

PhenoQ

A woman with dark hair tied back, wearing a light grey long-sleeved crop top and teal leggings, is running on a dirt path. The background is a lush green forest with sunlight filtering through the trees.

The Advanced Slimmers Issue

7 TIPS

to break those
bad habits

"I LOST HALF MY BODY WEIGHT!"

Find out how inside

"HOW DO I LOSE WEIGHT FOR GOOD?"

Our resident nutritionist
has got your weight
loss worries covered

Includes an exclusive

4-WEEK MEAL PLAN

Tips, tricks,
motivation
and more!

“Change your MINDSET. Change your BODY.”

Welcome to the PhenQ community. We are here to support you, guide you and be your companion to deepen and improve the healthy habits you already have in place in order to achieve your weight loss goal. So let's get there together and achieve the weight you had in mind when you started this journey.

Welcome to the PhenQ community. I am Angela MacRitchie, PhenQ's nutritionist, herbalist and naturopath. I have my own clinic and see women just like you that need someone to help guide and show them the way. We are here to support you while building healthier habits in order to lose those pounds gained over time so you can feel like the best version of you.

Think of this guide as your mentor. We will support you with food and mindset tips, as well as building new habits to make change easier.

Included is a 4 week meal plan to do the hard work for you, as well as taking out the thinking of 'What will I eat today?'. We've put together a shopping list, meals and a preparation list highlighting what needs to be done each day, so you always have delicious meals and snacks to hand. We've also included handy conversion charts, quick measuring tips and last but not least, delicious recipes with ingredients and cooking instructions.

We've given you all the tools you need to get started, but I ask a small favor from you. This is going to be a relationship and will involve some give and take. All I ask throughout the 4 week plan is to show gratitude. Gratitude has been found to increase happiness and makes it difficult to feel negative. It is also great at reducing stress and most importantly improves self esteem. I would

suggest writing out one thing everyday that you are grateful for.

I am only going to give one tip for success and that is to treat everyday as a new beginning. If you've had a bad day, perhaps eaten something you shouldn't have or skipped meals, put that thought away when going to bed at night. Wake up and start afresh, refer to your guide for what needs to be done for that day, write down one thing to be grateful for and treat this new dawn as a fresh day.



One last thing from me: Think about your goal at the end of the 4 weeks - how do you want to look? What do you want to feel like? What will you be wearing? What will you hear? Think about yourself filled with self confidence, less stressed, nourished with good, healthy

food, loving life as well as all the wonderful aspects of yourself: mother, boss, hard worker, wife and friend. You are a smart, intelligent, caring, funny and loving woman.

I suggest doing this every evening as you are lying in bed before you drift off. I wish for you to own this, be what you want to be, it is all possible.

Thank you for joining me - for that I am grateful.

Angela

DIET MYTHS BUSTED



1

DIET FOODS OR LOW FAT FOODS CAN HELP YOU LOSE WEIGHT

A lot of junk food is marked as healthy, so be sceptical of any health claims on food packaging, especially processed foods labelled as 'low fat' or 'fat free'. The less fat that is in it will mean there has been more sugar added in to balance it. A good tip is to always look at the first three ingredients and if there is sugar listed - step away! Rather focus on cooking from scratch and never buy something that your grandma wouldn't eat. The further away something is from its natural state, the more additives and preservatives have been added to it. Follow our eating guides we have included, for natural and nutrition dense options that will sustain and provide you with all the nutrients you require.

3

BREAD IS BAD FOR YOU

The two arguments are that bread makes you fat and gluten in bread is bad for you. Bread will not make you fat but it is a dense calorie choice, therefore making it easy to overeat. The second problem is that we tend to have high calorie choices with the bread, such as butter, peanut butter, jam or cheese. This makes it even higher in calories, meaning you are not leaving space for nutrient-dense foods such as vegetables that are full of fiber, vitamins and minerals.

2

SUPPLEMENTS ARE A WASTE OF MONEY

While the focus is to eat nutrient-dense and well-rounded meals, sometimes we do need extra support that can come from taking supplements. For example, magnesium plays a vital function in many processes in the body, and high stress can deplete your magnesium levels. When the body is in a depleted state, it needs support and this is where supplements can be beneficial in many ways.

4

TO LOSE FAT, DON'T EAT BEFORE BED

Some studies show a fat loss advantage in early eaters and others in late eaters but overall findings show that early eaters have a very slight advantage, nothing to make a big noise about. But remember these are studies and not real life. The truth is that eating at night will get in the way of fat loss due to an increase in your daily calorie intake.



GET FIT

WE KNOW TIME IS OF THE ESSENCE FOR YOU. YOU ARE COMMITTED AND DETERMINED TO GET TO YOUR WEIGHT LOSS GOAL BY GOING TO THE GYM AND FITTING IN EXERCISE CLASSES. WE'VE ADDED SOME ADDITIONAL TIPS BELOW TO INCREASE BODY MOVEMENT THAT WILL HELP YOU GET TO YOUR GOAL.

1.

Switch from standing to sitting throughout the day. Set an alarm on your phone or plan to sit for one hour and stand for one hour. We recommend trying a standing desk or a desk converter. Use whatever works for you, but the main point is to change it up throughout the day.



2.

Park the car a little further from your destination. When you are going shopping, park further from the entrance so you can add in a few extra steps to move more.



3.

If you are attending a work meeting or even just meeting friends, ask to have a walking catch up. Keep yourself moving while also experiencing the beauty of nature and being outdoors.



4.

Get your calves to work a little and get your heart rate going too while en-route to your destination.

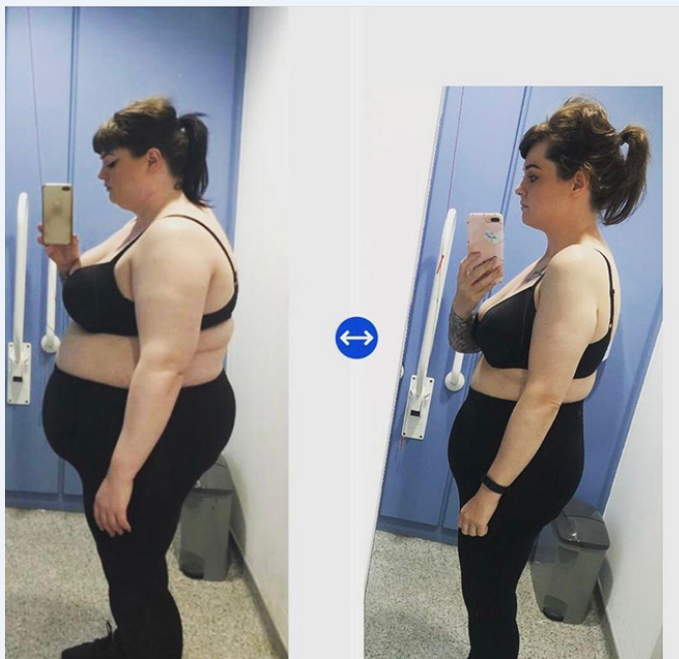
5.

Take up an exercise you love. Think about what will make you happy or laugh while exercising. Dance, pilates, zumba, HIIT training, lifting weights - whatever makes you happy and adds fun to your day.

I am suggesting small changes that will make a difference for you and bring you closer to your weight goal. You are already doing all the right things, these are just added tips to support you further.



CLIENT TESTIMONIAL



NICOLA SPROAT, 34, GLASGOW

Beauty manager Nicola Sproat, 34, from Glasgow struggled with her weight since she was a teenager and tried every type of diet without managing to lose more than a few pounds.

She often overheard passers-by say things like 'check out the size of her' and so began comfort-eating - two bacon rolls for breakfast followed by an entire pack of Oreo biscuits as a morning 'snack' - became the norm. However after her ex-boyfriend made a comment about her body being unattractive, Nicola embarked on a weight loss journey.

Ten months after embarking on her quest to lose weight, the beauty manager has lost over half her body weight, going from 22 stone to 10st 11lbs.

Nicola had always endured cruel comments from strangers, but the callous remark from her partner of two years was the motivation to make a change. The relationship ended weeks later and that was the catalyst for Nicola to embark on the incredible 10-month journey which led to her shedding more than 12-stones.

She began in late January this year by cutting out all high fat, calorific food and

drinks from her diet and also started taking PhenQ. Within a couple of weeks, she started to realise she had more energy and around a month later her weight had dropped by a stone.

Nicola said: 'I'd heard strangers say things about my weight as they walked past me. That was hurtful enough. But when my then partner told me no other man would ever find my body attractive, that was the point I realised I had to do something.

'Perhaps I would have been able to take it if I was that size and brimming with confidence, but the truth was I was miserable. I was extremely depressed with my weight and found life really hard. I'd have little energy to enjoy things and rarely socialised.

'When I did socialise, I was always seen as 'the fat, funny friend'. I had a very low opinion of myself and stopped going out. Being out with friends interested me less and less and I became really lonely. I would just sit at home and stuff my face.

'I've struggled with my weight for 18 years and over that time I've tried every diet imaginable. But I could never satisfy my cravings for snacks and never felt full.'

“

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TO MY FUTURE NOW. MY WEIGHT WAS
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”



Nicola even says she feared for her life at one point as she grew to a size 22. She added: 'I found dieting just didn't get the results, I'd always have a craving for snacks which made it hard to lose weight. With every failed diet I felt lower and lower. At times I honestly thought I wouldn't reach my 30s.'

At her heaviest Nicola washed down breakfast with a 500ml bottle of full fat Coca Cola. Lunch often consisted of a sandwich on white bread, at least one packet of crisps, another 500ml bottle of Coke and a chocolate bar. Dinner featured a 'starter' of two more packets of crisps, followed by a large plate of pasta and meat, covered in sauce.

Now she eats a small bowl of porridge with a teaspoon of Nutella and a cup of tea for breakfast, followed by a PhenQ tablet. The pack of Oreos has been replaced by two boiled eggs. Lunch is a sushi selection and a side of chicken with fruit, then another PhenQ tablet. And dinner is now grilled chicken with vegetables and a side dish of noodles.

Nicola added: 'I got to a point where I needed to do something, and I needed that extra bit of help as I couldn't satisfy my cravings or ever feel full. My mum's friend recommended PhenQ to me as it had helped her to lose weight.

'I wasn't sure it was going to work but after just a few weeks I felt a difference. I sceptically started taking it in January and by February I'd lost over a stone.

'Now I feel incredible! I've never felt this good. I feel full of energy, and can enjoy the food I have without over-indulging. I'm healthy and look forward to my future now. My weight was holding me back from doing things I wanted to do.

'I have even found love in myself. I used to put myself down and never felt 'good enough'. Now I've got my confidence back and I've also started dating again.'



NUTRITIONAL CLINIC



“I feel really demotivated at the moment and struggle to conquer weight loss because of this, how can I keep myself on track?”

Choose to do one small change every week or every 2 weeks. Go low and go slow. Keep your guide with you so you can read it and find something in it that resonates for you and will give you that glimpse of motivation. We believe in you.

“I’m going out to dinner with friends in a few weeks but want to make sure I don’t over indulge in heavy white carbs. How can I avoid this? What healthy options should I be looking for on the menu?”

I always say - just ask. You never know what the chef can rustle up for you or what alternatives your local restaurant can offer. Once you know this, make the best choices possible. Go brown instead of white on the carbohydrates so the sugars are released more slowly in the bloodstream. Choose a salad or an extra portion of vegetables instead of the chips, mash or rice.

If you decide to have a few drinks, have a glass of water in between. This will reduce the amount of alcohol you are having and while also balancing the dehydrating effects of the alcohol. On the other hand, skip the alcohol and order sparkling water with slices of lemon and ice instead.

“I’ve tried to lose weight so many times but always failed. How can I keep to my weight loss plan this time around ?”

We are here to support you with the tools and tips on how to keep going. Do not feel overwhelmed , you have come this far on your weight loss journey and are doing great.

It is better to make one change and let it be long term than make 10 changes and not stick to any of them. So focus on one thing at a time, such as increasing your vegetable intake, drinking more water or moving more during the day.

Our handy 4 week meal guides will also help you to stay on track with meal planning and prep.



SHAKE IT

EASY HEALTHY FILLING SHAKES

Shakes and smoothies are easy to make, plus you can make them in the morning to take with you, while on the go with the school pick up or running to a meeting at the office.

We have included 3 in the meal plan - a creamy blueberry smoothie, a raspberry zinger smoothie and a blueberry detox smoothie. But there are tons of options you can create. Here are a few basic tips for making healthy smoothies that still taste delicious:

Try to always include some vegetables as well as a protein - remember protein is your friend that helps support your blood sugars to keep your energy, appetite and hunger balanced.

Start the smoothie or shake with a handful of spinach, a bit of cooked broccoli or cauliflower - sounds weird, but you can mask the taste with berries. Yes, add a handful of berries - they are great antioxidants. These antioxidants prevent and slow down

damage to the cells, so make sure you include them in the shake. Strawberries, raspberries, blueberries - choose a mix or one that you love.

Make sure you add in a source of protein, whether this be a teaspoon of peanut butter, some nuts or even seeds (flax and chia seeds work well).

If you want to have this as a meal replacement, we recommend using the PhenQ shake in delicious Chocolate, Vanilla, or Strawberries and Cream flavor - adding 50g will provide a generous 27g of protein.

Now let’s make it super creamy - add in a slice of avocado, almond butter or a tablespoon of oats.

Last but not least, top it up with a liquid of choice - use a nut milk that hits the soft spot, oat milk or just plain water if you prefer.

Add some ice on a hot day and you’re good to go!





BREAKING BAD HABITS

7 TINY TIPS THAT MAKE A BIG DIFFERENCE

1. Before going to bed at night, set your intention for the next day. This could be only one thing:
 - My intention is to eat healthy tomorrow and cut my calories by 200.
 - My intention is to get up when the alarm goes off.
 - My intention is to get to the HIIT training class in the morning.



2. Become aware of what you are eating. Before you eat something, stop for that second and think:
 - Am I hungry or eating because of habit/time of day?
 - Is this a healthy option for me?
 - Could I choose something healthier? A vegetable or a fruit instead?

3. When laying out your food on your plate - increase the amount of vegetables to 50% of the plate and increase the protein to 25% of the plate. This leaves 25% for your carbohydrates.



4. Change things up - variety can infuse more energy into your workouts. Try changing your workout schedule or trying something new to stay interested in exercise. Remember what I said about it being fun and doing exercise you love - salsa, pilates, HIIT training, yoga, outdoor exercise classes - whatever gives you a buzz and puts a smile on your face.



5. Epsom salt baths or foot soaks are fabulous for the muscles after a workout. Have a 30 minute soak in the bath with 4 cups of epsom salts. The epsom salts will detox the body and relax the muscles, preparing you for sleep. If a bath is not possible, use a basin as a foot soak. Listen to music or spend time reflecting on the day - switch your mobile phone off, as this will again let the body know it is time to rest and rewind.



6. Breathe - Aim to take 5 deep breaths in the morning, during the day and before bed. Connecting with your breath helps to reset the nervous system and reduce levels of stress and anxiety.



7. Accountability - have someone you can chat to hold you accountable or buddy up with a friend. Make sure to check in on each other with an exercise plan or everytime you head out for a run or class. This is a great way of staying motivated too.





MEAL REPLACEMENT SHAKES

THE LOWDOWN

We went away and had a think about what would support you on those busy days juggling everyday demands, getting your day job done, ensuring dinner is organised, tidying up the house and being the support for the whole family. There is a lot going on, so we decided a meal replacement shake would be a fantastic way to make things easier.

We don't want you to skip any meals completely, so we put together a shake that had a good nutrient profile to use on the days when you are on the go and still need sustenance to get everything done.

Since protein helps reduce levels of Ghrelin (the hunger hormone), the first thing we looked at was making sure the protein content per serving was high to keep you

fuller for longer. Each 50g serving of the PhenQ Complete Meal Shake contains 27g of protein to keep you going.

We've also added a full vitamin and mineral profile required in a meal replacement so you're not missing out on any vital nutrients.

Lastly, we added DigeZyme® - a multi-enzyme ingredient that helps to break down carbohydrates, fats, proteins and lactose, supporting digestion as well as optimising absorption of nutrients.

The PhenQ Shake comes in 3 great flavors - Vanilla, Chocolate and Strawberries & Cream.

So give it a try if you feel you want to replace a meal or two in the day with our PhenQ Shake.



PhenQ

Join our community for more tips,
tricks and motivation!

