

PhonQ



TRUE OR FALSE?

Common diet myths busted

The Beginners
Slimmer Issue

Small changes
that make a

BIG
difference

"HOW CAN I KEEP MYSELF ON TRACK?"

Our resident nutritionist has got your weight loss worries covered

Includes a
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 walk with you to build healthier habits in order to lose those pounds gained over time and feel more confident, energetic and excited about life.

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

A CALORIE IS JUST A CALORIE

This is just not true! Let's look at this in a bit more detail...a single Jaffa Cake contains 46 calories and 6.1g of sugar - that's just over a teaspoon of sugar in every Jaffa Cake and empty calories that will leave you feeling hungry. Alternatively, you could eat 7 strawberries with a ¼ cup of raspberries which totals 44 calories and instead provides natural sugar, filling fiber and water.



2

SKIPPING MEALS HELPS WITH WEIGHT LOSS

You may think that skipping meals will reduce your calorie intake, but by doing this, it causes a dramatic drop in your blood sugar levels. This often results in reaching for a high-calorie, sugary treat as a 'quick fix' to bring your energy levels back up. However, this may mean you actually end up eating more calories than initially planned. Eating healthy, balanced meals and not skipping meals will help support your energy levels and weight loss.

3

LOW FAT FOODS ARE A HEALTHIER OPTION

This is a throwback mentality for the 80's and unfortunately hard to shake for a lot of us of that era. But the fact of the matter is that the less fat something has in it, the more sugar or salt is going to take its place so the product can taste like it did in its original form, before it was stripped back. It would be better for you to look at anything you buy and ask 'How far is this from its natural state?' The further it is, the less you should eat it.

4

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.



GET FIT

WE KNOW TIME IS OF THE ESSENCE FOR YOU AND GETTING TO THE GYM ISN'T ALWAYS EASY. INSTEAD, TRY THESE SIMPLE TIPS TO SUPPORT YOU IN MOVING AND INCREASING YOUR STEPS.

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.

Ask to have a walking meeting, put the earphones in, get the sneakers on and walk in nature while having a zoom or telephone meeting.

4.

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

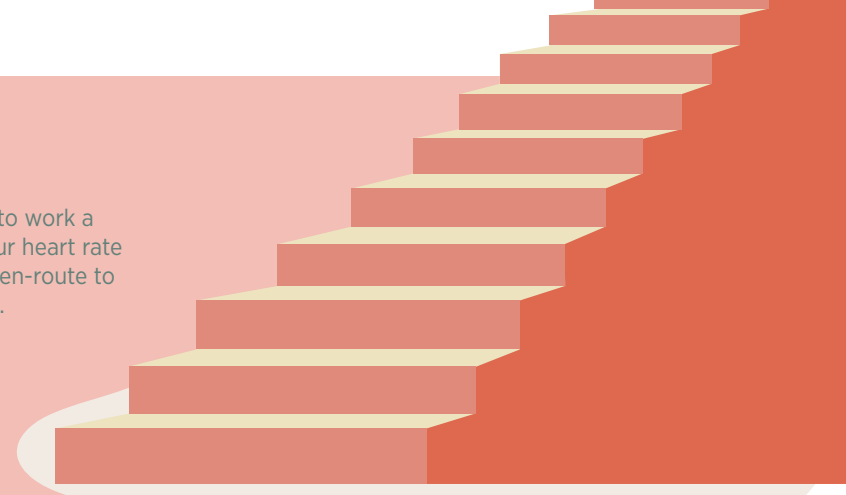
5.

Take a break from your desk every hour. If you are working from home, you could use this time to do some washing, put a few clothes away or tidy up the kids' toys. Or if you are in the office - walk around, get a drink from the water machine or take a bathroom break and do a few calf raises while washing your hands.

6.

Try to swap the car for walking. If the shops, school or playground are nearby, opt to walk instead of taking the car.

These are some small changes that can easily add up and make a difference. Before you know it, you'll be hitting those 10,000 steps every day! The more you move your body, the more chance you'll have of improving circulation, digestion and detoxification. Remember your intestines are a muscle, and movement will help toxins to be eliminated so they don't become stuck.



CLIENT TESTIMONIAL



Before



After

AMY CLARKE, 34, LONDON

Q: Had you been trying to lose weight/get healthy for a long time before trying PhenQ?

I had struggled with my weight for years. I tried fad diets, eating healthy, other slimming supplements, went to the gym but nothing seemed to make a huge difference. My weight loss journey had been frustrating as I tried so many things but the weight would always pile back on as soon as I started eating normally again.

Q: What was your motivation for wanting to lose weight and change your lifestyle?

Confidence played a big part. I didn't feel great about myself and struggled with low energy levels. My clothes didn't fit and when I looked in the mirror, I'd feel depressed.

Q: What was your diet and lifestyle like before trying PhenQ?

I've always been a healthy eater and enjoyed going to the gym and outdoor workouts. I've got two young children so running around after them also kept me fit.

Q: What appealed to you about PhenQ and what was your goal when you first

started taking it? Where did you come across PhenQ?

I saw an ad for PhenQ and it had really impressive reviews. I had nearly given up trying to lose weight as I'd been trying for years. But I thought I'd give it a go, to be honest I was sceptical. The natural formula and no side effects were a huge benefit. What I liked about PhenQ was it targets weight loss in 5 different ways. Whereas other supplements I tried just focused on one. My goal was to drop a dress size and feel happier. I've dropped 3 dress sizes and can't remember the last time I was this confident and happy.

Q: How did you find the process of taking PhenQ? Any side effects? Any adjustments needed to your life?

Taking PhenQ is so easy. Just one pill with your breakfast and one with your lunch. No side effects. It fits in with your day to day and because it has no side effects, you can be confident it won't affect your daily tasks like work or playing with the kids. You get 60 pills in one bottle so a full month supply. Most weight loss supplements only give you 30 pills which when you take 2 a day is only 14 days'



I AM THE HAPPIEST I
HAVE BEEN IN YEARS. I'VE
DROPPED THREE DRESS
SIZES IN JUST 12 WEEKS
USING PHENQ.



supply. I carried on doing everything I needed to in life but with more energy and a better mood.

Q: What have been the effects of taking PhenQ for you? How and when did you start to notice a change in your body?

I'm the happiest I've been in years. The weight loss has been a massive confidence booster - feeling great when I put clothes on is the best feeling. Gone are the baggy clothes and I've bought a whole new wardrobe full of gorgeous dresses and clothes the old me could only have dreamt of wearing.

Another huge bonus is the increase in energy levels. I don't get the afternoon slump, going out with the kids and having fun in life has made me so much happier. I find I'm more focused at work and am loving life.

Q: What is the end result for you after taking PhenQ?

I've dropped three dress sizes. I noticed results in the first week of taking it and that felt amazing to know it was working. After spending so much time and wasting money on things that didn't work, it was a huge boost getting on the scales and seeing my weight had dropped in just 7 days. My clothes felt baggier and that's when I knew that PhenQ was what was going to help me achieve my weight loss goals.

My friends and family started to comment on my weight loss and how healthy and happy I looked - it just felt great.

Q: What's the best thing about PhenQ?

No side effects. It actually works. Increased energy levels. Easy to take throughout the day. Curbed cravings so I didn't feel the need to snack. Targets multiple weight loss angles from boosting your metabolism to curbing cravings. Unlike other slimming supplements that seem to focus on just one. I adore that it's natural too, so no nasty side effects.

Q: How do you feel now? How has it changed your life and lifestyle?

I'm so much happier! I wish I'd found PhenQ before. I have the same amount of energy now as I did in my 20s. My zest for life has returned and I look and feel amazing.

Q: Would you recommend PhenQ to friends and family?

I do recommend PhenQ to my family and friends. My best friend, who is also a Vegan, has just started taking it to lose her post pregnancy weight and her results are amazing.



“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 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.

I do not want you to feel overwhelmed so have made small changes and given ideas that are easy to incorporate into your busy life.

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 2 in the meal plan - a strawberry and banana smoothie and a chocolate cauliflower shake. 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.

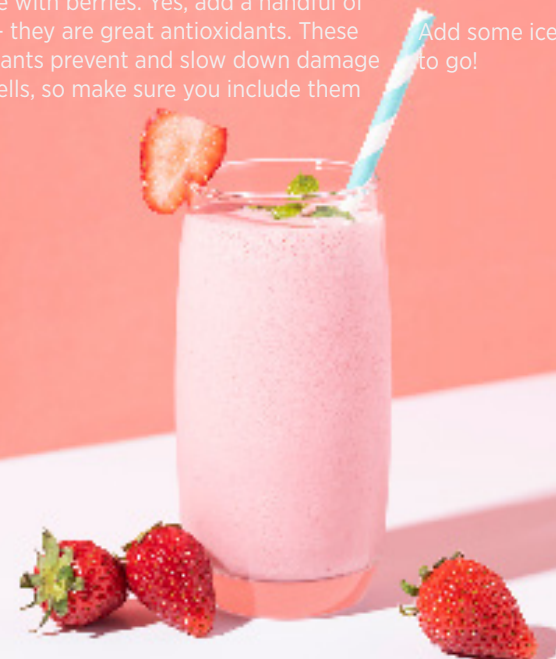
Make sure you add in a source of protein, whether this be a teaspoon of peanut butter, some nuts or even seeds (flax and chia seeds work well).

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's 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.
- My intention is to get up when the alarm goes off.
- My intention is to have the kids out the door on time for school.



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.

5.

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.

4.

Don't eat the kid's leftovers - step away from the kids plates of food and let them eat their own meals.



6.

Give yourself permission to rest - Once the kids are in bed, 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 this time reflecting on the day - switch your mobile phone off, as this will again let your body know it is time to rest and rewind.



7.

Eat as a family if possible so you have one meal preparation time and are not eating too late in the evening after the kids. It takes time to prepare two different meals. Try and follow the meal plan and have the whole family join in with that. This will allow you extra time to have that 30 minute epsom salts bath.



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!

