

UNI KEY®

On-the-Go Guide

LOSE UP TO
20 lbs⁺
IN JUST 2 WEEKS!

Fat Flush®

Smoothie
SHAKEDOWN

2 Fat Flush Smoothie Shakedown®

Easy Weight Loss That Works!

Smoothie Shakedown is a two-week super charged weight loss program specifically designed for busy people on-the-go. Brimming with flavor and bursting with health benefits, it's the easiest way to reach your weight loss goals! Everyday you'll enjoy delicious protein-rich smoothies and your favorite healthy foods. Not to mention, you'll optimize results with three essential fat-burning supplements.*

Daily Menu

2 Smoothies



1 Meal



Unlimited Snacks



Supplements



Why It Works

Smoothie Shakedown combines common sense nutrition with the latest in weight loss research. Centered around our signature smoothies, this plan will keep you satisfied so you won't be tempted to cheat or even overeat.

For complete plan details & guidelines:

Visit smoothieshakedown.com or read the 'Smoothie Shakedown Guide'

"Whether you need to jumpstart weight loss, lose that final 20 pounds or break a plateau, Smoothie Shakedown is a great plan for you."

-Ann Louise Gittleman, PhD, CNS
Author of the best-selling Fat Flush series



Success Stories

44 lbs lost and feeling proud!



After



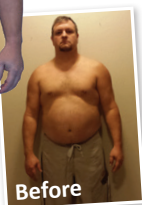
"I began using the Smoothie Shakedown Bundle several years ago, and have lost 44 pounds and kept them off! I now enjoy one smoothie in the morning and have had great success. I feel better now than I did when I was 25! Being in my early 40s I figured this was my fate and the pounds were here to stay...I am so happy to have found UNI KEY. It has changed my life!"[†]

-Karen W.

Down 30 lbs...so far!



After



"After the first week, I was no longer hungry or craving unhealthy foods and had lost 10 pounds. Over the second week, I noticed I was actually enjoying the smoothies and was surprised at how much energy I had. By the end of the two weeks, I lost 18 pounds and 4 inches from my waist. Over the next month, I lost another 12 pounds. I've lost over 30 pounds so far."[†]

-David F.

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Satisfying Smoothies

What makes Smoothie Shakedown so successful is the smoothie itself—made with 100% pure plant-based protein, plus delicious fiber-rich fruits, greens and omega-3s.

Recent plant protein studies have shown:

- Low-carb dieters lost 50% more weight when they got most of their protein from plants, compared to those who ate more meat (*New England Journal of Medicine, 2009*).
- Women who ate mostly plant-based protein weighed on average 15% less than those who ate primarily meat (*Nutrition Reviews, 2008*).
- People who ate more plant-based protein consumed 40% less calories (*University of California-Davis*).



Vegan



Gluten-Free



Dairy-Free



Sugar-Free

Fat Flush Body Protein is a blend of GMO-free pea and rice protein providing a complete protein source of essential amino acids. Each serving provides 20 grams of protein to keep you sustained and energized for a good four hours.

And, there's no limit to the number of smoothie flavors you can enjoy. Try some of our favorites like Blueberry Mint, Green Apple and Kale or Strawberry Peach!



Nutritious Foods

On the Shakedown, you'll enjoy real food that's delicious and nutritious—you won't find pre-packaged entrees here! Our plan allows you the freedom to create tasty meals with your favorite fresh ingredients. And, eating out is no problem. We'll give you guidelines to stay on track.

The whole family will love our quick and easy Shakedown-friendly recipes like Spaghetti and Meatballs, Fiery Shrimp Skewers, South of the Border Lettuce Wraps, Old Fashioned Crockpot Chili and Ginger Beef Stir-Fry.



Essential Supplements

Designed to be used along with diet and exercise, the Fat Flush Kit provides natural, stimulant-free support for every day of the Smoothie Shakedown. This time-tested combination helps to support optimal nutrient intake while stabilizing hunger and cravings.*

Weight Loss Formula*

Supports balanced blood sugar, increased energy levels and healthy fat metabolism*

Advanced Daily Multivitamin

Provides over 30 essential vitamins and minerals plus specially targeted nutrients to support healthy detox*

GLA-90 (Gamma Linolenic Acid)

Stimulates metabolically active brown fat for more efficient weight loss support*



*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

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Recommended Foods & Shopping List

Visit smoothieshakedown.com or read 'Smoothie Shakedown Guide' for specific serving sizes and guidelines.

Fruits

- Apples
- Blackberries
- Blueberries
- Cherries
- Grapefruit
- Nectarines
- Oranges
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries

Vegetables

- Arugula
- Asparagus
- Bamboo shoots
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots (1)
- Cauliflower
- Celery
- Chives
- Collard greens
- Cucumbers
- Daikon
- Eggplant
- Endive
- Escarole
- Fennel
- Garlic
- Green beans
- Jerusalem artichoke
- Jícama
- Kale
- Leeks
- Lettuces
- Mushrooms
- Mustard greens
- Okra
- Olives (3)
- Onions
- Parsley
- Radicchio
- Radishes
- Rhubarb
- Spaghetti squash
- Spinach
- Sprouts
- Swiss chard
- Tomatoes
- Water chestnuts
- Watercress
- Yellow squash
- Zucchini

Lean Protein

- Eggs
- Fish
- Lean beef
- Lamb
- Poultry
- Seafood
- Tofu

Spices & Seasonings

- Basil
- Bay leaf
- Cayenne
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Cumin
- Dill
- Garlic
- Ginger
- Mint
- Mustard
- Onion powder
- Oregano
- Parsley
- Turmeric
- Lemon
- Lime
- Raw unpasteurized apple cider vinegar

Other Essentials

- Fat Flush Body Protein
- Fat Flush Kit
- Daily Greens Formula
- Flaxseed oil or fish oil
- Ground flax seeds or chia seeds
- 100% unsweetened cranberry juice

Daily Food Allowances

Fiber-Rich Seeds

Up to 4 tbsp of ground flax or chia seeds

Lean Protein

4-6 oz (up to 8 oz for males)[†] plus up to 2 eggs as optional snack

Omega-3 Oils

2 tbsp flaxseed or fish oil

Protein Powder

2 scoops of pea and rice protein

Fruits

2 servings (about 1 cup each)[†]

Vegetables

Unlimited (unless stated otherwise)[†]

[†]From recommended list

Shakedown Tips

Legal cheat

Enjoy 1 cup of organic coffee or roasted dandelion root tea daily.

Exercise

Go easy with 30-45 minutes of light to moderate activity.

Stay full

Eat every 4 hours.

Bedtime

Avoid eating 2 hours before bedtime.

Avoid:

Artificial sweeteners, extra salt, alcohol, sodas, gum and sugar*

*Unless you have low blood pressure, then have ¼ to ½ teaspoon salt per day

Stay Hydrated

½ your body weight (lbs) = Ounces of water daily

For example: If you weigh 200 lbs, you'll need at least 100 oz of water daily!



Bloat busting tip: Flush out water weight!

Fat Flush Cran-Water

Sip this detoxifying beverage all day as part of your water intake.

Recipe

1 oz 100% unsweetened cranberry juice to 7 oz water

Daily intake

Up to 64 oz

Guidance and Support

We want you to succeed, and we know having the right support is essential. Visit smoothieshakedown.com for products, recipes, tips, FAQs and more!

Fat Flush® Nation

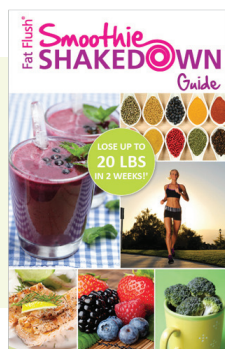
Join fellow Fat Flushers on our Facebook group for 24/7 health and weight loss support. Get started at <http://community.fatflush.com>



- Get answers to all your Fat Flush questions
- Share inspiring before and after photos
- Join challenges and special interest groups
- Build friendships for long lasting support
- Celebrate victories and work through obstacles

It's all in the guide!

The best way to ensure a successful Shakedown is with a copy of the Smoothie Shakedown Guide. Included in all bundles, you'll find the complete plan, 14-day journal, recipes, shopping list, tips and more.



Also sold separately.

After The Shakedown

What's next?

Continue on your weight loss journey by transitioning to our Succession Plan. Learn more at smoothieshakedown.com/follow-up-maintenance

Cash in on your Smoothie Shakedown success

For every pound you lose on the program, UNI KEY will give you \$2 toward your next purchase. Learn more at unikeyhealth.com/it_pays_to_lose