FILLING.
SATISFYING.

GREEK YOGURT PROTEIN Bowl

(SLIMDOWN START)



CREAMY. FRUITY. SATISFYING.
PERFECT WAY TO START YOUR DAY!



CALORIES
~280
PER SERVING



PROTEIN
~20g
PER SERVING



INGREDIENTS

- ¾ cup plain non-fat Greek yogurt
- ½ cup mixed berries (fresh or frozen)
- ½ banana, sliced
- 2 tbsp granola (low sugar)
- 1 tsp chia seeds
- 1 tsp honey (optional)



SLIMDOWN TIP

Use high-protein Greek yogurt to keep you full longer and support lean muscle!



INSTRUCTIONS

- 1 Add Greek yogurt to a bowl.
- 2 Top with mixed berries and banana slices.
- 3 Sprinkle granola and chia seeds on top.
- 4 Drizzle with honey if using.
- 5 Enjoy immediately and fuel your Slimdown 360 journey!



WHY THIS WORKS



High protein + fiber combo keeps you full and supports fat loss.



Packed with probiotics, vitamins, and minerals to support your health and energy.



MAKE IT YOURS



ADD CRUNCH

Add a few chopped almonds or walnuts for healthy fats.



MORE FIBER

Add a tbsp of flaxseeds or more berries for extra fiber.



SWAP SWEETENER

Use stevia or skip honey for an even lower sugar option.



EAT CLEAN. STAY CONSISTENT. SEE RESULTS.

We're doing this together!

RECIPE 4

SLIMDOWN 360

REAL PEOPLE. REAL RESULTS.



CLEAN. FILLING.
POWERFUL.

EGG MUFFIN PROTEIN

Cups

(SLIMDOWN START)

SIMPLE. SATISFYING.
FUEL YOUR DAY!



CALORIES
~170 CALORIES
(2 MUFFINS)
PER SERVING



PROTEIN
~15g
(2 MUFFINS)
PER SERVING

* MAKES 6 MUFFINS (3 SERVINGS)

INGREDIENTS

- 6 large eggs
- ¼ cup egg whites (optional)
- ¼ cup diced bell peppers
- ¼ cup chopped spinach
- ¼ cup diced onions
- ¼ cup shredded low-fat cheese (optional)
- ½ tsp garlic powder
- ½ tsp onion powder
- Salt & black pepper to taste

SLIMDOWN TIP

Make a batch ahead for busy mornings. Store in the fridge for up to 4 days!

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C).
- 2 In a bowl, whisk eggs, egg whites, and seasonings.
- 3 Add chopped veggies and cheese. Mix well.
- 4 Spray a muffin tin with non-stick spray or line with silicone cups.
- 5 Pour mixture evenly into muffin cups.
- 6 Bake for 18–20 minutes or until eggs are set and tops are lightly golden. Let cool slightly and enjoy!

★ WHY THIS WORKS



High in protein and packed with nutrients to keep you full and energized.



Balanced, low in carbs, and perfect for clean eating on your Slimdown 360 journey.

MAKE IT YOURS



ADD PROTEIN

Add diced chicken, turkey, or tofu for extra protein.



MORE VEGGIES

Add mushrooms, zucchini, or tomatoes for more nutrients.



SPICE IT UP

Add a pinch of chili flakes or hot sauce for extra flavor.

♥ EAT CLEAN. STAY CONSISTENT. SEE RESULTS.

We're doing this together! ♥

RECIPE 5

SLIMDOWN 360
REAL PEOPLE. REAL RESULTS.



CLEAN. FILLING.
NOURISHING.

CHIA SEED PUDDING

Power Bowl

(SLIMDOWN START)

CREAMY. NUTRITIOUS. SATISFYING.
PERFECT START TO YOUR DAY!



CALORIES
~250
PER SERVING



PROTEIN
~14g
PER SERVING

* MAKES 1 SERVING



INGREDIENTS

- 3 tbsp chia seeds
- ¾ cup unsweetened almond milk (or milk of choice)
- ½ cup plain non-fat Greek yogurt (or high-protein yogurt)
- ½ tsp vanilla extract
- 1 tsp honey or maple syrup (optional)
- ¼ cup mixed berries (fresh or frozen)
- 1 tbsp chopped almonds (or nuts of choice)

SLIMDOWN TIP

Prep the night before and let it chill overnight for the creamiest texture and best flavor!

INSTRUCTIONS

- In a jar or bowl, whisk together chia seeds and almond milk.
- Stir in Greek yogurt, vanilla extract, and honey (if using).
- Mix well until fully combined and chia seeds are evenly distributed.
- Cover and refrigerate for at least 4 hours or overnight.
- Once set, give it a good stir.
- Top with mixed berries and chopped almonds. Enjoy chilled!

★ WHY THIS WORKS



High in protein, fiber and healthy fats to keep you full and support energy.



Packed with omega-3s, antioxidants, and clean ingredients to fuel your Slimdown 360 journey.



MAKE IT YOURS

Swap almond milk for coconut milk for extra creaminess.



ADD SUPERFOODS

Add a pinch of cinnamon or a scoop of protein powder.



SWEETEN SMARTER

Use stevia, monk fruit, or sugar-free syrup instead of honey.

♥ EAT CLEAN. STAY CONSISTENT. SEE RESULTS.

We're doing this together! ♥

SLIMDOWN360

**65 DAYS
TILL JULY 1ST!**

20LBS DOWN



**GOAL 1:
NO FRIED FOOD**



**GOAL 2:
EXERCISE 45 TIMES**

45 WORKOUTS TO GO

CROSS OFF EACH WORKOUT!

45	44	43	42	41
40	39	38	37	36
35	34	33	32	31
30	29	28	27	26
25	24	23	22	21
20	19	18	17	16
15	14	13	12	11
10	9	8	7	6
5	4	3	2	1

LET'S FINISH STRONG!

WEEKLY WEIGHT TRACKER

TRACK YOUR PROGRESS EACH WEEK AND WATCH THE CHANGE HAPPEN!



Fill in your weight each week and build your progress!

WAIST MEASUREMENT TRACKER

WEEK	WAIST (INCHES)
WEEK 1	
WEEK 2	
WEEK 3	
WEEK 4	
WEEK 5	
WEEK 6	
WEEK 7	
WEEK 8	
WEEK 9	

**DON'T KNOW
YOUR BODY FAT %?
GET YOUR AT HOME
BODY SCAN AND MAP
YOUR ENTIRE BODY!**



OR VISIT:
SLIMDOWN360.COM/BODY-SCAN

HABIT SCORECARD

BUILD THE HABITS. GET THE RESULTS.

WEEK	NO FRIED FOOD	EXERCISE COMPLETED	WATER DAILY (8+ CUPS)
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CHECK OFF EACH HABIT YOU COMPLETE EACH WEEK!

STAY FOCUSED. STAY CONSISTENT. YOU GOT THIS!

KNOW YOUR BODY. TRANSFORM YOUR HEALTH.

Get a complete, non-invasive body scan that reveals more than the scale ever could.

LIMITED TIME OFFER

20% OFF

YOUR BODY SCAN

BOOK NOW & SAVE!

BODY COMPOSITION

Body Fat %

27.8% Moderate



Muscle Mass

21.2 kg

Good

Lean Mass

54.7 kg

Good

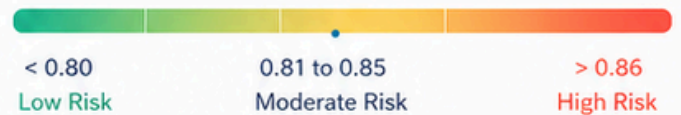
Total Weight

76.3 kg

Healthy

KEY HEALTH INDICATOR

Waist-to-Hip Ratio **0.78** Low Risk



MEASUREMENTS

Waist

68.1 cm



Upper Arm

27.1 cm



Bust

90.2 cm



Calf

35.0 cm



STRUCTURAL ALIGNMENT (POSTURE)



LONGEVITY INSIGHTS



Your body today can predict your tomorrow.

Understand your longevity potential and take action early.

WHY GET SCANNED?



Personalized Insights

Understand your body beyond the scale.



Track Progress Accurately

See real changes in muscle, fat & health over time.



Prevent & Improve

Identify risks early and take control of your health.



Optimize Your Goals

Tailor your fitness, nutrition & lifestyle for better results.



BOOK YOUR SCAN TODAY!

Take the first step toward a healthier, stronger you.

EXCLUSIVE OFFER

20% OFF

FOR A LIMITED TIME ONLY!