

B-LEAN CHALLENGE PROGRAM



B-LEAN CHALLENGE Overview

The B-LEAN Program is a set of (2) nutritional programs, ACCELERATOR and Basic, that supports the body by providing it concentrated, healthy nutrition at specific times to target weight loss. The programs have been designed to allow an individual to change their metabolic makeup so they can effectively and efficiently use fat as a primary energy source, supporting healthy weight loss.

The B-LEAN Program utilizes a (4) time meal or snack time. Breakfast, Lunch, Snack, and Dinner are bookended by the VITA WAKE and VITA ZZZ products. By utilizing these two products we are able to metabolic set the body in the morning for burning calories while optimizing the night so the body uses fat as it begins the essential functions of repairing and recovering from the day.

In addition to these two products, the B-LEAN program contains the B-LEAN shake, a simple shake that replaces made meals at Breakfast and/or Dinner. And the thermogenic, calorie burning inducer, REVV taken in the middle of the day.

There are (2) programs within the B-LEAN nutritional programs. They differ by their level of intensity.

The ACCELERATOR program is best used as a kick-start to your weight loss journey. It is intense and it challenges you to break through your normal routines. The same routines that caused you to be overweight.

ACCELERATOR Program Attributes

- One 700 calorie meal per day (Lunch)
- Two B-LEAN Shake per day (Breakfast & Dinner)
- 1000 total calories

ACCELERATOR MEAL PLAN PROGRAM

WAKE UP	BREAKFAST	LUNCH	MID-AFTERNOON	DINNER	BED TIME
VITA WAKE	B-LEAN Shake	700 Calorie Meal	REVV	B-LEAN Shake	VITA ZZZ

GEMINI⁺
B-LEAN
 CHALLENGE

The B-LEAN program is best used as the continuing weight-loss program to get you to your goals. The program has balanced nutrition and focuses on optimal weight loss nutrition, calorie intake, and nutrient density, allowing you to not only reach your weight loss goals but maintaining the weight loss.

It is recommended that you start with the 500 calorie meals (1200 total calories) and if you feel after 2 weeks you do not have the energy you would like, then you can bump up your meals to 700 calories (1500 total calories)

B-LEAN Program Attributes

- Two 500-700 calorie meals per day (Breakfast & Lunch)
- One 100 calorie snack per day
- One B-LEAN Shake per day (Dinner)
- 1200-1500 calories per day

B-LEAN MEAL PLAN PROGRAM						
WAKE UP	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	DINNER	BED TIME
VITA WAKE	500-700 Calorie Meal	100 Calorie Snack	500-700 Calorie Meal	REVV	B-LEAN Shake	VITA ZZZ

These programs can be combined in various ways to optimize weight loss. The key is that the program fits your lifestyle and is appropriate for your level of commitment and investment. Simply sticking with the Basic program throughout the entire 90 day program can be incredibly effective.

Follow the program that you feel you can achieve. What is more important than intensity is consistency.

B-LEAN CHALLENGE PROGRAM WEEKS											
1	2	3	4	5	6	7	8	9	10	11	12
B-LEAN PROGRAM	B-LEAN PROGRAM	B-LEAN PROGRAM	ACCELERATOR	B-LEAN PROGRAM	B-LEAN PROGRAM	B-LEAN PROGRAM	ACCELERATOR	B-LEAN PROGRAM	B-LEAN PROGRAM	B-LEAN PROGRAM	ACCELERATOR