

Optimal Essentials “Healthy Weight” Smoothie options

Option 1

For a really light and quick smoothie use 250ml cold spring water with 1 heaped scoop “**Healthy Weight**” powder. Blend until smooth and creamy. This will supply you with approx 150 calories.

Option 2

For a more satisfying smoothie use 250ml low fat milk/soy milk/rice milk/oat milk. Add one ripe banana and/or 1 ripe peach or ripe pear (any equivalent fruit, eg 4 strawberries, ½ cup frozen blueberries, etc). Please note: Only one piece of fruit is to be used in this smoothie. Add cold milk with fruit of your choice and 1 heaped scoop of “**Healthy Weight**” powder in a blender and blend until smooth, rich and creamy.

If you would prefer a thicker smoothie, leave standing for 2 – 3 minutes before drinking.

Important tips:

- 1 Sit at a table, relaxed when drinking smoothie.
- 2 Do not stand, drink while travelling in car, in a hurry etc.
- 3 Sip your smoothie slowly - take a moment to relax and enjoy the taste.
- 4 Wait a few moments after finishing smoothie - allow it to settle in your stomach so as to reach a feeling known as satiety. This gives you the feeling of satisfaction and fullness and allows signals from your stomach to be sent to your brain. This is an important process in helping you lose weight and feel full and contented.

Optimal Essentials “**Healthy Weight**” is a meal replacement formula with a high quality nutritional profile and high protein level with a low GI and carbohydrate content. It is also an excellent source

of natural fibre, low in saturated fats but with essential omega 3 fatty acids as well as vitamins, minerals amino acids and antioxidants.

Optimal Essentials "**Healthy Weight**" also contains beta-glucans to assist in cholesterol control.

To obtain optimal results we suggest you follow these simple instructions. Only replace a maximum of 2 meals per day. You can choose which meals you plan to replace. Choose low calorie meals from our sample daily diet. Drink at least one litre of water per day (this does not include herbal tea, tea or coffee). Drink one glass of water before each meal. Make sure you chew your food. More chewing means that you are eating more slowly. By doing this you are giving your body a chance to feel satisfied. It also ensures you do not over eat.

Exercise is vital - not just to help with your weight loss, but to help with your health.