



# The NatraLEAN Fat Loss Program™

## QUICK START Instructions

**Congratulations... and thank you for choosing the NatraLEAN Quick Start Fat Loss Program!**

### Benefits

- Fat Loss
- Increased Energy
- Calms digestive system
- Combats effects of stress
- Improvement in hair, skin & nails
- Reduced cravings

### Why Diets Fail

Most diets simply reduce your consumption of calories and carbohydrates. The real key is keeping your body in the 'fat-burning mode'. We have discovered that there are three factors that keep the 'furnace' burning. However, most diets miss these critical issues.

1. You must **control blood sugar levels** and stimulate the production of the 'fat release' hormone, glucagon, rather than insulin. Many diet drinks, bars and other meal replacements are loaded with sugars and 'bad carbs', which actually hinders fat loss.
2. You must **control the 'stress hormone'**, cortisol. Too much, or too little interferes with fat burning. Maintaining normal cortisol levels stimulates fat loss.
3. You must **properly digest and absorb the nutrients you eat**. This ensures proper metabolic function. In addition, complete digestion reduces inflammation, which is a major stress, which can cause over production of Cortisol.

The NatraLEAN Program offers you two options for fat reduction, 'Quick Start' and the 'Eating Program\*.' This instruction sheet primarily covers your first option -- *Quick Start*, which is intended to help you get a jumpstart and is not a long-term plan. The *Eating Program* is designed for ongoing use and maintenance. The two systems can also be effectively integrated to adapt to your individual lifestyle. See some ideas on how to do this in the 'Helpful Hints' section below.

**Products you will need:**

- [NatraLEAN™ Nutrition Bars](#)
- [Adrenal-Fuel™](#)
- [Digest-Plus™](#) (Optional)



**NatraLEAN Nutrition Bars™** are formulated to curb your appetite and keep your energy at peak levels for hours! Special ingredients like natural, low-glycemic organic Agave and Banaba Extract help keep your blood sugar in control -- which means your body can break down more

fat! NatraLEAN Bars are hypoallergenic, which is great for calming your digestive system. They do not contain trans fats, artificial sweeteners or preservatives, dairy, soy, gluten, wheat, peanuts, corn or MSG. Each bar also contains 8 grams of fiber!



**Adrenal-Fuel™** helps diminish food cravings, support fat metabolism, adrenal and thyroid function, while offsetting the negative effects of daily stress and Cortisol production. Unlike products that just lower Cortisol (low Cortisol levels can also restrict fat-burning), Adrenal-Fuel's adaptogenic ingredients will naturally lower cortisol, if it's too high. Or, raise it to healthy levels, if it's too low...without using stimulants! Many clients also report increased energy and improved concentration when using Adrenal-Fuel.



**Digest Plus™** is an optional part of the Quick Start Program. However, we do recommend its use, especially if you suffer from indigestion and other irritable bowel symptoms, or if you are more than 40 years of age.

Bloating, gas & indigestion can hinder fat loss and also lead to fatigue, headaches, allergies, and a weakened immune system.

Digest Plus is a specially formulated 2-phase digestive formula containing the highest quality enzymes and Betaine, for maximum digestion of all foods. Phase one begins working in the stomach as it breaks down proteins. Phase two continues to work in your small intestine to break down fats and carbohydrates.

## How the NatraLEAN Quick Start Fat Loss Program Works

During the *Quick Start* phase you simply eat the following:

### Two NatraLEAN Bars & Two Adrenal-Fuel Capsules Each Day

- Replace up to two meals with a NatraLEAN Bar & take one Adrenal-Fuel capsule with each of the two meals.

### Two Snacks

- One mid-morning
- One mid-afternoon or evening

Snacks may consist of whole fruit, fresh vegetables, nuts (except peanuts), lean protein.

## Eat one normal (healthy) Meal

This is a well-balanced, low fat (good fat) meal consisting of lean meat, fish, chicken, whole eggs, vegetables, bread or whole grain.

Take one Digest-Plus capsule with this meal to improve digestion and reduce cortisol production.

### EXAMPLE:

Breakfast	NatraLEAN Bar + Adrenal-Fuel capsule
Mid-AM Snack	Whole fruit or lean protein
Lunch	NatraLEAN Bar + Adrenal-Fuel Capsule
Mid-PM Snack	Almonds (15) or lean protein
Dinner	Lean meat, such as chicken or fish, green beans, broccoli, & Digest-Plus capsule (1)

## Helpful Hints

- For your larger meals -- Eat high nutritional value foods (at least 600-800 calories) that help regulate blood sugar. Some foods raise your blood sugar faster than others, which hinders fat loss. These are known as 'high glycemic' foods. Common examples are; breads (especially white), cereal, potatoes, chips, pasta, pretzels & cookies. Also beware of "health bars and cookies" that contain high fructose corn syrup, sucrose, maltodextrin, dextrose, maltose & partially hydrogenated or fractionated oils. Some good food choices ('low glycemic') are; chicken, fish, lean meats, yogurt (if not sensitive to dairy), beans, lentils, vegetables, sweet potatoes, whole grains (if not sensitive) and fruits.

You can also determine the glycemic value of various foods by consulting a "Glycemic Index". See the [NatraLEAN Eating Plan](#) on the NatraTech website."

- Eat fruits by themselves. They make a great snack.
- Don't eat high-sugar desserts after a high protein/fat meal.
- Drink at least 64 ounces of water each day. Don't drink any more than 6 ounces with meals. This will prevent dilution of digestive enzymes.
- Avoid 'hidden sugars', i.e. high fructose corn syrup, maltodextrin, sucrose, dextrose, sorbitol and maltose.
- Limit packaged foods, i.e. potato & corn chips, cookies, cakes, pies, high-sugar cereals, juices, crackers, white flour and frozen dinners.
- Avoid foods that contain 'trans fats', i.e. hydrogenated/partially hydrogenated and fractionated oils.
- Eat good fats...butter, canola oil, fish oils, olive oil and flaxseed oil.
- Split a meal when eating out and order sauces & dressings on the side.
- Digest Plus does not need to be taken with the NatraLEAN Bars.
- You may alternate the Quick Start Program with the [NatraLEAN Eating Plan](#). For example, follow the Quick Start regimen for a few days, and then switch to the Eating Plan. Or, you might want to substitute a [NatraLEAN Bar](#) for just one meal each day, while eating two healthy meals, two snacks & using [Adrenal-Fuel](#).**
- Do NOT reduce daily calories to less than 1,600 per day. If you exercise, raise calories to 2,000+ per day. If you're hungry – increase portions, but make good choices. This is not about starving yourself!**

### Charting Your Progress

	Day One	Day 10	Day 30
Right Arm			
Chest			
Waist			
Hips			
Left Thigh			
Right Thigh			
Total Inches Lost			
Dress/Slack Size			
Weight (Pounds)			

### Feel The Difference!

	DAY ONE			DAY 30			Day 60		
	Low	Average	High	Low	Average	High	Low	Average	High
Energy Level									
Cravings									
# Illnesses									
Cholesterol									
Strength									
Hair, Skin, Nails									
Sleep									
Headaches									
Memory									

**For More Information:**

Website: [www.NatraTech.com](http://www.NatraTech.com)

Email: [info@NatraTech.com](mailto:info@NatraTech.com)

Phone: (972) 458-0099

Fax: (972) 458-0599

NatraTech  
P.O. Box 112820  
Carrollton, TX 75011-2820