

**YOUR JOURNEY
BEGINS
HERE**



CONGRATULATIONS ON YOUR 1ST STEP TOWARDS LOSING WEIGHT & LIVING A HEALTHIER LIFESTYLE

Welcome to our OGX Nutritional Management Program.

During this program, you will be set on a personal journey that will be both challenging and rewarding. It's time to start feeling better about yourself.

The OG Team will join you on this journey to support you and answer any questions you might have.

Your transformation begins now!

OGX TRANSFORM PROGRAM

The OGX Nutritional Management Program is a plan where you replace 2 of your meals with our OGX Weight Management Shake, ogxFENIX™, and enjoy a healthy option for your third meal.

With this new meal plan, a little bit of exercise, and the benefits of certified organic Ganoderma *lucidum*, ORGANO™ is offering a comfortable and fun way to lose weight and feel great about yourself.

INTRODUCING

OGX4 FENIX™





ogxFENIX™ is an exclusive meal replacement shake that's ready to be mixed with non-fat or partially skimmed milk.

Here are some of the reasons why ogxFENIX™ is so great

GANODERMA

PREBIOTIC FIBER

**RBGH FREE WHEY
PROTEIN**

ELECTROLYTES

GLUTEN FREE

HELPFUL VITAMINS

ESSENTIAL MINERALS

YOUR NUTRITIONAL MEAL PLANNING GUIDE

This is it. Your guide for the duration of the program. Just choose one of the 3 options for your meal plan. You can change your option every day or adjust to fit your lifestyle needs.

To lose weight, replace two meals a day with ogxFENIX™. Mix 1 scoop with 8-10 oz. (300 ml) of non-fat milk or partially skimmed milk and enjoy.

MEAL PLAN

OPTION 1

Breakfast Healthy Meal

Mid Day Pro Meal (Healthy Snack)

Lunch ogxFENIX™

Mid Afternoon Pro Meal (Healthy Snack)

Dinner ogxFENIX™

OPTION 2

Breakfast ogxFENIX™

Mid Day Pro Meal (Healthy Snack)

Lunch Healthy Meal

Mid Afternoon Pro Meal (Healthy Snack)

Dinner ogxFENIX™

OPTION 3

Breakfast ogxFENIX™

Mid Day Pro Meal (Healthy Snack)

Lunch ogxFENIX™

Mid Afternoon Pro Meal (Healthy Snack)

Dinner Healthy Meal

OPTION 1 MEAL PLAN SUGGESTIONS



BREAKFAST Healthy Meal



LUNCH og

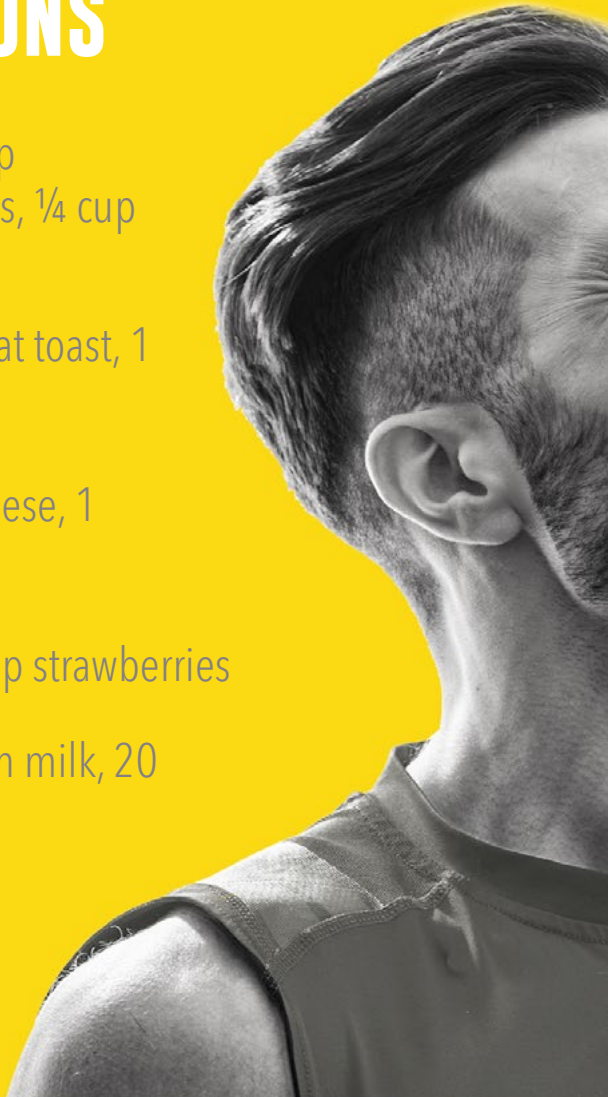


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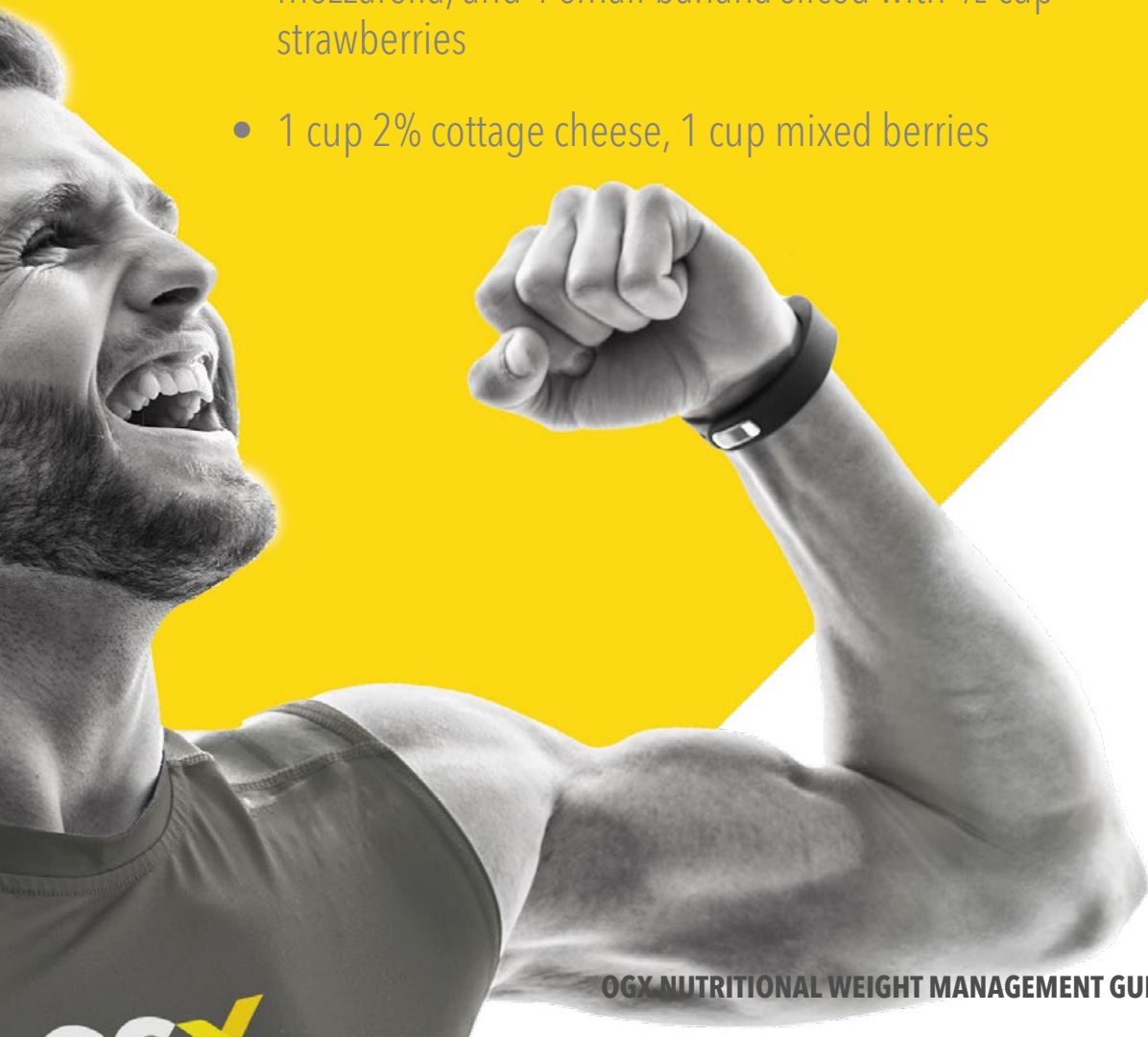


BREAKFAST OPTIONS

- 1 cup greek style yogurt, ½ cup blueberries, ½ cup peach slices, ¼ cup walnut halves
- 1 scrambled egg, 1 piece wheat toast, 1 cup skim milk
- ½ bagel with 2 tsp. cream cheese, 1 medium orange
- 1 cup 2% cottage cheese, 1 cup strawberries
- Oatmeal (no sugar), 1 cup skim milk, 20 raisins, dash of cinnamon



- 3 egg white omelette with ½ cup sliced mushrooms, ¼ cup diced onions, 1 oz./28 g mozzarella, and 1 small banana sliced with ½ cup strawberries
- 1 cup 2% cottage cheese, 1 cup mixed berries



OPTION 2

MEAL PLAN SUGGESTIONS



BREAKFAST ogxFENIX™

+



LUNCH



+



DINNER ogxFENIX™

LUNCH OPTIONS

- Turkey sandwich with 3 oz./85 g turkey breast, 2 slices wheat bread, 2 tsp. mustard, 1 slice swiss cheese, 1 stalk celery, 1 carrot stick, apple for dessert
- 3 oz./85 g chicken (no skin), 1 medium baked sweet potato, side salad with lemon and 1tbsp. olive oil, ½ cup pasta with butter
- 4 oz./113 g salmon, 8 spears asparagus, side salad with 1 tbsp. vinaigrette, 1 cup raspberries
- 1 pork chop, side salad, 1 baked sweet potato with 1 tbsp. butter

- 4 oz./113 g beef sirloin sliced, ½ cup green peppers sliced, ½ cup red peppers sliced, ½ onion sliced, 1 tbsp. olive oil to stir fry, ½ cup cooked rice
- 3 oz./85 g chicken (no skin), ½ cup carrots cooked, side salad with 1 tbsp. of olive oil and lemon, ½ cup pasta with butter
- 3 oz./85 g grilled ahi tuna with salad (Nicoise), 1 cup green beans

OPTION 3

MEAL PLAN SUGGESTIONS



+



BREAKFAST ogxFENIX™

LUNCH ogxFENIX™



+



DINNER Healthy Meal

DINNER OPTIONS

- Chicken stew with 4 oz./113 g white chicken meat, 1 cup vegetable broth, 1 sliced carrot, 1 stalk celery sliced, 1 summer squash sliced, ½ onion diced, ¼ cup green beans, slice of whole grain bread, 1 tsp butter, fruit salad for desert
- Grilled 4oz./114 g fish topped with grilled ½ cup bell peppers, ¼ cup onion, and ½ cup eggplant, side salad with 1 tbsp. olive oil with lemon or pesto, ½ cup brown rice, 1 baked apple with dash of cinnamon
- Grilled 6 oz./170 g sirloin steak, side salad with 1 tbsp. olive oil with lemon, 2 cups sautéed mushrooms, ½ cup green beans, 1 small baked potato with 1 tsp. butter, ½ cup fruit

- 3 oz./85 g chicken (no skin), 1 medium baked sweet potato, side salad with 1 tbsp. olive oil with lemon, ½ cup pasta with butter
- 3 oz./ 85 g pork chop, side salad, 1 baked sweet potato, 1 slice wheat toast with 1 tsp. butter
- 3 oz./85 g chicken, ½ cup carrots cooked, side salad with 1 tbsp. olive oil with lemon, ½ cup pasta with butter

SO WHAT ABOUT
COFFEE
AND **TEA?**



GREAT NEWS

Caffeine helps control your weight in four entirely separate ways:

- Caffeine can help suppress appetite
- Caffeine can support a healthy metabolism
- Caffeine supports your body's fat burning

Caffeine taken before meals reduces the amount of food you need to feel full.

Make sure you drink non sugar options such as OG Black Coffee or OG Green Tea.

Most people have coffee after eating. Although this is a pleasant custom, it's really doing things backwards if you want to get the full weight loss benefits from caffeine. To capitalize on the ability of caffeine to help you eat less, you should take an effective dose of caffeine at least 15 minutes before you begin your meal!

If you are not into caffeine, there is evidence that decaffeinated coffee can also decrease hunger and increase the satiety hormone PYY.

Try our decaf brewing cup "Te Amo".





LET'S HAVE FUN

Here are some cool ways to change up your shakes and still be healthy.



ICED COFFEE

- 1 scoop (1 serving) of ogxFENIX™ Vanilla Mix
- 8-10 oz. (300 ml) of non-fat or partially skimmed milk
- 1 sachet OG Black Coffee or 1 sachet King of Coffee
- 3-5 ice cubes
- Blend and enjoy

HEALTHY CHOCOLATE MILKSHAKE

- 1 scoop (1 serving) of ogxFENIX™ Chocolate Mix
- 8-10 oz. (300 ml) of non-fat or partially skimmed milk
- ½ tsp. vanilla extract
- 3-5 ice cubes
- Blend and enjoy



CINNAMON BLISS

- 1 scoop (1 serving) of ogxFENIX™ Vanilla Mix
- 8-10 oz. (300 ml) of non-fat or partially skimmed milk
- 2 tsp. cinnamon
- ½ tsp. vanilla extract
- 3-5 ice cubes
- Blend and enjoy

VERY BERRY

- 1 scoop (1 serving) of ogxFENIX™ Vanilla Mix
- 8-10 oz. (300 ml) of non-fat or partially skimmed milk
- ½ cup frozen mixed berries (or any type of berry)
- 3-5 ice cubes
- Blend and enjoy

BEFORE YOU **START**

Make sure to track your progress.

1 Take "Before" Pictures

2 Weigh Yourself

3 Measure your body parts - *arms, hips, thighs, waist, and neck* and record the information



OGX

HOW TO **MAXIMIZE** YOUR RESULTS

- Increase amount of exercise. Not really into exercise? Try simple. Start walking 20 min a day (about 3,000 steps).
- Hydration enhances weight loss. Drink at least 2 L (8 glasses) of water everyday. You can add a slice of lemon or cucumber for a little flavor.
- Your daily healthy meal should include a large portion of vegetables. Stay away from starchy food (like potatoes).
- Fighting against cravings? Take a walk or enjoy a cup of OG Green Tea or OG Black Coffee (options with no sugar added). Avoid an idle lifestyle.

- Cut added sugar - this includes soda and diet soda.
- Watch "That Sugar Film" by Damon Gameau. You can find it on your App Store, Google Play or on YouTube.
- Avoid fried and fast foods.

TOP 7 THINGS THAT PEOPLE THINK ARE HEALTHY BUT AREN'T

1. FRUIT JUICES & ENERGY DRINKS

Even though they have vitamins and minerals, these “healthy” drinks are loaded with sugar. A single 8 oz. (240 ml). serving of original Gatorade contains 14 g of sugar. Same size glass of Minute Maid Orange juice gives you 24 g of sugar.

2. DRIED FRUIT

Just so you get an idea, half a cup of fresh cranberries contains 2 g of sugar; half a cup of dried cranberries contains 37 g, or 9 tablespoons of sugar. This last one also contains preservatives.

3. GRANOLA, CEREALS & INSTANT OATMEAL

Most Cereals are loaded with carbs and refined sugars. Kellogg's Raisin Bran contains 19 g of sugar per serving and Special K 12 g of sugar per serving.

4. SNACK BARS

Many energy and fiber bars are very similar to a candy or chocolate bar in terms of sugar. Check the label yourself. You will be surprised.

5. NUT BUTTERS

Unless you choose the unsweetened version, these are very likely to have a dense amount of sugar.

6. BBQ SAUCE, TOMATO SAUCE, KETCHUP

Every BBQ sauce tablespoon contains 2 tablespoons of sugar.

7. FAT FREE PRODUCTS

Usually when fat is taken away from products, it is replaced with sugar to make up for the flavor.

Review back labels. Every 4 g of sugar equals one teaspoon of sugar.

According to the American Heart Association (AHA), the maximum amount of added sugars you should eat in a day are:

Men: 37.5 g or 9 teaspoons

Women: 25 g or 6 teaspoons





FINALIZING THE PROGRAM

After you finish the program, it will be time to compare your results.

- When taking your “after” picture, use the same spot as your “before” picture.
- Weigh yourself first thing in the morning for best results.
- Measure your body parts once you’ve completed the program.

Individual results may vary. For best results it is recommended to lower your daily caloric intake, reduce added sugar and carbohydrates, and increase your physical daily activity.

It is suggested that you take this product to your physician and secure his/her advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician. Children and those under the age of 18 should not participate in this program.

Any questions, concerns, or suggestions, go to **organogold.com/ogx**



TRACK YOUR PROGRESS **HERE**

	WEIGHT	CHEST	WAIST	
START				
DAY 30				
DAY 60				
DAY 90				

NECK	BUTTOCKS	ARMS	THIGHS	HIPS

