‘HEALTH PUPPY PROGRAM’ 2

TRY IT – LOVE IT – KEEP IT!

You would be barking mad not want to!

INFO SHEET 2 ACTION POINTS

- Depending on which programme you are on you will either be consuming two Juice Plus Vineyard Blend Capsules per day for 30 days or 2 complete drinks for 7 days. In both cases you will be also following a very clean eating shopping list. The Vineyard blend is part of the Juice Plus Premium package which contains 25 fruit, vegetable and berry blends. Additionally there is a small amount of the fruit and veg blend in the Complete chocolate or vanilla drink.

- Keep following the shopping list. Don't worry about portion size's except for rice, meat and poultry which is a fist full amount. Fish is a flat hand and half size.

- Rate your health – Your Puppy Plan guide will assist each week!

1 is the worst and 10 is the best	
Energy	1 2 3 4 5 6 7 8 9 10
Sleep	1 2 3 4 5 6 7 8 9 10
General Zip	1 2 3 4 5 6 7 8 9 10
Waist measurements	(Inches)
Bloating	1 2 3 4 5 6 7 8 9 10
Weight	(St IBS)

What benefits would you like?

Some of these are commonly associated with clean living.

Weight (Fat) loss

More energy Improved Sleep

A General zest for life like never before due to the ingredients.

- Hopefully you will be saving money as you eat healthier meals. You could be snacking less and eating less food as you no longer feel as hungry. Just keep going with the plan and we speak again next week.

- **Your Task this time is to look at this 2 minute video which will educate you on how important to your health plant food is!**

https://www.youtube.com/watch?v=k3lAiE-5OuY

After a few days if on the Complete or after 2 week's if on the Vineyard plan you will receive INFO SHEET 3

Please make sure you visit www.teamrhinotv.com and look at the two minute video on the **BETTER HEALTH ICON** and learn about FREE RADICALS and your health!!