

# FOOD & PRODUCT USAGE JOURNAL



## Breakfast



+



Meal Replacement Shake Ultra Therm/CF

## Lunch



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Meal Replacement Shake Ultra Therm/CF

## Snack



Stixated

## Dinner



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Carbo Grabbers Sweet FX

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Meal Replacement	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	Fruit	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	Protein	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Whole Grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Cleanse a.m./p.m. 1st week of each month	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.
	Stixated™	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	UltraTherm/ UltraTherm CF™	<input type="checkbox"/> <input type="checkbox"/> a.m. noon	<input type="checkbox"/> <input type="checkbox"/> a.m. noon	<input type="checkbox"/> <input type="checkbox"/> a.m. noon	<input type="checkbox"/> <input type="checkbox"/> a.m. noon	<input type="checkbox"/> <input type="checkbox"/> a.m. noon	<input type="checkbox"/> <input type="checkbox"/> a.m. noon	<input type="checkbox"/> <input type="checkbox"/> a.m. noon
	Sweet FX™	<input type="checkbox"/> with meal	<input type="checkbox"/> with meal	<input type="checkbox"/> with meal	<input type="checkbox"/> with meal	<input type="checkbox"/> with meal	<input type="checkbox"/> with meal	<input type="checkbox"/> with meal
	Carbo Grabbers®	<input type="checkbox"/> with meal	<input type="checkbox"/> with meal	<input type="checkbox"/> with meal	<input type="checkbox"/> with meal	<input type="checkbox"/> with meal	<input type="checkbox"/> with meal	<input type="checkbox"/> with meal

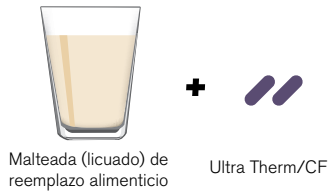
The Essential Foods plan is easy to follow, but it is especially easy when using Nature's Sunshine meal replacement products twice a day. It is important to keep track of what you consume each day. Every time you drink a shake, have a piece of fruit. Also, since vegetables help fill you up, you

can munch on them all day as well as have them with your evening meal. Simply check the box next to the corresponding food item when you eat it. Limit yourself to the number of suggested servings per day, except for vegetables, of which you can consume as much as you want.

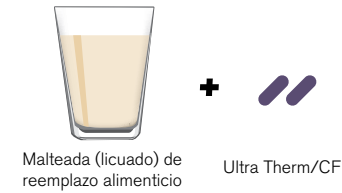
# DIARIO PARA EL USO DE COMIDAS Y PRODUCTOS



## Desayuno



## Almuerzo



## Aperitivo



## Cena



		LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	Reemplazo de comida	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	Fruta	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	Proteína	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Granos enteros y papas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Vegetales	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Limpieza a.m./p.m. 1 <sup>ra</sup> semana de cada mes	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.	<input type="checkbox"/> <input type="checkbox"/> a.m. p.m.
	Stixated™	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	UltraTherm/ UltraTherm CF™	<input type="checkbox"/> <input type="checkbox"/> a.m. mediodía	<input type="checkbox"/> <input type="checkbox"/> a.m. mediodía	<input type="checkbox"/> <input type="checkbox"/> a.m. mediodía	<input type="checkbox"/> <input type="checkbox"/> a.m. mediodía	<input type="checkbox"/> <input type="checkbox"/> a.m. mediodía	<input type="checkbox"/> <input type="checkbox"/> a.m. mediodía	<input type="checkbox"/> <input type="checkbox"/> a.m. mediodía
	Sweet FX™	<input type="checkbox"/> con comida	<input type="checkbox"/> con comida	<input type="checkbox"/> con comida	<input type="checkbox"/> con comida	<input type="checkbox"/> con comida	<input type="checkbox"/> con comida	<input type="checkbox"/> con comida
	Carbo Grabbers®	<input type="checkbox"/> con comida	<input type="checkbox"/> con comida	<input type="checkbox"/> con comida	<input type="checkbox"/> con comida	<input type="checkbox"/> con comida	<input type="checkbox"/> con comida	<input type="checkbox"/> con comida

El plan de Alimentos Esenciales es fácil de seguir, pero es especialmente fácil usando los productos de reemplazo alimenticio de Nature's Sunshine dos veces al día. Es importante mantener un récord de lo que se consume cada día. Cada vez que bebes una malteada o licuado, debes comer un pedazo de fruta. Además, ya que los

vegetales te llenarán, puedes comerlos durante todo el día, así como tenerlos en tu cena. Simplemente marca en el casillero cerca del alimento correspondiente cuando lo comes. Limítate al número de porciones sugeridas por día, excepto para los vegetales, los que puedes consumir tantas veces quieras.