

# BODYMELT™ PROGRAM FAQ'S

## WHAT IS THE BODYMELT TOTAL WELLNESS PROGRAM?

A program to help you reach your weight management goals and live a healthy lifestyle. It consists of taking the BodyMelt products, eliminating unhealthy foods, following a meal plan, and exercising consistently over a period of 30 days.

## DO I HAVE TO BUY THE BODYMELT TOTAL WELLNESS PACK?

Yes. The pack includes a 30-day supply of all the products you'll need for 30 days and you get a discount for buying the pack!

## HOW MANY PRODUCTS WILL I BE TAKING EACH DAY AND HOW OFTEN?

You'll be taking each of the six products at least one time a day. Here's a common schedule of when and how much of each product to take:

**\*Upon Waking:** BodyMelt Energy Drink – 1 scoop with 6-8oz of water

**\*Breakfast:**

- BodyMelt Plant Protein Shake – 1 scoop with 8oz of water or plant-based milk
- BodyMelt SuperFood Greens – Mix 1 scoop with shake
- BodyMelt Micro Bio – 2 capsules

**\*Mid-Morning:** BodyMelt Burn – 1 capsule

**\*Lunch:** BodyMelt Plant Protein Shake – 1 scoop with 8oz of water or plant-based milk

**\*Before Bed:** 1 to 2 Detox capsules

## HOW MUCH WEIGHT CAN I EXPECT TO LOSE?

Individual results vary. We recommend you read the personal testimonials of those who have experienced success with the program by visiting <https://www.facebook.com/groups/bodymeltprogram/>.

## WHAT FOODS DO I NEED TO ELIMINATE DURING THE WELLNESS PROGRAM?

During the program, you'll need to eliminate foods with refined sugars, dairy, gluten, whey, soy, and artificial additives. There are food replacement recommendations in the BodyMelt Program Guide.

## HOW DO I KNOW WHICH FOODS TO BUY AND PREPARE?

The BodyMelt Program Guide provides a list of foods to buy when grocery shopping. Additionally, you can visit <https://www.facebook.com/groups/bodymeltprogram/> for a variety of healthy recipes, exercise tips, and more.

## DO I NEED TO COUNT CALORIES DURING THE WELLNESS PROGRAM?

No. You do not need to count calories during the BodyMelt Challenge; however, we do recommend you follow the recommended portions.



## WHAT ARE THE RECOMMENDED PORTIONS?

A simple way to reduce your food portions is to first reduce the size of your dinnerware. Instead of using a full-size dinner plate, switch to a smaller size. Next, your portion sizes should be as follows:

- ½ plate – Vegetables
- ¼ plate – Lean, grass-fed meat or wild caught fish
- ¼ plate – Healthy carbohydrates
- 1 TBS – Healthy fats

## HOW OFTEN DO I NEED TO EXERCISE AND FOR HOW LONG?

We recommend exercising five to six times a week for a minimum of 30 minutes. We also recommend alternating each day with cardiovascular and strength training exercises to achieve the best results.

## WHAT HAPPENS AFTER USING THE PRODUCTS FOR 30 DAYS?

The BodyMelt Total Wellness Program is a jump-start to a new, healthier lifestyle and weight management program ... for life! This means continuing to eat clean, healthy foods while limiting the foods you did not eat during the program. We recommend staying on the program until your weight and health goals are met then using the products of your choice to maintain a healthy lifestyle.

## WHERE CAN I GO TO GET MORE INFORMATION AND SUPPORT DURING THE WELLNESS PROGRAM?

Visit our Facebook page at **BodyMelt Total Wellness Program** for more details, recipes, exercise tips, healthy food replacements and to hear from others that have finished or are currently doing the program! This is a great resource to stay motivated and focused!

