



superfood
tabs™

**Ultimate 30 Day Guide To Help You
Reach Your Weight Loss Goals**



Created in Partnership with Lindsey Ray

Registered Dietitian/MS, RD, LD

12 years experience

Week 1

Drink More Water

Drinking plenty of water is vital to optimal health and provides necessary benefits for your body!



Staying properly hydrated provides cushioning to joints & regulates body temperature.



It also prevents constipation, reduces excessive bloating, and improves overall gut health.



Even slight dehydration can cause feelings that are often confused with hunger, so staying hydrated helps manage your cravings!



How much water should you drink every day?

Answer: Drink about half of your body weight in ounces of water daily.

Example: (body weight) 150 lbs / 2 = 75 oz



75 oz = about nine 8 oz glasses



75 oz = about three 24 oz tumblers

Tips For Increasing Water Intake



Keep a large refillable water bottle on your desk while you work. Set a timer or reminder to drink every 20 - 30 minutes. This will keep you hydrated, which helps your brain function more effectively!



Add some flavor with these zero or low calorie options:

- Superfood Tabs
- Squeeze of citrus: lemon, lime, orange and grapefruit are all a deliciously healthy way to add flavor to your water!



Build new hydration habits. Our tips:

- First thing in the morning: fill up your 24 oz tumbler with water, add a Superfood Tab, and finish before you eat or drink anything else!

- Drink a full glass of water with medications or vitamins.

- Drink water before meals. We recommend drinking your Tabs 15 - 30 minutes before a meal to aid digestion and help prevent overeating.



Drink it hot! If you are in the mood for a cozy beverage, choose a hot tea to ensure hydration. Superfood Tabs can be added to hot water to enjoy as tea! Try adding lemon or honey for extra flavor. Decaf herbal tea works too!



Think outside the box.

- Before you blend up your favorite smoothie, add a handful of ice for a boost of hydration.

- Break your Superfood Tabs in half. Drink each half with 24 oz of water to double your water intake.

Week 2 - Move More

Health benefits of exercise include improved stress management, elevated mood, increased bone mass and muscle strength, reduced blood pressure and many more.

How much exercise is enough?

Adults need at least 150 minutes of moderate intensity (or 75 minutes of vigorous intensity) exercise weekly. This equals just **30 minutes 5 times per week!**

Did you know?

Three 10-minute walks throughout your day offer the same health benefits as one 30 min walk?

Tips For Increasing Daily Movement



Listen to a podcast or audio book while you walk rather than sitting to read



Try a new kind of Happy Hour by taking a group exercise class with friends



Swap your evening TV sesh for a stroll with your dog or bike ride with your family



Walk to lunch rather than getting it delivered



Try a quick 10-minute core routine as a mid-day brain break from work



Squeeze in some jumping jacks, planks or push-ups before you shower



Invest in a standing workstation rather than sitting at your desk all day



Try a walking meeting. Who says you have to take a work call while sitting at a desk?



Walk or jog during your child's practice rather than sitting to watch

Use Superfood Tabs as a preworkout! There are 100 mg of caffeine in each tab. If you need a boost of energy, drink 15 minutes before you plan to get moving.





Week 3

Fuel Better

Cleaning up your diet can seem like a big task. Don't be overwhelmed! Commit to a reasonable goal and gradually build on it each week.

Tips For Improving Your Diet



Minimize Overly Processed Foods

Highly processed foods are stripped of important vitamins and minerals and contain preservatives, fillers and gums that can wreak havoc on your gut health. Aim to eat mostly whole foods instead.

- Doing so will decrease your intake of added sugar, hydrogenated oils, added sodium and more
- We all need convenience on occasion. The aloe leaf juice powder in Superfood tabs support gut health and are perfectly packaged for on-the-go



Pack Your Lunch & Dine-In

Bring lunch from home rather than dining out! How many times can you reasonably do it this week? Even just once is a good start! Work your way up to bringing a lunch from home regularly.



Go Fresh, Not Pre-Packaged

Baby carrots, snap peas and cherry tomatoes are all good snack options that require zero preparation. Pair your veggies with a serving of cheese, plain Greek yogurt, guacamole or hummus for a satisfying snack.



More Tips For Improving Your Diet



Re-Think Your Daily Drink

Are you reaching for a soda or sugar-filled latte to fight a mid-day slump? Superfood tabs provide flavor, fizz and sustainable energy rather than a sugar crash!



Get Rid of Refined Grains

Swap refined grains with veggies to help your gut and avoid excess carbs.

- Use zucchini noodles or spaghetti squash in place of pasta
- Serve a baked sweet potato as a side rather than bread
- Trade refined white rice for riced cauliflower
- Use portabella mushroom caps or roasted bell peppers instead of a bun

All diet suggestions should be introduced into your routine at a realistic and comfortable pace for you. If something doesn't seem doable with your lifestyle at the moment, don't worry! Focus on making other food choices that make you feel good.



Try Something New Weekly

Pick one new fruit and one new veggie to try this week. What's something you've never tried or an old favorite you haven't eaten in a while?

- Choose produce that's in season for best flavor
- Frozen versions of produce are perfectly fine if you're concerned you won't be able to eat all your produce before it expires.

Week 4 - Rest Easy

Did you know that improved sleep quality is often one of the earliest noticeable improvements when someone begins eating healthier and exercising regularly? A well-balanced nutrition plan ensures adequate vitamins and minerals necessary for the optimal function of hormones involved in regulation of circadian rhythm.



How many hours should I sleep?

The ideal amount of sleep varies based on the individual, but 7 to 9 hours is generally recommended for adults.

Why is sleep important for your health goals?

Lack of sleep disrupts hormones that control appetite and hunger cues. We are more likely to crave sources of quick energy (carbs and sugar) when we are sleep deprived.



Struggling with sleep? Try Super Sleep Gummies!

Super Sleep Gummies are formulated with melatonin, a natural sleep aid, to help you drift off easily, sleep more soundly, and create healthy long-term sleep habits.



** Remember, Superfood Tabs provide a gentle boost of energy with the health benefits of green tea. One tab contains only 40 mg of caffeine, equivalent to about half a cup of coffee.*



Scan the QR code with your smartphone to get your gummies!



"I recommend starting with the lowest dose and increasing dosage if needed for effectiveness. I also recommend taking melatonin only when needed rather than relying on it daily." - Lindsey Ray

Tips For Better Sleep

1



Take it easy on caffeine, especially later in the day.

2



Avoid blue light emitted from electronics for at least 30 minutes before bed.

3



Avoid intense exercise late at night, as it might keep you up. Opt for gentle yoga instead!

4



Take it easy on alcohol. Alcohol-induced sleep is not as restful due to reduced REM sleep.

5



Don't eat heavy or spicy food close to bedtime as it can cause sleep disruption.

6



Stick to a sleep schedule. Poor sleep & insomnia are more likely in those with no schedule.

7

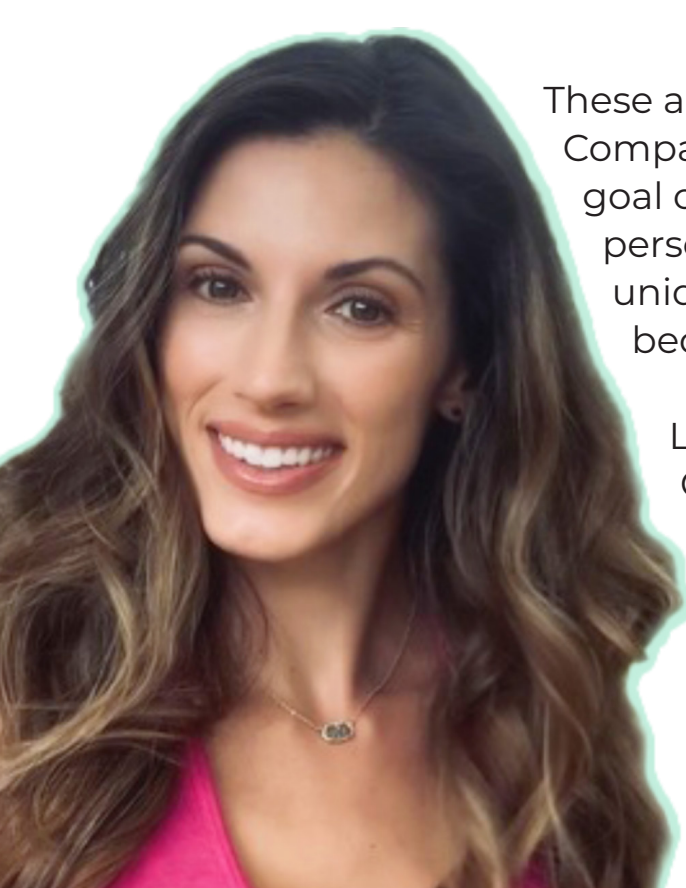


Create a relaxing bedtime routine. Dim lights, sip decaf herbal tea, and put your mind at ease.

8



Take Super Sleep Gummies. They are non-habit forming, non-GMO, preservative-free, and come in a natural blackberry flavor! We recommend eating 2 gummies, 30 mins - 1 hour before bed.



These are great general tips using Superfoods Company products to get you started towards your goal of living healthier. Individual needs vary, and a personalized plan takes your needs, goals and unique challenges into account to help you become the best version of yourself.

Looking for one-on-one personal coaching?
Contact Lindsey Ray, MS, RD, LD to see if a personalized plan is right for you.



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WEIGHT CONTROL



MEAL PLANNING

