

Yoli.

Better Body System

Your 28-Day Guide to Transformation



What's inside your Yoli Transformation Pack (TPack)?

Yoli Essential Shake (Yes)

Supports healthy weight loss

Passion or Thermoburn or CaféTrim

Promotes energy, endurance, and stamina

Alkalete

Promotes a healthy body pH

Vital Omegas+ or Vital Balance

Deliver full-spectrum omegas 3, 7, 9, and 11 plus Vitamin D to support metabolic signaling where it begins.

Pure

Promotes gut health

Resolve

Satisfies hunger



One omega option per Transformation Pack

These statements have not been evaluated by the FDA.

BBS

These products are not intended to diagnose, treat, cure or prevent any disease.



Introducing the Better Body System

The Yoli Better Body System (BBS) is a transformative 28-day plan combining supplements with the finest ingredients with a flexible meal plan. This comprehensive system turns your body into an efficient fat-burning machine while allowing you to enjoy your favorite food. It's not just a diet, it's a lifestyle shift designed to help you achieve your dream body.

Easy

The Yoli Better Body System merges the wisdom of carb cycling and keto into a simple, effective system. It's wellness made easy.

Enjoyable

Dive into a health plan that's as enjoyable as it is effective, backed by science and Yoli's premium supplements.

Sustainable

Embrace a balanced, flexible eating pattern with Yoli's Low-Carb, Higher-Carb cycle for long-term vitality and health.



A wooden cutting board with a knife, garlic, and a bowl of salad. The knife has a dark wooden handle and a silver blade. There are two heads of garlic on the board. A bowl of salad with tomatoes, onions, and greens is visible in the bottom left corner.

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At Yoli, we want you to live, grow, & transform.

The Yoli Better Body System was specifically developed for those who want to take charge of their health.

Whether your goal is to lose weight, gain weight, build lean muscle, tone and shape your body, have more energy throughout the day, or generally optimize your health, the Yoli Better Body System (BBS) is designed for YOU. That's why we've researched and meticulously formulated the finest products available in the market and combined them to work together synergistically in your Transformation Pack. Along with this eating guide—which we designed to as a lifestyle, not a life sentence—it's the perfect one-two punch to create the body you've always wanted. We wish you the best of health on your journey to an all-new YOU!



Get Motivated

Support System

You're not alone on your journey to optimal health! You have all of Yoli nation standing behind you. As you work toward your physical transformation, don't be afraid to lean on the person who referred you to the BBS. They'll be able to answer questions and provide support.

Another great resource? Social media! You can follow the Yoli Community on Facebook (QR code at the back page) to stay updated on all things Yoli and enjoy healthy lifestyle tips.

Set Your Goals

Setting goals is the cornerstone of your transformation journey. Reflect on what you wish to achieve. Write down your goals, make them specific and achievable, and remember the Yoli Community is here to cheer you on. Your goals, combined with community support, are the first steps towards a new you.

| MY GOAL WEIGHT |
|----------------|
| |

| HOW I WANT TO FEEL |
|--------------------|
| |

| MY INCHES LOST GOAL |
|---------------------|
| |

| ADDITIONAL GOALS |
|------------------|
| |



The BBS Meal Plan

The BBS Meal Plan is designed for real life – flexible, straightforward, and enjoyable. It's not just about what you eat, but how you fuel your body. We'll guide you through balancing your meals and making mindful choices. With Yoli, you'll learn to love the way you eat, fueling your body and mind for the journey ahead.

Let's talk about the differences in these cycles:

Low Carb / Higher Carb Day Cycle

| ● Protein Day | ● Protein Day | ● Meal Day | ● Protein Day | ● Meal Day | ● Protein Day | ● Meal Day |
|----------------|---------------|------------|---------------|------------|---------------|----------------|
| 1 Start Day | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 Free Day |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 Free Day |





● Low

Low Carb Days / Orange Days 1, 2, 4, 6

Orange days are designed to mimic the times when food was scarce. As a result, our incredible bodies make physiological adaptations that allow us to survive for longer amounts of time without food. One such adaptation is the ability to form our own ketones naturally and burn fat as fuel. After practicing the BBS, your body will easily switch over to burning fat to keep your energy levels stable.

● High

Higher Carb Days / Blue Days 3, 5, 7

The Blue Day phase of this program is critical. During prolonged periods of limited food, our bodies will start to remove energy from body processes it deems not critical for immediate survival. This includes slowing functions such as metabolism.

By strategically consuming carbohydrates, you signal to your body that you are not starving and these negative effects can be avoided. Blue Days kick-start the thyroid, essentially preventing the common problems people experience during prolonged fasting or ketosis.

This is why we've cycled our program into Blue Days and Orange Days. They're designed to mimic the feast-and-famine cycle so your body will rely on stored fat for energy, rather than food.

The Better Body System

Now that we've talked about why you should follow the Better Body System Meal Plan, let's talk about how it works day-to-day. Because we're following a pattern similar to carb-cycling, you will be switching between a high-protein/low-carb day, also known as the Orange Day, and a high-protein/higher-carb day, the Blue Day. Let's look at each of these days individually, then we'll talk about your schedule.

Orange Days:

Low Carb Days

Orange Days are designed to do the following:

- Deplete carbohydrates in the bloodstream.
- Allow fat burning without sacrificing muscle.
- Help support blood sugar and insulin levels.

Many people have a sluggish metabolism. Our bodies have forgotten how to burn fat as a fuel source, burning only the calories we eat instead. So, on days 1-2 each week, we are forcing your body into a fat-burning mode by eating minimal carbohydrates and reducing the level of sugars (glycogen) stored in the blood, liver, and muscles. When your body kicks into fat-burning mode and starts burning fat the way it is supposed to, you will feel great! You will also notice fewer ups and downs in your energy levels because your blood sugar is regulating itself.

Orange Days give your body no choice but to burn fat as its primary fuel source without losing muscle tissue. The Orange Days help assist in building and maintaining lean muscle tissue, which will give you a higher resting metabolic rate, one of your most important assets in burning fat.

Blue Days are designed to do the following:

- Balance your body's energy.
 - Reset the way your body burns both carbs and fats.
 - Provide your diet with more variety and nutrition.
-

On Blue Days, you get to add complex carbs back into your program in addition to vegetables and fruits. Be sure to choose a meal that is healthy and enjoyable and contains complex carbohydrates. The goal of this meal plan is to burn the stored fat in your body, not outside sugars, calories, and carbs. Even though we're incorporating carbohydrates into your Blue Day, it's important to not go overboard. Remember, consistency is the key!

Be sure to not skip your mid-afternoon protein snack. You need to keep your metabolism burning for great results. Keep in mind the carbohydrates that are in your system when you go to bed will more than likely be stored as fat. Protein, however, is very difficult for the body to convert to fat. The body will use protein to repair and regenerate muscle tissue and other cells in your body, leaving nothing to store. A general rule is to eat your complex carbohydrates early in the day, so your body has the chance to use them for energy. Then, stick to protein later in the day.



PRO TIP

When you're grocery shopping, we encourage you to pick options that don't have added sugars, chemicals or preservatives, as well as foods that are organic and minimally processed.



● Orange Days

Here is what your Orange Day Schedule will look like:

| | | |
|------------------|--|---|
| Wake Up | 1 Passion 2 Alkalete | |
| 30 Minutes Later | 1 Yes | |
| Mid-Morning | Protein 1 Healthy Fat | Optional Free Veggie |
| Lunch | Protein 1 Healthy Fat | Optional Free Veggie 2 Vital Omegas+ or 1 Vital Balance |
| Afternoon Snack | Protein 1 Healthy Fat | Optional Free Veggie 1 Passion |
| Dinner | Palm-sized protein Leafy Vegetables | 1 Healthy Fat (optional) |
| Bedtime | 2 Alkalete 2 Pure | |



Scan to see BBS-approved Food List & Portion Guidelines
bit.ly/YoliBBSDLs-FoodList



Blue Days

Here is what your Blue Day Schedule will look like:

| | | |
|------------------|---|--|
| Wake Up | 1 Passion 2 Alkalete 2 Resolve | |
| 30 Minutes Later | 1 Yes | |
| Mid-Morning | Protein 1 Healthy Fat | Any Veggie Fruit |
| Lunch | Protein Optional Healthy Fat 1 Complex Carb | Any Veggie 2 Resolve 2 Vital Omegas+ or 1 Vital Balance |
| Afternoon Snack | Protein Healthy Fat | Any Veggie 1 Passion |
| Dinner | Palm-sized protein Leafy Vegetables | 1 Healthy Fat (optional) |
| Bedtime | 2 Alkalete 2 Pure | |



PRO TIP

If you feel hungry: When you first start forcing your body to burn stored body fat, it may be a little uncomfortable. If you feel hungry, be sure to consume more protein, drink more water, or eat more free veggies. Remember, this isn't a diet, it's a lifestyle. You shouldn't feel like you're starving yourself.

BEFORE



AFTER



Amy - Lost 39 pounds.

Track Your Progress

Tracking progress is more than watching numbers change. It's about celebrating each step, recognizing your efforts, and adjusting as needed. Use the Progress Chart (on page 15) to document your journey, from photos to fitness milestones. Seeing your transformation unfold is a powerful motivator, so keep a record of your achievements to inspire yourself and others.

Weight loss results can vary depending on the individual.



Progress Chart

| | Waist | Thighs | Arms | Chest | Hips | Weight |
|--------|-------|--------|------|-------|------|--------|
| Start | | | | | | |
| Week 1 | | | | | | |
| Week 2 | | | | | | |
| Week 3 | | | | | | |
| Week 4 | | | | | | |
| Finish | | | | | | |

Start Date:

Goal Weight:

Finish Date:

Finish Weight:

Once you've finished your initial 28-Day Transformation, examine your progress and set a long-term goal. This goal can be a lot more relaxed than your initial goal. Without one, it may be easy to slip back into old habits. So, evaluate how you want to move forward, and set a specific goal for success!

Post 28-Day Transformation goal:

Document Your Transformation

One of the greatest benefits of transforming your life with the Transformation Pack is the ability to see yourself progressing along the way. You'll take pride in your accomplishments, and documenting your progress consistently will give you the motivation and strength to continue your journey to optimal health. Below, you'll find some examples and tips to track your progress effectively. Be sure to do it at the beginning of your transformation because you won't be able to go back!

Taking Before Pictures

Before you begin the Transformation Pack, take before pictures. People often skip their before pictures because they don't want the reminder of their current state, but you'll want to be able to look back and see your progress once you've finished the Transformation Pack.

There are a few things to consider when you're taking your before pictures:

- Pick an uncluttered spot against a plain-colored wall.
- Wear clothing that is form-fitting; avoid anything loose.
- Take the photo in portrait mode so you can capture your whole body.

Keep it close enough to see some details. Take three pictures: one of the front of your body, one from the side, and from the back.

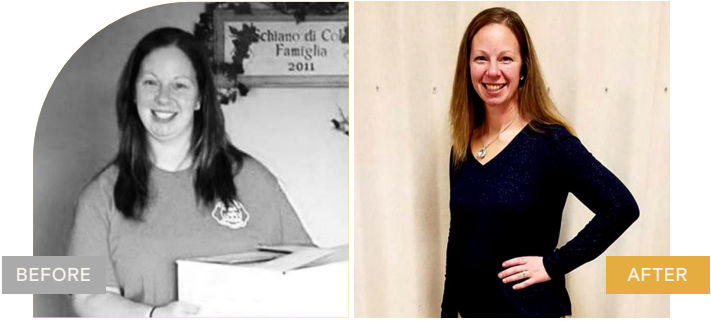
Measurements

Taking regular measurements can be one of the most accurate ways to track your progress. You'll want to keep track of two measurements: weight and inches. See page 15 of this booklet for a chart to track your progress.

After Pictures

Once you've completed your Transformation Pack, document how far you've come by taking after pictures. Be sure to apply the same guidelines in the before pictures section above.

We want to hear your story! Tag us @yoliglobal on Facebook and Instagram to share your experience on the Better Body System.



Becky – Lost 84 pounds and 60 inches.



Peter – Went from size 2XL to L



Jeff – Lost 33 pounds.

Weight loss results can vary depending on the individual.



Free Meal

A Meal to Eat Whatever You Want

In the first two weeks, follow the system as normal. Starting on week three and four, with one cheat meal on any day you choose. This gives you a day to look forward to, helping you stick with your meal plan the rest of the time. The possible weight gain you may experience after your free day is to be expected, as your body holds onto the extra carbohydrates in the food as energy. Typically, any possible weight gain after your free meal will be gone after the next Orange Day.

The Purpose
Behind Free Meals:

Food adds fun to most events in our life.

Consuming more food once a week makes sure your body remains efficient and flexible in its metabolism. Increased variety stimulates metabolism.

Better Body System Downloadables

Enjoy your transformation journey with these additional resources.



Get Prepared

<https://bit.ly/YoliBBSDLs-GetPrepared>



Week 1 – 4 Weekly Journal

<https://bit.ly/YoliBBSFourWeekJournal>



Recipe Book

<https://bit.ly/YoliBBSDLs-RecipeBook>



Recipes & Meal Prep

<https://bit.ly/YoliBBSDLs-MealPrep>



Food List & Portion Guidelines

<https://bit.ly/YoliBBSDLs-FoodList>



Frequently Asked Questions

<https://bit.ly/YoliBBSDLsFAQs>



After Your Transformation Pack

Building on Your Results

CONGRATULATIONS!

You have now completed your 28-day Transformation Pack. This is a great step in the right direction! But, what now?



Favorite's Pack

Pick 4:

1 Vital Omegas+, 1 Alkalete,

1 Pure, 1 Passion

Option 1:

You have hit your goal. Great work!

To maintain your progress and enjoy yourself, we now recommend that you choose your favorite Yoli products from the Transformation Pack and build your own Favorite's Pack. Follow the Blue Days seven days a week with one Free Meal once a week. If you find yourself drifting away from your goals or want to get in shape for an event, come back to the Transformation Pack anytime.

Option 2:

If you would like to continue to lose weight...

We recommend continuing the BBS Meal Plan and using the Transformation Pack products until you reach your desired goals. We also highly suggest you consider adding a few more Yoli products, such as:

Enzyme for healthy digestion.

Collagen for inner and outer beauty.

Dream for restful sleep.

Flex for joint and bone health.

Omegas for heart health.

If you're looking for alternative packs to optimize your health, the **Favorite's Pack** is just for you. Transform more lives with the **Share Pack** and the **Family Pack**.

For more advanced options and specific health goals, we recommend visiting yoli.com to see which program and pack is the best next step for your health, weight, fitness, and wellness goals. There, you will see some of the other packs we have created to best support you and your best self.



Yoli

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