

# SLIMDOWN

RESET. REFUEL. TRANSFORM. 360

**FREE**  
WEIGHT LOSS  
DRIVE!



# SMOOTHIE BOOKLET

DELICIOUS.  
NUTRITIOUS.  
**EFFECTIVE.**  
*Made for Results!*



SIMPLE RECIPES



HIGH PROTEIN



CALORIE  
CONSCIOUS



MADE FOR  
REAL RESULTS



**OUR GOAL:**  
**LOSE WEIGHT**  
*BY JULY 1ST!*



*We're In This  
TOGETHER!*

STAY CONSISTENT. TRUST THE PROCESS.  
TRANSFORM YOUR LIFE.

REAL FOOD.

SMART CHOICES.

STRONGER YOU.

# RECIPE 1

# MANGO SPINACH Smoothie

SLIMDOWN  
360


RESET. REFUEL.  
TRANSFORM.



**NUTRIENT-PACKED.  
ENERGY-BOOSTING.  
FUEL YOUR BODY!**

A delicious blend of mango, spinach and superfoods designed to boost immunity, sustain energy and support your weight loss goals.

## INGREDIENTS

- 1 cup spinach 
- ½ cup mango (fresh or frozen) 
- 1 scoop whey protein 
- 1 tbsp chia seeds 
- 1 cup unsweetened almond milk 
- Ice cubes 

## NUTRITION (ESTIMATED)



CALORIES

**~260**  
(PER SERVING)



PROTEIN

**~25g**



CARBS

**~24g**



FAT

**~6g**

## BEST FOR:



**ENERGY BOOST,  
MUSCLE SUPPORT &  
OVERALL WELLNESS**

Provides lasting energy, supports muscle recovery and keeps you full longer.



**BLEND IT.  
DRINK IT.  
LOVE IT!**



**STAY CONSISTENT.  
STAY FOCUSED.  
SEE RESULTS!**



**YOU'VE GOT THIS.  
WE'RE IN THIS  
TOGETHER!**

**OUR GOAL: LOSE WEIGHT BY JULY 1ST!** 

**REAL FOOD. SMART CHOICES.  
STRONGER YOU.**

# RECIPE 2

# PINEAPPLE GINGER Smoothie

SLIMDOWN  
360








RESET. REFUEL.  
TRANSFORM.



LIGHT. REFRESHING.  
DIGESTION SUPPORT.  
NATURALLY HYDRATING!

A refreshing tropical blend of pineapple, cucumber and ginger with chia seeds to support digestion, reduce bloating and keep you feeling light and energized.

## INGREDIENTS

- 1 cup pineapple chunks 
- ½ cucumber 
- 1 tsp ginger (fresh) 
- 1 tbsp chia seeds 
- 1 cup coconut water 
- Ice cubes 
- Juice of ½ lime (optional) 

## NUTRITION (ESTIMATED)



CALORIES  
~115  
(PER SERVING)



PROTEIN  
~2g



CARBS  
~26g



FAT  
~2g

## BEST FOR:



DIGESTION SUPPORT,  
REDUCED BLOATING &  
EVERYDAY WELLNESS

Ginger soothes the gut and supports digestion, while pineapple and cucumber hydrate and refresh.



BLEND IT.  
DRINK IT.  
FEEL AMAZING!



STAY CONSISTENT.  
STAY FOCUSED.  
SEE RESULTS!



YOU'VE GOT THIS.  
WE'RE IN THIS  
TOGETHER!

OUR GOAL: LOSE WEIGHT *BY JULY 1ST!* ♥

REAL FOOD. SMART CHOICES.  
STRONGER YOU.








# BERRY BANANA OATS Smoothie



**HIGH PROTEIN.  
LASTING ENERGY.  
KEEPS YOU FULL.**

A delicious blend of mixed berries, banana, oats and protein to fuel your body, support lean muscle and keep you satisfied for hours.

## INGREDIENTS

- ½ cup mixed berries 
- 1 medium banana 
- ½ cup rolled oats 
- 1 scoop vanilla protein 
- 1 cup unsweetened almond milk 
- 1 tsp chia seeds 
- Ice cubes 

## NUTRITION (ESTIMATED)



**CALORIES**  
**~340**  
(PER SERVING)



**PROTEIN**  
**~24g**



**CARBS**  
**~47g**



**FAT**  
**~5g**

## BEST FOR:



**SUSTAINED ENERGY,  
MUSCLE SUPPORT &  
SATISFYING HUNGER  
CONTROL**

The perfect balanced smoothie to keep you energized, support lean muscle and help you stay on track with your goals.



**BLEND IT.  
DRINK IT.  
FEEL AMAZING!**



**STAY CONSISTENT.  
STAY FOCUSED.  
SEE RESULTS!**



**YOU'VE GOT THIS.  
WE'RE IN THIS  
TOGETHER!**

**OUR GOAL: LOSE WEIGHT BY JULY 1ST!** 

**REAL FOOD. SMART CHOICES.  
STRONGER YOU.**

# RECIPE 4

SLIMDOWN  
360

RESET. REFUEL.  
TRANSFORM.








# SOURSOP PINEAPPLE Smoothie



CREAMY. TROPICAL.  
IMMUNITY SUPPORT.  
FUEL YOUR BODY!

A creamy, tropical blend of sour sop and pineapple with protein and superfoods to support immunity, digestion and keep you satisfied while you work toward your weight loss goals.

## INGREDIENTS

- 1 cup sour sop pulp 
- ½ cup pineapple chunks 
- ½ medium banana 
- 1 scoop vanilla protein 
- 1 tbsp chia seeds 
- ½ cup unsweetened almond milk 
- Ice cubes 

## NUTRITION (ESTIMATED)



CALORIES  
~270  
(PER SERVING)



PROTEIN  
~22g



CARBS  
~34g



FAT  
~6g

## BEST FOR:



IMMUNITY SUPPORT,  
DIGESTION SUPPORT &  
SUSTAINED ENERGY

Soursop is rich in antioxidants and vitamin C, helping support immunity and overall wellness.



BLEND IT.  
DRINK IT.  
LOVE IT!



STAY CONSISTENT.  
STAY FOCUSED.  
SEE RESULTS!



YOU'VE GOT THIS.  
WE'RE IN THIS  
TOGETHER!

OUR GOAL: LOSE WEIGHT BY JULY 1ST! ❤️

REAL FOOD. SMART CHOICES.  
STRONGER YOU.

RECIPE 5

SLIMDOWN  
360

RESET. REFUEL.  
TRANSFORM.









# WATERMELON LIME MINT Smoothie



LIGHT. REFRESHING.  
HYDRATING.  
PERFECT ANYTIME!

A hydrating and refreshing blend of watermelon, lime and mint with oats and protein to keep you energized, support recovery and help you stay on track with your goals.

## INGREDIENTS

- 1 ½ cups watermelon (cubed) 
- Juice of ½ lime 
- 5-6 fresh mint leaves 
- ¼ cup rolled oats 
- 1 scoop vanilla protein 
- ¾ cup unsweetened almond milk 
- 6-8 ice cubes 
- 5-6 almonds (chopped) 

## NUTRITION (ESTIMATED)



CALORIES  
~280  
(PER SERVING)



PROTEIN  
~22g



CARBS  
~35g



FAT  
~7g

## BEST FOR:



HYDRATION, RECOVERY,  
LIGHT ENERGY &  
WEIGHT MANAGEMENT

Watermelon hydrates and replenishes electrolytes, while oats and protein help keep you full and support lean muscle and recovery.



BLEND IT.  
DRINK IT.  
FEEL AMAZING!



STAY CONSISTENT.  
STAY FOCUSED.  
SEE RESULTS!



YOU'VE GOT THIS.  
WE'RE IN THIS  
TOGETHER!

OUR GOAL: LOSE WEIGHT BY JULY 1ST! ♥

REAL FOOD. SMART CHOICES.  
STRONGER YOU.

# 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!**



**SCAN ME**

OR VISIT:  
[SLIMDOWN360.COM/BODY-SCAN](http://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"/>
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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

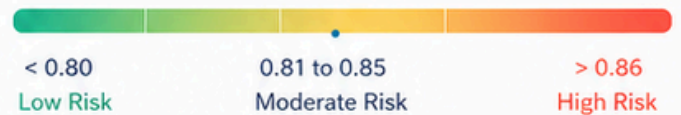
Total Weight

**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!



[www.slimdown360.com/body-scan](http://www.slimdown360.com/body-scan)