

Slenderiiz Instructions & Sample Meal Plan

The Slenderiiz Program calls for you to consume 1250 calories per day from the Approved Foods List (You will find it here <http://goo.gl/JkQEha>). To be successful water is VERY IMPORTANT. You should drink 1 oz of water x half your body weight each day & stay away from sugars, carbohydrates & starches. In addition to the Slenderiiz instructions here is the regimen that you should follow in taking the supplements & my meal plan:

Slenderiiz Drops - <http://www.musiccityhealth.com/#!ariix-slenderiiz-weight-loss/c5ro>

This box has 2 bottles in it. One is called Slenderiix (clear liquid) & one called Xceler8 (red liquid). You will use these before each major meal (breakfast, lunch, dinner). Here is how you take them:

Take the Slenderiix drops 1st. Do not eat or drink anything for 10 minutes before you take this. Fill the dropper up to about 1/16 of an inch below the .75 ML line and put the liquid under your tongue and count to at least 20 before you swallow it (longer if you can), then wait 10 minutes & do not eat or drink anything during this time. After the 10 minutes are up then take the Xceler8 by also filling the dropper up to about 1/16 of an inch below the .75 ML line and put the liquid under your tongue and count to at least 20 again before you swallow it (longer if you can) & then you can eat immediately. DO THIS ROUTINE BEFORE EACH MEAL - 3 TIMES A DAY.

Here is the meal plan that I follow - This is only a guide. You can put together your own plan but be sure to stay on the approved foods list & 1250 calorie program:

Breakfast (about 140 calories) - 2 eggs scrambled or fried. If you are using any cooking oil to cook any meal use Coconut oil, it's fat burning. (Take the drops before the meal as described above & a minimum of 16 oz of water before the meal & also with the meal)

Snack between breakfast & lunch (if you get hungry. You do not want to let your system get hungry. Hunger causes the body to store fat & slows your metabolism) - 1 apple (about 50 calories)

Lunch (about 350 calories) - garden salad with chicken, hard boiled eggs or nuts (walnuts or almonds) for protein. Add dressing made with 2 parts walnut oil to 1 part white wine vinegar or Ranch dressing. (Take the drops before the meal as described above & a minimum of 16 oz of water before the meal & also with the meal)

Snack between lunch & dinner - 1 apple or raw vegetables (broccoli, cauliflower, carrots, green peppers, etc) & I do the veggies with a Ranch dip (about 50 calories)

Dinner (about 700 calories) - (Grilled, baked, blackened) fish or chicken or lean meats, steamed, boiled vegetables, a small portion of walnuts or almonds for healthy fats (healthy fats make you lose weight!) (Take the drops before the meal as described above & a minimum of 16 oz of water before the meal & also with the meal)

Please weigh yourself before you start & then every 3 days at the same time as your initial weigh in and track your progress. Also please take measurements of yourself too (You will find a helpful guide here <http://goo.gl/qIJYzM>). Also, take a before picture of yourself. We will use this as motivation along this journey so you can see the changes that are going to happen.

Do you have a Facebook account? If you do please send me a friend request to <https://www.facebook.com/johnwgriffin12> and then message me on Facebook to notify me that the request has been sent. I will friend you and then I will enter you in our "Private" Facebook support group called SlenderiizMe. It is "Private" so no one but you can see the posts and it does not come through to anyone that is not in the groups feed except yours so your friends will not see it. In SlenderiizMe, there are great recipes & a large group of people that are also in our program. You can read their posts and ask questions & get suggestions from others about the program.

Don't forget to call me when your product arrives & feel free to call me at 615-873-0442 if you have any questions.

Regards,

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