

Exercise

Regular exercise strengthens the muscles and supports the cardiovascular, circulatory, and lymphatic systems, among other crucial benefits. Essential oils and targeted supplementation support greater flexibility and energy, and ease feelings of tension in the body to help you stay active and strong.

HEALTHY WEIGHT PLAN

BREAKFAST

- Slim & Sassy® TrimShake
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3–5 drops in water



LUNCH

- Healthy meal or TrimShake
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3–5 drops in water

SLIM & SASSY® METABOLIC BLEND

Promotes healthy metabolism.*

Take 3–5 softgels throughout the day as needed or dilute and apply topically.



DINNER

- Healthy meal
- 1–3 capsules DigestZen TerraZyme®
- 1 Slim & Sassy® Softgel or 3–5 drops in water

SLIM & SASSY® METABOLIC GUM

The Slim & Sassy Metabolic Blend helps manage cravings throughout the day while supporting healthy metabolism.

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

DAILY WELLNESS LIFESTYLE HABITS

30+ minutes daily movement

Stretch or practice yoga to increase flexibility

CHOCO- PEPPERMINT TRIM SHAKE

1 cup coconut water or almond milk
2 scoops Chocolate TrimShake
1 drop Peppermint
Ice (as desired)

Blend all ingredients
until smooth.

ALSO TRY

Vanilla TrimShake
with frozen berries,
bananas, and 3 drops
of Wild Orange.



DEEP BLUE® SOOTHING BLEND

Provides soothing effect to back, knees, feet, and other areas of concern.

Apply before and after exercise as needed or desired. Try applying Deep Blue® oil then layer with Deep Blue® Rub for added benefit.



MITO2MAX®

Energy & Stamina Complex. Supports healthy cellular energy production and promotes healthy circulation.*

Take 1 capsule with breakfast and lunch. Use as a natural substitute for caffeinated drinks.



DEEP BLUE POLYPHENOL COMPLEX®

Soothes aches and discomforts and supports muscle and joint function.*

Take 1–3 capsules daily with meals, or take 2 capsules for extra support.



dōTERRA BREATHE®

Creates feelings of easy breathing.

Rub 1–2 drops on chest. Dilute if needed.



SLIM & SASSY® TRIMSHAKE

Nutrient enhanced meal alternative.

For one or more meals each day. Available in chocolate, vanilla, and vegan.