**PRODUCTS**

- **XanoLean Supreme™**
  - Maximum Strength Weight Loss Formula
  - Reneú is the most effective nutraceutical formula designed to significantly suppress the appetite, enhance fat burning, target belly fat, elevate mood, increase energy and help solve the problem of food addiction: combined in one complete product.

- **Body FX®**
  - Meal Replacement Shake
  - A special blend of dietary fibers and botanical nutrients to provide a healthy meal with balanced nutrition. It includes 13 grams of whey isolate protein to help you feel full and satisfied longer.`

- **Reneú**
  - Ultimate Inner Body and Colon Cleanse
  - Provides optimal wellness protection, absorbs the food, vitamins and minerals, which promotes good health and optimizes weight loss.

- **8Rx®**
  - Optimal Wellness Protection
  - Provides optimal wellness protection, antioxidants, and nutritional support for the heart, helps balance healthy blood sugar levels, boosts the immune system and is also a powerful anti-inflammatory, which optimizes good health.

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**DIRECTIONS**

**BEFORE BREAKFAST**

- Take XanoLean Supreme™ (1 caplet)
  - (45 minutes before meals, with a glass of water)
- Take 8Rx® (2 capsules, once daily)

**BREAKFAST**

- 1 Body FX® Shake (or 1 Protein)
- 1 Fruit
- 1 Selection from UBC Snacks
- 1 Body FX® Shake (or 1 Protein)
- 1 Fruit
- 1 Selection from UBC Snacks

**AFTER BREAKFAST**

- Take Reneú (1-2 capsules)

**MID MORNING SNACK**

- 1 Selection from UBC Snacks

**BEFORE LUNCH**

- Take XanoLean Supreme™ (1 caplet)
  - (45 minutes before meals, with a glass of water)

**LUNCH**

- 1 Protein
- Salad
- Thermic Vegetables

**MID AFTERNOON SNACK**

- 1 Selection from UBC Snacks

**BEFORE DINNER**

- Take XanoLean Supreme™ (1 caplet)
  - (45 minutes before meals, with a glass of water)

**DINNER**

- 1 Protein
- Salad
- Thermic Vegetables

**EVENING SNACK**

- 1 Selection from UBC Snacks

**AT BEDTIME**

- Take Reneú (1-2 capsules)

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**MENU GUIDE**

**PROTEIN**

- Body FX® Shake
- DAIRY & EGGS
  - Two Eggs (any style)
  - Low-Fat Cottage Cheese (1/2 cup)
  - Low-Fat Yogurt (1 cup)
  - Ricotta Cheese (1/2 cup)
  - Skim Milk (8 oz. per serving)
- MEAT
  - Beef (lean)
  - Ham (center cuts only)
  - Lamb (lean only)
  - Veal (in moderation)
- FISH
  - All Fresh Fish
  - Tuna (must be water packed)
- POULTRY
  - Chicken
  - Game Hen
  - Turkey
- SOUPS
  - Bean Soup
  - Vegetable Soup
  - 1 Up to 8 oz. of lean meat or fish, skin removed.
  - 2 Order additional Body FX® shakes as needed.

**THERMIC VEGETABLES**

- Eat as much as you want, preferably steamed, grilled or raw
- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beets
- Broccoli
- Cabbage
- Thermic Vegetables (unlimited)

**FRUITS**

- 1/2 Apple
- Blackberries (1 cup)
- Blueberries (1 cup)
- 1/4 Cantaloupe
- Cherries (1 cup)
- 1/2 Grapefruit
- Grapes (1/2 cup)
- 1/2 Pear
- Raspberries (1 cup)
- Strawberries (1 cup)

**SALAD INGREDIENTS**

- 1/2 Avocado
- Celery
- Chinese Cabbage
- Chives
- Cucumbers
- Endive
- Garlic
- Kale
- Lettuce
- Mushrooms
- Parsley
- Onions
- Radishes
- Scallions
- Spinach
- Tomatoes

**SNACKS**

- Thermic Vegetables (1 serving)
- Thermic Vegetables (unlimited)
- Sugar-Free Gelatin (unlimited)
- Low-Fat Cottage Cheese (1/2 cup)
- 6 Walnuts or Almonds (raw & unsalted)
- Popcorn (1 cup - no butter or oil)

**BREADS AND GRAINS**

- Brown Rice (1 cup)
- Ezekiel Bread (1 slice)
- Quinoa (1 cup)
- Whole Grain Rye (1 slice)
- Whole Wheat Bread (1 slice)
- Whole Wheat Pasta (3/4 cup cooked)

**FOOD FLAVORINGS AND SEASONINGS**

- Guacamole (2 tbsp. per serving)
- Horseradish (1 tsp. per serving)
- Lemon/Lime Juice
- Lemon/Limes
- Liquid Smoke
- Olive Oil (2 tbsp. per serving)
- Onion Powder
- Real Butter (1 tbsp. per serving)
- Any “Light” Salad Dressing (3 tbsp. per serving)
- Salsa (3 tbsp. per serving)
- Sea Salt
- Spices and Herbs
- Sugar Substitute
- Tomato Sauce (3 tbsp.)
- Vegetable/Chicken Broth or Bouilion

**BEVERAGES**

- Biomega® (1 serving)
- Coffee FX® (1 serving)
  - Coffee/Tea (use a sugar substitute)
  - Essence Flavored Seltzers (must say “no calories”)
- Sugar-Free Lemonade
- Water (Drink at least 6-8 glasses a day)
STARTING THE CHALLENGE IS EASY!

STEP ONE!
START YOUR CHALLENGE
As soon as you receive your Challenge Kit, go online to www.firstfitness.com/UBC, login and click on “The Challenge.” Then select “Start Your Challenge” to enter your information and upload your “before” photo.

STEP TWO!
REFER 3, GET YOUR CHALLENGE KIT FOR FREE!
Simply get three of your friends to join the challenge on Auto-Ship this month, with a Challenge Kit of equal or greater value and get your next month’s Challenge Kit free.

STEP THREE!
ENTER TO WIN
Congratulations! What better way to reward your Challenge success, than by going online to www.firstfitness.com/UBC, login and click on “The Challenge,” Select “Enter To Win” and simply upload your “After” photo and short testimonial of how the 90-Day Challenge transformed your body and life.

You could win exciting prizes, free products, all-expense paid 5-Star Dream Vacations, plus much more!

Start a new challenge every 90 days to increase your chances of winning.

For complete Ultimate Body Challenge details, visit www.firstfitness.com/UBC

HAVE YOU HAD YOUR SHAKE TODAY?
Body FX meal replacement shakes are the most delicious tasting, nutritious shakes on the market. Each shake provides a healthy meal, with balanced nutrition, to help you feel full and stay satisfied longer.

Drink a Body FX shake once daily for good nutrition.

Drink a Body FX shake twice daily—replacing two meals daily—to lose weight.

Drink a Body FX shake three times daily—in addition to your daily meals—to gain weight.

Mix 2 Scoops of Body FX with 8 oz. of Water, Add Ice and Blend Well.

Optional:
Add 1 fruit (fresh or frozen) for even more vitamins, minerals and fiber, with no additional fat or cholesterol.

Give your shake a protein boost! Mixing Body FX with 8 oz. of non-fat milk will give your shake a protein boost of 8 grams for a total of 21 grams per serving.

You may also mix your Body FX shake with soy milk, almond milk or rice milk.

Congratulations!
You have made an excellent decision to make your weight loss, wellness, health and fitness goals a priority for the next 90 days using our Ultimate Body Challenge (UBC).

www.firstfitness.com/ubc

UBC SUCCESS TIPS
WEIGH & MEASURE
Before starting, weigh and measure, then again on the mornings of Days 7, 14, 21, 28 and once a week thereafter.

Drink at least 6-8 glasses of water throughout the day to hydrate your body and help you feel full.

7-8 hours per night for optimal wellness and weight loss.

EXERCISE
Exercise 3-4 times a week for at least 30 minutes. Exercising will increase metabolism, build lean muscle tissue and promote an overall feeling of well-being.

AVOID
Avoid eating fried food, sweets and snacking before bedtime.

WEIGH AND MEASURE
DAY 1
Weight ____________
Upper Arms _______
Thighs _______
Bust/Chest _______
Waist _______
Hips _______

DAY 7
Weight ____________
Upper Arms _______
Thighs _______
Bust/Chest _______
Waist _______
Hips _______

DAY 14
Weight ____________
Upper Arms _______
Thighs _______
Bust/Chest _______
Waist _______
Hips _______

DAY 21
Weight ____________
Upper Arms _______
Thighs _______
Bust/Chest _______
Waist _______
Hips _______

DAY 28
Weight ____________
Upper Arms _______
Thighs _______
Bust/Chest _______
Waist _______
Hips _______

WEIGH & MEASURE
Before starting, weigh and measure, then again on the mornings of Days 7, 14, 21, 28 and once a week thereafter.

Drink at least 6-8 glasses of water throughout the day to hydrate your body and help you feel full.

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WEIGH AND MEASURE
DAY 1
Weight ____________
Upper Arms _______
Thighs _______
Bust/Chest _______
Waist _______
Hips _______

DAY 7
Weight ____________
Upper Arms _______
Thighs _______
Bust/Chest _______
Waist _______
Hips _______

DAY 14
Weight ____________
Upper Arms _______
Thighs _______
Bust/Chest _______
Waist _______
Hips _______

DAY 21
Weight ____________
Upper Arms _______
Thighs _______
Bust/Chest _______
Waist _______
Hips _______

DAY 28
Weight ____________
Upper Arms _______
Thighs _______
Bust/Chest _______
Waist _______
Hips _______