



LIFE. AT THE NEXT LEVEL.

Your Guide to the Purium Lifestyle



TABLE OF CONTENTS

- Letters from the Owners 3
- The Reason for the Revolution 4-5
- Core3 Nutrition..... 6
- Program Introduction 7
- Daily Core3 8**
 - Daily Core3 - Overview & Schedule 9
- 10-Day Transformation..... 10**
 - 10-Day Transformation - Overview 11
 - 10-Day Transformation - Details 12
 - 10-Day Transformation - Schedule..... 13
- Athlete Plan 14**
 - Athlete Plan - Overview..... 15
 - Athlete Plan - Details..... 16-17
- Program Support: Making it work for you 18**
 - Preparation..... 18
 - Resources 19
 - Flexing Your Program 20-21

AMY VENNER-HAMDI
OWNER & PRESIDENT

FOUNDER OF “THE MILLION MOM MOVEMENT”



It can be challenging to take care of ourselves in the midst of daily chaos. We get so busy taking care of everyone else that we forget about the most important person—until we burn-out. I’ve learned that the only way to get through the hard times is to take a step back for self-care. If we are not at our personal best, how can we truly ‘be there’ for all of the people and responsibilities in our lives? Purium’s Core3 programs make it easy to prioritize your health without disrupting your whole day! Take that first step. Love yourself better...and you will be able to love others better too.

Amy Venner-Hamdi

DAVID SANDOVAL
OWNER & CEO

AUTHOR OF “THE GREEN FOODS BIBLE”



I hear it all the time. “*I need to get in shape fast!*” And it’s usually followed up with something like, “*I have two weeks to lose weight without losing energy and I don’t want to do anything extreme... Can you help?*” Phew, that’s a tall order. But since we designed our 10-Day program, tens of thousands of people have lost weight and pushed their bodies to peak performance. More importantly, we have seen most of our customers transition from short-term results to long-term lifestyle changes. We can help you reach your goals. Take the journey with us – your body will love you for it!

David Sandoval

THE REASON FOR THE REVOLUTION

100 YEARS AGO

All food was organic. Vegetables grew from the earth. Fruit was picked directly from the tree. And farmers actually farmed.

Pure, nutrient-dense foods were abundant and chemically-preserved foods were almost non-existent. Food was fresh. The soil was filled with minerals. The water was pure.

Everything our bodies needed, we received from the earth.



**“Man sacrifices his health in order to make money. Then he sacrifices money to recuperate his health.”
-Dalai Lama**



FAST FORWARD TO TODAY

Our food is filled with artificial colors, flavors, sweeteners, binders, fillers, hormones, pesticides, irradiated ingredients, and now, genetically-modified ingredients. According to medical experts, this “franken-food” is confusing our bodies and causing health issues that could be easily prevented.

- According to the American Cancer Society, **60% of all cancer is preventable**
- According to the American Heart Association, **80% of all heart disease is preventable**
- According to the Archives of Internal Medicine, **90% of all diabetes is preventable**

THE REASON FOR THE REVOLUTION

MODERN DAY CHALLENGES

We are crazy busy. We live in fast forward mode and there seems to be no time for anything. We are consumed by texts, emails, social media, work, bills, and other responsibilities. And the people who may have it the toughest of all are busy moms. They care for their families and never seem to have time for themselves.

- Do you ever feel like you need an extra 2 or 3 hours in your day?
- Do you ever feel like you are running on empty?
- Do you ever feel like you need more time and energy?



WHEN IT COMES TO EATING

We are forced to make compromises for convenience. The food that is the fastest and the cheapest is almost always filled with chemicals and devoid of real nutrition. The statistics are frightening!

- Americans will eat 31% more packaged food than fresh food today
- 20% of Americans will eat a meal in a car today
- 25% of all Americans will eat at least one fast food meal today

It's time for a REAL-FOOD REVOLUTION!

GETTING TO THE CORE

PROTEIN, FRUITS, AND VEGETABLES. THIS IS YOUR CORE3.

When you get all-natural superfoods into your body on a daily basis, it changes everything. You may experience improved energy, sleep, digestion, mental clarity, and so much more. Purium has created three 'go-to' products that will infuse your body with nutrients and build a foundation for overall health. We call them our Core3.



EVERYTHING YOUR BODY NEEDS, EVERY DAY

PROTEIN for building muscles	FRUITS for repairing damage from free radicals	VEGETABLES for fueling cells
  Super Amino 23 The ultimate protein source. This patented vegan blend goes directly into your bloodstream within 23 minutes and helps your body burn fat and build muscle.	  Apothe-Cherry The ultimate antioxidant source. Tart cherries are loaded with free-radical scavengers and natural melatonin for deep, restful sleep and cellular anti-aging.	  Power Shake The ultimate source of natural energy, endurance, strength, and appetite suppression – without caffeine or toxic chemicals.

CHOOSE THE PROGRAM THAT'S RIGHT FOR YOU!

Purium offers three premium programs that use products to infuse your body with daily nutrition. While we do offer a complete superfood store filled with more than sixty non-GMO products, we recommend starting with one of these three programs and then adding additional products as you progress. Choose the program that fits your specific needs!

DAILY CORE3

- Superfood Nutrition
- Increase Energy / Lower Stress
- Improve Sleep / Mental Clarity



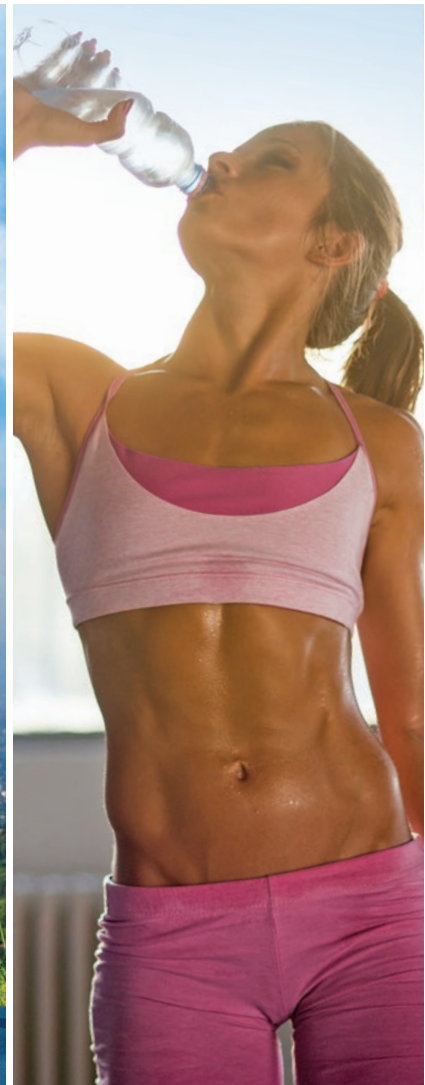
10-DAY TRANSFORMATION

- Weight Loss / Metabolic Reset
 - Cleanse Your Body
 - Break Food Addictions



ATHLETE PLAN

- Muscle-Building
- Improve Endurance
- Improve Recovery



**DAILY CORE3:
SUPERFOODS MADE SUPER EASY!**






DAILY CORE3

MINIMUM EFFORT. MAXIMUM RESULTS.

- WHO** | Busy moms, students, executives, and anyone who needs help fitting proper nutrition into a hectic schedule.
- HOW** | Start small. Keep doing what you're doing, and make simple shifts in your daily routine to integrate the Core3 products. Grab 5 Aminos off your nightstand in the morning, before your feet even hit the floor. Prep your shaker bottle on the way out the door so you can mix your mid-day Power Shake on the fly.
- WHY** | Expect to feel more energy, better digestion, deeper sleep, and increased mental clarity. This is the easiest way to get high-quality protein, fruits, and veggies into your body every day. Stay consistent and the benefits will compound over time.
- WHAT** | Just the basics. All you need for daily nutrition are these three core products and water: Super Amino 23, Apothe-Cherry, and Power Shake. Follow the schedule below and you will feel better in no time!

IT'S AS EASY AS 1-2-3...

 Wake	Super Amino 23: 5 tablets with water upon rising or prior to working out.
 Energy Boost	Power Shake: 2 scoops plus water or your favorite non-dairy beverage. Perfect mid-morning or mid-afternoon boost instead of coffee, soda, or a snack.
 Night	Apothe-Cherry: 1-2 tablespoons with water or your favorite healthy beverage. Take 30-60 minutes prior to bed.

PROTEIN



Super Amino 23
Build muscle and burn fat

FRUIT



Apothe-Cherry
Nature's best source of melatonin for sleep

VEGETABLES



Power Shake
Natural energy, endurance, strength & appetite suppression

DAILY CORE3

Everything your body needs for about the cost of a fast food meal or a large gourmet coffee. It's not a budget choice, it's an eating choice.

10-DAY TRANSFORMATION: BURN FAT. LOSE WEIGHT!



10-DAY TRANSFORMATION

TRANSFORM YOUR BODY IN JUST 10 DAYS.

WHO | Anyone who wants to lose weight, break food addictions, cleanse their bodies, and reset their metabolism.

HOW | A 10 day anabolic program that floods your body with nutrients while purging harmful toxins from your system.

WHY | Hit the reset button. Take a 10 day vacation from processed foods. Jump start a healthy lifestyle and drop weight at the same time. You will lose fat, not muscle and water weight, and your newly charged metabolism will help keep the weight off! Once you complete the 10 days, your body will be programmed to want more — more nutrients, more healthy foods, more good choices.

WHAT | These five products are all you need. Follow the schedule on page 13 and take your Super Amino 23, Apothe-Cherry, Power Shake, Super Lytes, and Daily Fiber Blend (or Super CleansR) every day for 10 days. The program also allows three Flex Foods per day, and the pack comes with a tape measure to track your progress and a Blender Bottle for supplements on-the-go!



"It's mind-blowing how much can change in a year. I needed to lose weight for health reasons that I was having and over the year I have done six 10-Day Transformations. I still use Purium products every day and I love them!! I have also started running again which is something I thought was over for me! I'm getting healthier every day and an added bonus is that I am down 84 lbs and 45 total inches. Joining Purium is honestly the best thing I have done for myself."

ROBIN N.L.

PROTEIN



Super Amino 23

Build muscle and burn fat

FRUIT



Apothe-Cherry

Improve recovery time and sleep cycle

VEGETABLES



Power Shake

Satisfy nutritional needs, suppress appetite



Super Lytes

Rehydrate, replenish, and renew



Daily Fiber Blend*

Cleanse body and increase adiponectin

*Super CleansR can be an alternative productive for Daily Fiber Blend.

10-DAY TRANSFORMATION

TRANSFORM YOUR METABOLISM.

Turn Your Body into a Fat-Burning Machine

In just 10 days, your body will learn a whole new way to burn fat and convert energy. It's a simple program with a whole lot of science behind it.

Purium's Power Shake supplies full cellular satisfaction with only 150 calories per serving.

This naturally sweetened blend of wheatgrass, spirulina, oat grass, alfalfa, and complex carbohydrates floods your body with the nutrients your cells crave, and therefore suppresses your appetite.

Apothe-Cherry is full of antioxidants and deep sleep-supporting melatonin, so you can get proper rest and recharge your body each night.

Super Lytes and Daily Fiber Blend make the cleansing process more pleasant and weight loss more effective. Super Lytes support hydration and Daily Fiber Blend provides gentle cleansing and helps increase levels of adiponectin (the "skinny hormone").

But here's the big secret...

Most diets and cleanses fail because even when you reduce calories, you still need to consume high-quality protein or your body will pull energy from your muscles and weaken you. These diets leave you tired and destined to put the weight back on, almost as fast as you took it off.

Enter Super Amino 23. This is a unique, non-calorie vegan protein that actually builds up and protects your muscles. Your body will realize that it can't break down muscle while Super Amino 23 is building it up. And if your body can't take energy from your muscles, it only has one other place to get it – your stored fat supply – so that's good news for you!

From day 1 on the program, your body will become a fat burning machine!

The 10-Day Transformation will enhance your metabolism and retrain your body to burn fat...and as a result, you will achieve accelerated and sustainable weight loss!

YOUR 10 DAY ROLLERCOASTER

Your first few days on the Transformation may be a challenge. Stick with it! You won't believe how great you'll feel by day 10!



1. Excitement - The journey begins!

2. Fear - I don't think I can do this.

3. Anger - Who got me into this?

4. Resentment - Did I make the right decision?

5. DEFINING MOMENT - Do I stay or do I go?

6. Acceptance - I can and I will.

7. Realization - This isn't so bad.

8. Inspiration - Wow, I lost that much already!








9. Attention - My energy levels are high!

10. EXHILARATION - I am so proud of myself!

10-DAY TRANSFORMATION

TRANSFORM YOUR EATING HABITS.

Start this schedule from the time you wake up and then follow the intervals accordingly.

 Wake	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake* - 2 scoops mixed with water or a Flex Beverage
 2 hours later	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake* - 2 scoops mixed with water or a Flex Beverage
 2 hours later	Super Amino 23 - 5 tablets Super Lytes - 1 capsule <i>Drink lots of water! (8-24 ounces)</i>
 2 hours later	Power Shake* - 2 scoops mixed with water or a Flex Beverage
 2 hours later	Daily Fiber Blend - 1 scoop Apothe-Cherry - 2 tbsp. mixed with water or a Flex Beverage Mix both products together with water or a Flex Beverage <i>(You may also choose to take products separately, if you prefer.)</i>

This schedule is important to stick to, but it's also designed to flex and modify for your own needs. Transformers are encouraged to have 1-3 approved Flex Foods or Flex Beverages per day. Dave Sandoval recommends eating a Flex Food with the Super Amino 23 tablets for consistent energy.

MODIFICATION: Everyone has different physiological needs and emotions about food. If 10 days without a solid meal is too challenging, you can replace one Power Shake with a Flex Meal. See pages 20-21 for Flex Food, Flex Beverage and Flex Meal options.

*If you choose Super CleansR instead of Daily Fiber Blend: take 2-4 capsules a day with Power Shake, Flex Beverage, or Flex Food.

After the 10 days... Increase your adiponectin level to continue to lose weight! Daily use of our Reset Pack (Power Shake and Daily Fiber Blend) for 90 days can help stimulate adiponectin - the "skinny hormone" - by 40% and help your body to efficiently metabolize adipose fat.

**ATHLETE PLAN:
SUPERFOODS. SUPER FITNESS!**



ATHLETE PLAN

ACTIVATE YOUR INNER CHAMPION, NATURALLY.

A pure and natural system for TOP LEVEL athletic performance from start to finish. You don't have to compromise your health to achieve better results. Our plant-based pack is designed with superfoods to help re-burn sugar as fuel for endurance, reduce lactic acid, protect muscle tissue from damage during exercise, build lean muscle without overloading on fat, carbs or calories and support the recovery of muscles and joints.

8 REASONS ATHLETES SHOULD TRY THIS PLAN

1 DELIVERS ESSENTIAL NUTRITION

From amino acids and protein, to trace minerals and antioxidants, Purium helps replenish critical nutrients that athletes need for optimal performance.

2 BUILDS LEAN MUSCLE

Purium provides superior-quality, non-soy vegan protein to help create lean muscle so your body looks toned and tight.

3 INCREASES ENDURANCE

Protect muscles from damage during exercise. Reduce lactic acid and extend high-level performance.

4 BOOSTS ENERGY

Purium provides an array of energy-boosting nutrients that naturally improve physical and mental vigor for sustained endurance and no crash.

5 ENHANCES RECOVERY

Athletes will benefit from optimal recovery and repair after training. Purium may reduce soreness, rehydrate, and improves repair processes in muscles, tissues, and cells.

6 BOOSTS MENTAL ACTIVITY

Every athlete knows that peak mental function is crucial for high-level performance. Purium supports the brain to enhance concentration and mental function.

7 HEALTHY WEIGHT CONTROL

Purium products are great for suppressing appetite and cravings, boosting metabolism, and supporting overall healthy weight management.

8 ALL-NATURAL

There are no artificial colors, flavors, sweeteners, binders, synthetics, toxic chemicals, steroids, or genetically modified ingredients to slow you down.



Can't Beet This!

Clean Energy: Power up your performance, naturally



Super Xanthin

Lactic acid reducer: Say goodbye to muscle soreness and fatigue



Super Amino 23

Perfect Protein: The most efficient protein ever tested



MVP Sport

Maximum Vegan Protein: 32g of plant power for muscle recovery

ATHLETE PLAN

ACTIVATE STRONGER AND LONGER WORKOUTS.



NEW! CAN'T BEET THIS!

POWER UP YOUR PERFORMANCE, NATURALLY

- Beetroot Powder & Pomegranate for increasing nitric oxide and muscle mass, and delivering oxygen as well as nutrients to the muscles for maximum pump (vascular integrity and health)
- Yerba Mate Leaf, Maca & Organic Coffeeberry® Whole Coffee Fruit Extract for natural, sustained energy
- Coconut Water for hydration and healthy blood sugar support
- Rhodiola Rosea, Panax Ginseng, Eleuthero Root & Cordyceps Mushrooms for endurance
- Moringa Leaf for improved sensory perception and oxygen delivery to muscles
- 2 Scoops before strenuous athletic activity or 1 scoop daily.

NEW! MVP SPORT (CHOCOLATE OR VANILLA) MAXIMUM VEGAN PROTEIN

- 32 grams of Pea Protein, Pumpkin Protein, Brown Rice Protein and Moringa for muscle recovery
- Digestive Enzymes and Probiotics for easy digestion and assimilation
- Turmeric, Maca, Eleuthero Root and Chaga Mushrooms for recovery and healthy joint support
- Acerola for vitamin C



ATHLETE PLAN

ACTIVATE A FAST AND SMOOTH RECOVERY.

This pre and post workout system is designed for you and your workout preference. Depending on when you work out and how hard you go, our flexible plan can help you any time of day.

PRE-WORKOUT

Super Amino 23, Super Xanthin and Can't BEET This! can pump you up, keep your workout strong and help support muscles.

**30 minutes
before workout**

- Drink 1-2* scoops of **Can't Beet This!** to naturally power up your performance.
- Take 5 **Super Amino 23** tablets (or 1 tablet per 25 lbs. of body weight) for sustainable support.
- Take 1 **Super Xanthin** to help protect muscle tissue.

POST-WORKOUT

Protein drink MVP Sport (Vanilla or Chocolate flavors) refills your tank with nutrients to help with recovery, muscle repair and healthy inflammatory response.

**0-30 minutes
after workout**

Drink 1-2** scoops of **MVP Sport** (Chocolate or Vanilla) to refuel and assist with recovery support.

*1 scoop of Can't BEET This! for non-workout/light workout days. 2 scoops to amp-up for long, hard workouts.

**1 scoop of MVP Sport as a meal replacement for non-workout/light workout days. 2 scoops after strong workouts.

ATHLETE FLEX MEALS

The more you burn, the more your appetite demands. Instead of grabbing something processed, why not reward your body with real food? Our list of Flex Foods and Flex Meals (see pages 22-23) are sure to satisfy, without comprising your health. Healthy foods can be convenient, but prep is key and a little creativity helps too! Purium's blog can help with recipe inspiration, blog.puriumcorp.com.



"When I got a wrist injury after regionals, I let myself eat whatever I wanted and wasn't training. I agreed to do a 10-Day Athlete Plan and by day seven, I woke up with tons of energy and was sleeping better than ever. By day 10, I was extremely shocked at how quickly I shredded up."

JENNY C.
Co-Owner and Head Coach at CrossFit

MAKING IT WORK FOR YOU- PREPARATION

PRIOR TO STARTING

DO drink more water, broth, and fresh juices.

DO eat fresh, raw fruit and veggies, dark leafy greens, and high fiber meals.

DO eliminate temptations. Remove unhealthy, processed foods (or at least put out of sight).

DO plan your 10-Day Transformation during a period when you can get a good night's rest every night.

DO omit dairy, processed foods, and meat from your diet. (2-3 days before starting the program)

DO omit coffee to avoid withdrawal symptoms. (3-5 days before starting the program)

DO text the word "transformation" to 55678 (USA) or 70734 (Canada) the day before you start the program to receive daily inspirational messages.

DO enter the schedule into your phone, set alerts to keep you on track.

DO take your "before" photo, weight and measurements (chest, waist, and hips) for comparison.

DO join support calls Monday – Friday at 8:30 pm ET / 5:30 pm PT. Dial (712) 432-7658, code 7873#.

DON'T binge eat, drink, or consume a large meal the day before starting.

DON'T procrastinate. If you can't fit a 10-Day Transformation into your schedule, take the Core3 (once per day) to ease into the routine and get comfortable with the products. Many people begin with the Daily Core3 for at least 10 days before trying the 10-Day Transformation.

DURING THE 10 DAYS

DO stay hydrated. Drink half your body weight in ounces/day, and anytime you feel thirsty or hungry.

DO grab an extra Flex Food instead of cheating or abandoning the program.

DO keep a positive mental attitude, "I can and I will."



DO have approved Flex Foods/ Beverages on hand.

DO share your commitment on Facebook at [facebook.com/10daytransformation](https://www.facebook.com/10daytransformation)

DON'T over-exercise on the 10-Day Transformation. Exercise is a form of stress and too much can be counterproductive. Do only light exercise like yoga or brisk walking.

DON'T QUIT! Use our Purium support system to keep you going.

AFTER THE 10 DAYS

DO keep your good habits! Switch over to our Daily Core3 program to integrate Core3 nutrition into your busy lifestyle or the Reset Pack to increase adiponectin and continue losing weight.

DO consider the Purium Lifestyle Club for monthly discounts on our most popular products.

DO consider adding Advanced Probiotic Blend into your diet to keep your digestive tract in order.

DO take CONTROL Pre-Meal Capsules if you need more help curbing your appetite.

DO take your "after" photo, weight, and measurements for comparison.

DON'T rush back into eating heavy foods. Ease back into foods slowly.

**If it doesn't challenge you,
it doesn't change you!**

MAKING IT WORK FOR YOU- RESOURCES

10-DAY SUPPORT

Daily Texts for Transformation

Text the word “transformation” to 55678 (in the US) or 70734 (in Canada) the day before you start the program.

Daily Inspiration Texts for the Transformation (Español)

Text the word “transformacion” to 55678 (in the US) or 70734 (in Canada) the day before you start the program.

Daily Support Calls

Monday-Friday
8:30 pm ET / 5:30 pm PT
Phone: 712-432-7658
PIN: 7873#

EDUCATION

Blog

blog.puriumcorp.com

FAQs

Visit the 10-Day Transformation page on mypurium.com

Knowledge Base available in the Back Office

Audio Recordings available in the Back Office

Questions?

Contact Customer Service
Monday – Friday, 6 am PT – 7 pm PT
888-747-6733
support@puriumcorp.com

SOCIAL PAGES

Purium

Facebook: facebook.com/mypurium
Instagram: [@puriumhp](https://instagram.com/puriumhp)
Twitter: [@puriumhealthpro](https://twitter.com/puriumhealthpro)

10-Day Transformation

Facebook: facebook.com/10daytransformation

Million Mom Movement

Facebook: facebook.com/millionmommovement
Instagram: [@millionmommovement](https://instagram.com/millionmommovement)
Twitter: [@millionmommvmt](https://twitter.com/millionmommvmt)

WEEKLY COMMUNICATION

Calls

Purium Lifestyle Call with David Sandoval
Wednesdays
9 pm ET / 6 pm PT
Phone: 712-432-7658
PIN: 7873#

Emails

Testimonials, recipes, motivation + more.
Emails sent Tuesdays, Wednesdays, Thursdays and some special occasions.
Opt in when you become a member or send an email to Customer Service to sign up.

SAFETY FIRST - The Transformation Program is intended for use by healthy adults only. At Purium, we want every Transformation to be a positive experience - please read and follow all directions carefully. Always listen to your body; if you experience discomfort, please consult your physician (preferably a physician specializing in integrative medicine). Never begin when constipated or menstruating. Avoid strenuous exercise to ensure best results. Always use caution; if on ANY medications, planning on losing a substantial amount of weight, pregnant or lactating, please consult a physician BEFORE starting this or any other weight loss regimen. Please see our FAQ on the Transformation webpage on iShopPurium.com for guidance and expanded details.

MAKING IT WORK FOR YOU- FLEXING YOUR PROGRAM

IDEAL FLEX FOODS

- Avocado
- Apple
- Watermelon
- Celery
- Cucumbers
- Broccoli, cauliflower, kale, spinach
- Berries
- Sauerkraut or kimchi (no additives)
- Summer squash (winter squash not permitted)

IDEAL FLEX BEVERAGES

- Hemp, almond, coconut, or oat milk
- Kombucha
- Organic vegetable broth
- Decaffeinated herbal tea
- Coconut water
- Purium green drinks: Organic Kamut Blend, Organic Green Spectrum, Organic Barley Green Juice, Organic Spirulina, Chlorella, Power of 10 Veggie

IDEAL FLAVORINGS

- Organic Tropic Oil
- Freshly squeezed lemon
- Himalayan sea salt
- Raw honey
- Fresh herbs and spices

WHAT IS A FLEX FOOD?

A Flex Food is a fruit or vegetable that is permitted on the 10-Day Transformation. The 10-Day Transformation includes three Flex Foods OR beverages per day at the time that the “Transformer” prefers.

Flex foods help your body understand your cravings and retrain your hunger response. When we are really hungry, we typically reach for something quick and convenient which tends to be something overly processed and unhealthy. But we also become conditioned to crave those “bad foods” next time we’re

hungry because we associate that “food” with satisfying our hunger. Reaching for health-building foods at a time of hunger will train your body to crave healthy foods instead.

Which fruits or vegetables are NOT permitted?

Bananas and starchy veggies such as any winter squash variety, pumpkin, corn, sweet potatoes, white or red potatoes are NOT permitted. You may have ½ serving of carrots (they are also an ingredient in the Power Shake).

**If you decide to combine Flex Foods
– keep the total serving to 1 cup.**

Sample Flex Food recipes:

- A green apple sautéed in cinnamon and Organic Tropic Oil
- An avocado mashed with freshly squeezed lemon juice and Himalayan sea salt – eaten with cucumber “chips”
- 1 cup of broccoli sautéed in Organic Tropic Oil and fresh basil and topped with 3 tbsp. of organic sauerkraut

Why are cooked Flex Foods allowed?

Hot Flex Foods are especially important during the winter and for people in colder climates. Hot beverages are also important for people who are used to having coffee in the morning.

WHAT IS A FLEX BEVERAGE?

A Flex Beverage is a vegan liquid permitted on the 10-Day Transformation. You can mix them with your Power Shake or Apothe-Cherry or you can have them separately. They count as one of the three Flex foods / beverages you are allowed per day.

WHAT IS A FLEX MEAL?

A Flex Meal is an entire meal comprised of approved and healthy ingredients that leaves you feeling full and satisfied. These are excellent meals to support everyday nutrition with the Athlete Plan or Daily Core3. More information can be found on page 23.

MAKING IT WORK FOR YOU- FLEXING YOUR PROGRAM

Use these approved foods to create 300-Calorie Flex Meals:

Protein Options

- L.O.V. Super Meal • 4 scoops/210 cal
- MVP Sport - 1-2 scoops 90-180 cal
- Lentils or legumes (other than soy) • 1 c/320 cal
- Hummus • ½ c/170 cal
- Broccoli • 1 c/30 cal
- Cottage cheese • ½ c/81 cal
- Almonds • ¼ c/207 cal
- Free-range eggs • 1 lg egg/71 cal
- Free-range organic fed chicken • 100 g/165 cal
- Wild-caught salmon • 2 oz/131 cal

Veggie Options

- Kale • 1 c/14 cal
- Broccoli • 1 c/30 cal
- Summer squash • 1 c/23 cal
- Cabbage • 1 c/22 cal
- Asparagus • 1 c/27 cal
- Mushrooms • ½ c/15 cal
- Celery • 1 c/16 cal
- Carrots • 1 c/52 cal
- Sea veggies • 4 g/21 cal
- Cilantro • 1 c/21 cal
- Parsley • 1 c/21 cal
- Basil • 2 tbsp/2 cal

Fruit Options

- Cherries (the darker the better) • 1 c/87 cal
- Berries • 1 c/100 cal
- Plums • 1 sm plum/47 cal
- Apples • 1 sm apple/52 cal
- Purple grapes • 1 c/62 cal
- Watermelon • 1 c/46 cal
- Papaya • 1 c/63 cal
- Cucumbers • 1 c/13 cal
- Tomatoes • 1 sm tomato/50 cal

Fats & Oil Options

- Organic Tropic Oil • 1 tbsp/120 cal
- Green tea seed oil • 1 tbsp/120 cal
- Sunflower seed oil • 1 tbsp/120 cal
- Avocado oil • 1 tbsp/120 cal
- Extra virgin olive oil • 1 tbsp/120 cal
- Butter or ghee (from grass-fed cow) • 1 tbsp/120 cal

Complex Carbs

- Activated Barley • 1 tbsp/35 cal
- Rice Bran Solubles • 6 g/30 cal
- Red, black, or brown rice • 20 g/219 cal
- Quinoa (cooked) • 1 c/223 cal
- Couscous (cooked) • 1 c/175 cal
- Sprouted grain bread • 1 slice/80 cal
- Buckwheat or whole grain pancakes • 1 pancake 4" /183 cal
- Purple or sweet potatoes • 100 g/86 cal
- Oatmeal • ½ c/71 cal



TIPS & TRICKS

- Athletes: Create your meals around lean or plant-based protein.
- Transformers: Create your meals around vegetables.
- Stick to 1 cup of (most) fruits and veggies, exceptions are that carrots should be limited to ½ cup and you may have an unlimited amount of celery and cucumbers.
- Select foods that are organic or as close to the earth as possible.
- Google the current “Dirty Dozen” list from EWG and only get organic versions of those fruits and veggies.
- Eat slowly and chew your food.
- Eat organic fruits and veggies and wash them well. Don’t remove the skins when possible.
- Eating apples first thing in the morning can help wake you up.
- Consume no more than 6 oz. of animal flesh in any 24-hr period.
- Combine meats with green foods, avoid combining them with sugar.
- Avoid burnt, crispy parts of meat.



LIVE YOUR BEST DAY, WITH A SPRAY.

natural ingredients • zero calories • no sugar • easy to carry • simple to use



CHARGE
spray away
fatigue



CHILL
spray away
stress



CONTROL
spray away
hunger



EASE
spray away
aches

BIOME MEDIC

Protect
your gut from
GMOs



ENJOY THE JOURNEY!



For more information please contact:

My gift card code is:

TO ORDER OR ENROLL: [iShopPurium.com](https://www.ishoppurium.com)



For additional brochures, call 888-747-6733 or go to your [mypurium.com](https://www.mypurium.com) Back Office.

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