

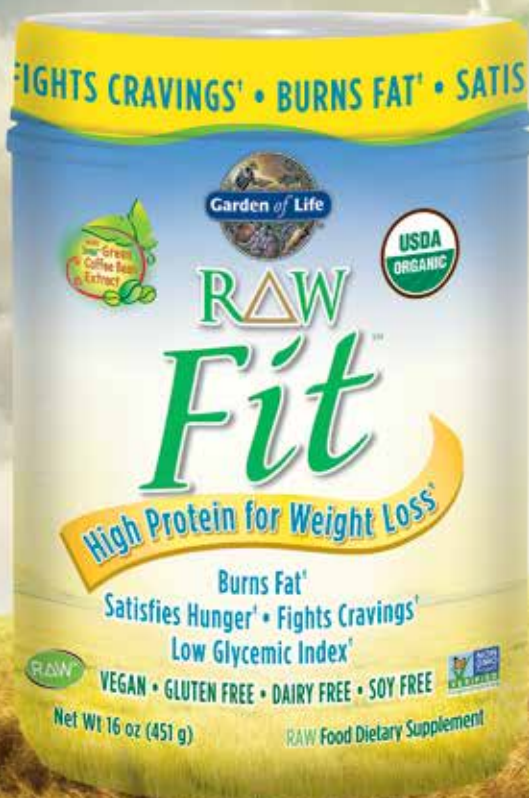
EAT *well*

RAW FIT JUMP-START SECRET #7 PERSEVERANCE

The key to long-term success is perseverance. The RAW Fit Jump-Start Plan is your key to getting started. You know you can do this—it's only five days of focused effort. Once you start seeing the results, you'll feel elated, motivated and energized to build on your success.

Perseverance is not the same as denial. It's about healthy choices and moderation. Our sample menu on page 25 is designed to help you organize your meals and make your own plan. But build on it. Find ways—especially on your “off” days—to integrate small portions of your favorite foods. Small servings, small bites, eat slowly and chew well. Avoid processed, packaged and convenience foods. Eat more natural, fresh and “real” foods—ideally organic.

After your five-day jump start, adjust your daily menu to one serving of RAW Fit daily. For more information, please visit www.gardenoflife.com/rawfit.



After the 5-Day Jump Start—What Now?

So now that you've completed the five-day Jump-Start Plan and you are feeling energized, we recommend that you start to eat a little more food. Once again, be sure to focus on eating real foods, fresh foods, ideally healthy organic whole foods—avoiding highly processed and packaged foods that are high in sugar, salt and artificial ingredients.

One serving of RAW Fit for breakfast will boost your metabolism and help balance your blood sugar and get you started on the right track every day. During the rest of the day you should eat regularly—there are no set rules—however you should eat at least three meals spread throughout the day. And of course be careful to eat small portions. By eating fresh whole foods that are naturally filling and lower in calories, you will continue to lose weight!

Please check out www.gardenoflife.com/rawfit for a sample menu and recipe ideas. Remember, when you are on-the-go and don't have time for a proper meal, be sure to have packets of RAW Fit on hand to keep you nourished, satisfied and to keep your metabolism burning calories.

And Be Sure to Keep Your Body Moving!

RAW Recipes Fit™

meet
Gwen Marzano

Certified RAW Vegan Chef &
Garden of Life Educator



Gwen is here to help you with some RAW Fit recipe ideas to incorporate into your new, healthy eating plan.

RAW Fit is easy to use. Simply mix 1 scoop with 8 ounces of water or unsweetened almond milk and enjoy! For variety, here are some additional recipes to try.

Gwen's Fit Fuel

1 scoop Garden of Life RAW Fit
1 cup unsweetened almond milk
1 cup coconut water (unpasteurized preferred)
1 ½ cup frozen blueberries
2 Tbsp. ripe avocado
8 drops of "Sweet Leaf" vanilla cream liquid Stevia
Ground cinnamon for garnishing

Serves: 1 (suggested as a meal replacement for breakfast)

PREPARATION: Place all ingredients in a blender and blend until smooth. Enjoy immediately or drink half before a work out and the remaining half afterwards. Optional: Top with a few dashes of cinnamon! Fuel up with this protein packed smoothie that supports healthy glucose levels, weight loss and satisfies hunger. **Tip: Looking for more fiber? This smoothie tastes great with a scoop of Garden of Life's Super Seed.**

Cherry Delicious Smoothie

Serves: 1

This smoothie is a great breakfast for those who enjoy the luscious flavor of cherries and the creamy texture of bananas. Taste how delightful healthy food can be!

1 cup frozen dark cherries
½ cup frozen banana chunks
1 scoop Garden of Life RAW Fit
6 drops of "Sweet Leaf" vanilla cream liquid Stevia
1 cup unsweetened almond milk
½ cup coconut water (unpasteurized preferred)

PREPARATION: Place all ingredients into a blender and blend until smooth. Enjoy immediately!

Tip: I have tried using raspberries in this smoothie in place of cherries and it's still sweet and delicious, with a little more zing.

Strawberry Start-Me-Up

Serves: 1-2

1 ½ cup frozen strawberries
1 scoop Garden of Life RAW Fit
1 peeled orange
2 cups coconut water (unpasteurized preferred)
1 handful of spinach

Tip: Feel free to throw in a handful of spinach to any smoothie, it adds more nutrition without changing the taste.

PREPARATION: Toss everything into blender and blend until smooth. Enjoy immediately!

Start your day with a healthy zing! I love this smoothie because it's sweet, tangy, and ultimately refreshing.

