



Step into a **HEALTHIER YOU**

7-day Daily Routine with FitLine Essentials

START



Small, consistent steps lead to meaningful change

Thank you for downloading [Juice Up Life's](#) free 7-Day wellness kickstart with FitLine! This guide is designed as a gentle recommendation to help introduce the benefits of FitLine products into your routine.

While these products can be a helpful part of your wellness journey, real transformation happens when you take action—and I'm here to support you every step of the way.

This isn't about quick fixes or overnight results. It's about making choices that bring you closer to the healthier, more energized version of yourself—at your own pace.

Ready to take the next step? Let's do this!



**Now's the Moment. It's Time to Move.
Take Action for You.**



Simple and Structured



Essential Nutrients



Daily Product Guidance



Kickstart Healthy Habits



You're Not Alone



Reset. Refocus.

This plan and any included product suggestions are not intended to diagnose, treat, cure, or prevent any disease. FitLine products are designed to support your overall wellness when used as part of a balanced lifestyle. Results may vary. Always read the label and use only as directed by PM-International.

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Recommended for Your 7-Day Boost



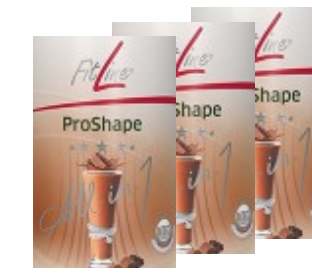
Activize

Helps support natural energy levels and mental alertness throughout your day.



D-Drink

Provides vitamin D to contribute to overall wellness and immune balance.



ProShape

Aids your body's natural metabolism as part of a balanced lifestyle.



Beauty

Supports skin vitality and helps maintain a radiant, healthy appearance.



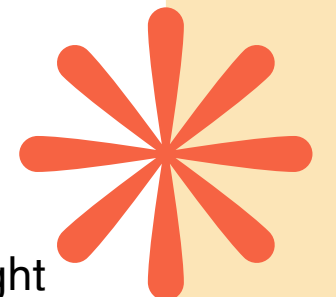
Antioxy

Delivers antioxidant nutrients to help protect cells from everyday stress.



TopShape

Designed to complement your weight management alongside healthy habits.



Product timing & serving suggestions

Day 1

Breakfast

Wake up: 1 D-Drink
30-min after: 3 TopShape
2 PowerCocktail +
5 spoon Activize
1 hour after: 2 Restore
finished 1 hour before lunch

Lunch

Lunchtime: 2 PowerCocktail +
3 spoon Activize
1 hour before dinner:
2 Restore

Dinner

Dinner: 3 TopShape
30min after: 2 PowerCocktail
Before sleep: 2 Restore

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Day 2-3

Breakfast

Wake up: 1 D-Drink
30-min after: 3 TopShape
2 PowerCocktail +
5 spoon Activize
1 hour after: 2 Restore
finished 1 hour before lunch

Lunch

Lunchtime: 1 PowerCocktail +
3 spoon Activize then after
drink 2 scoop ProShape
1 hour before dinner:
1 Restore

Dinner

Dinner: 3 TopShape
30min after: 1 PowerCocktail
then 2 scoop ProShape
Before sleep: 1 Restore

Day 4-5

Breakfast

Wake up: 1 D-Drink
30-min after: 3 TopShape
2 PowerCocktail +
5 spoon Activize
1 hour after: 2 Restore
finished 1 hour before lunch

Lunch

Lunchtime: 1 PowerCocktail +
3 spoon Activize then after
drink 2 scoop ProShape
1 hour before dinner:
1 Restore

Dinner

Dinner: 3 TopShape
30min after: 1 PowerCocktail
then 2 scoop ProShape
Before sleep: 1 Restore

Day 6-7

Breakfast

Wake up: 1 D-Drink
30-min after: 3 TopShape
2 PowerCocktail +
5 spoon Activize
1 hour after: 2 Restore
finished 1 hour before lunch

Lunch

Lunchtime: 1 PowerCocktail +
3 spoon Activize then after
drink 1 scoop ProShape
1 hour before dinner:
1 Restore

Dinner

Dinner: 3 TopShape
30min after: 1 PowerCocktail
then 2 scoop ProShape
Before sleep: 1 Restore



Fresh Starts, Nourishing Bites



Healing Vegetable Broth with Greens

A clear soup made by simmering celery, carrot, leek, garlic, and parsley in water for 45 minutes. Strain and sip as-is or add a handful of spinach or zucchini ribbons before serving. Gentle on the gut and perfect for light dinners.



Fresh Fruit & Yoghurt Bowl

A simple bowl of banana, and a few berries with a scoop of plain Greek yoghurt. Add a sprinkle of honey, cinnamon or chia seeds if you like. A light, refreshing snack or breakfast.

These recipe ideas are designed to support your 7-day clean eating journey with light, balanced meals that feel good and fuel your day. Think clear broths, lean proteins, vibrant veggies, and seasonal fruits—all easy to prepare and kind to your body.



Steamed Chicken & Pumpkin Plate

Steamed chicken breast with chunks of steamed pumpkin and lightly sautéed kale or silverbeet. Drizzle with lemon juice and a teaspoon of extra virgin olive oil for a nourishing, grounding meal.



You've Got This — We're Just Getting Started

Congratulations on taking this first step toward feeling more energised, balanced, and in tune with your goals.

If you're ready to keep going, I've created a 28-day plan to help support your goals. Whether it's better energy, more structure, or simply feeling like yourself again — you don't have to do it alone.

You can also [join as a FitLine customer or team member to enjoy product discounts](#), rewards, and personalised support from me as your PM Partner.

☞ Get in touch to learn more, ask questions, or start your next plan — call me on 0407 668 806. No pressure, just possibilities.

Monica

[Juice Up Life](#) | Independent Distributor of FitLine Products.





**THANK
YOU!**

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