



Weight Loss Plan

A Melaleuca approach to wellness-centered eating that doesn't feel restricted.



Melaleuca's R3 Weight Loss Plan allows you to eat foods you love without counting calories, grams, or ounces or keeping a journal. You'll eat according to your hunger level, choose foods for increased energy, and never feel deprived.

You'll shift your metabolism from fat-storage to fat-burning mode while following three two-week phases: Reset, Reintroduce, and Real Life. After the six weeks, you'll know how to lose weight, maintain your weight, and get back on track if needed. This is NOT a diet! R3 will teach you how to control your weight for life!

All are welcome to join us in the R3 Facebook community for education, inspiration, and accountability! Join us at [Facebook.com/groups/r3weightloss](https://www.facebook.com/groups/r3weightloss).

A Six-Week Revolution

The R3 Weight Loss Plan is a six-week plan broken into three two-week phases. It's easy to commit to. And whenever you feel the need to reset, you know just what to do!*

1. RESET

First two-week phase. You'll develop proper hunger patterns, eliminate unhealthy food addictions and cravings, lose weight, and decrease measurements. **Step One:** Stay away from foods on the No List at least 80% of the time. **Step Two:** Eat a protein source according to hunger within 60 minutes of starting your day. **Step Three:** Eat foods from the Yes List according to hunger every two to three hours.

2. REINTRODUCE

Second two-week phase. You'll maintain better hunger patterns, learn how to eat in moderation, continue to lose weight, and decrease measurements. Add three servings of foods from the No List per week according to hunger. Choose complex carbs from the list first, such as fruit, sweet potatoes, quinoa, brown rice, whole-grain bread, or pasta.

3. REAL LIFE

Third two-week phase. You'll learn how to eat in a balanced way in real-life situations, such as holidays, vacations, and parties. You'll learn how to enjoy your favorite foods and continue to lose weight. You'll develop skills to lose weight and maintain your weight for life! You now have the freedom to eat a meal of your choice once every two weeks! Anything! Pizza, bread, cheeseburgers, french fries, chicken fettuccine alfredo, ice cream, calzones, brownie sundaes! Enjoy without guilt!



* The content of this plan is intended to provide helpful and general information for educational purposes only. Always seek the advice of your physician or other qualified health care provider if you have questions regarding a medical condition or health problem, are seeking a diagnosis or treatment, or are about to undertake a new health care regimen. Melaleuca specifically disclaims all responsibility for any liability, loss, or risk, personal or otherwise, that is incurred as a consequence, directly or indirectly, of the use and application of any contents of this plan.



YOU MAY FOLLOW THE R3 PLAN IF YOU ARE:

- Dairy-Free
- Non-GMO
- Pescatarian
- Soy-Free
- Vegetarian
- Gluten-Free
- Nut-Free
- Plant Based
- Vegan
- Any Other Special Dietary Needs

You may choose the foods to eat according to your preferences from the Yes List.

Nursing mothers, diabetics, and those who exercise at intense levels five or more times per week are encouraged to start the R3 Plan in the Reintroduce phase.

If you work out regularly and your training requires pushing frequently to your maximum effort, try to follow the first two weeks of the R3 Plan. However, if you notice feelings of fatigue, headache, or lack of endurance while exercising or experience longer recovery times, start following the R3 Plan in the Reintroduce phase.

EXERCISE

If you're not currently exercising, start walking for 10-15 minutes three to four days each week. Work up to exercising for 150 minutes per week.

For interval training, alternate between walking fast and walking at a moderate pace in one-minute intervals.

Continue running, weight training, cross training, or exercising if you are currently doing so.

Sustain™ Pre-Active and *Access™ Exercise Bars* are designed to work hand in hand with your active lifestyle. *Sustain Pre-Active* is formulated to improve your focus, energy levels, and blood flow while aiding your muscular strength and cardiovascular endurance. Consume *Sustain Pre-Active* 30 minutes (or up to 120 minutes) before activity. *Access* is formulated to shift your body into full fat-burning mode. Take 15 minutes before activity to make the most of your exercise routine.

BEVERAGES

Drink at least eight 8 fl. oz. glasses of water per day.

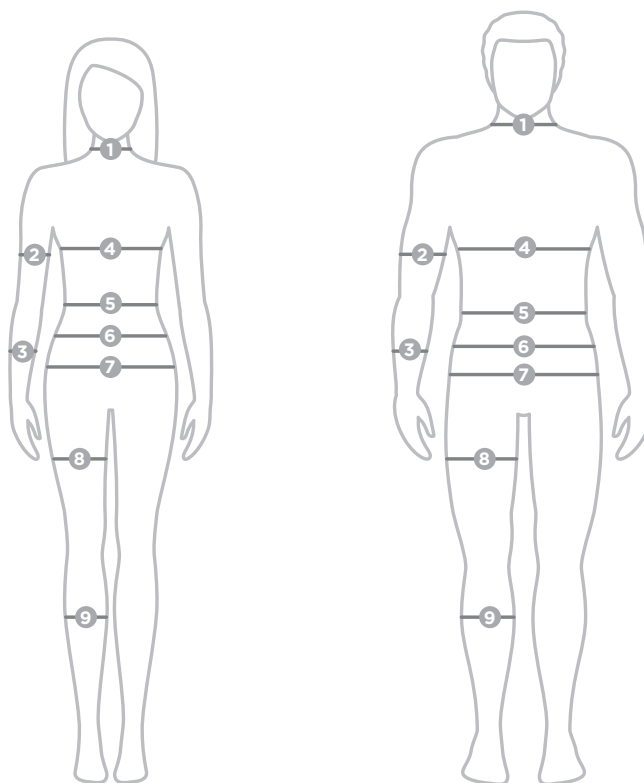
You may choose to mix *SplasH₂O™* or *Sustain Active Electrolyte Hydration* into your water and drink throughout the day (see other beverages on the Yes List).

SplasH₂O turns plain, boring water into a delicious, refreshing drink! Hydrate and accelerate with *Sustain Active Electrolyte Hydration*. This drink mix contains a 4-in-1 electrolyte complex and utilizes our *Oligo®* technology to provide up to 10 times greater absorption of calcium and magnesium to help your body sustain muscle performance and maximize your activity!

Getting Started

Weigh yourself and take measurements with a flexible measuring tape on day one and at the end of each two-week period.

	DAY 1	WEEK 2	WEEK 4	WEEK 6
Date				
Weight				
1 Neck				
2 Right Upper Arm				
3 Right Forearm				
4 Chest				
5 Upper Mid Belly				
6 Belly Button				
7 Hips				
8 Right Thigh				
9 Right Calf				



✓ Yes List

The foods on the **Yes List** help your body maintain steady blood sugar levels because they are more slowly digested. When these foods make up at least 80% of your diet, you are far less likely to experience large fluctuations in your blood sugar. As a result, your body releases less insulin—a hormone that signals fat storage.

EATING FOODS FROM THE YES LIST WILL KEEP YOU SATISFIED LONGER TO REDUCE CRAVINGS WHILE SHIFTING YOUR METABOLISM INTO FAT-BURNING MODE.

EAT SOMETHING FROM THE YES LIST EVERY TWO TO THREE HOURS ACCORDING TO HUNGER. IF YOU'RE NOT HUNGRY, THEN JUST EAT A FEW BITES, PREFERABLY OF A PROTEIN. BY EATING FREQUENTLY, YOU'LL STAY AHEAD OF CRAVINGS AND KEEP YOUR BLOOD SUGAR LEVELS ON AN EVEN KEEL.

VEGETABLES

Alfalfa Sprouts
Artichokes
Arugula
Asparagus
Avocado (1-2 Tbsp. per Day)
Bamboo Shoots
Basil
Bean Sprouts
Beets (Sparingly)
Bell Peppers
Bok Choy
Broccoli
Broccolini
Broccoli Rabe
Brussels Sprouts
Cabbage
Cauliflower
Celery
Chard
Cucumber
Chili Peppers
Chives
Cilantro
Collard Greens
Dill
Daikon
Eggplant
Endive
Garlic
Ginger
Grape Leaves

Green Beans
Green Chiles
Green Peppers
Greens (All Types)
Heart of Palm
Horseradish (Raw)
Jicama
Kale
Kohlrabi
Leeks
Lettuce (All Types)
Long Beans
Maca (Sparingly)
Mixed Greens
Mushrooms
Mustard Greens
Nopales
Okra
Onions
Olives (Sparingly)
Parsley
Parsley Root
Parsnips
Peppers (All Types)
Radicchio
Radishes
Rhubarb
Rosemary
Rutabaga
Scallions
Shallots
Squash (All Types)

Spinach
Sprouts
Swiss Chard
Thyme
Tomatoes (Sparingly)
Turnips
Wasabi
Water Chestnuts
Watercress
Zucchini

DAIRY

Butter (All Types In Moderation)
Cheese (All Types Sparingly)
Coconut Butter
Cottage Cheese
Cream Cheese
Feta Cheese
Ghee
Goat Cheese
Greek Yogurt (Plain, Flavored, or Fruit Added; Choose with More Grams Protein Than Sugar)
Half-and-Half (1-2 Tbsp.)
Heavy Cream (Sparingly)
Low-Fat Yogurt
Milk (All Types, One 8 fl. oz. Glass per Day)

Quark
Sour Cream
Yogurt (Low Sugar/High Protein)

NONDAIRY

Nondairy Yogurt
Nondairy Cheese
Nondairy Milk (All Types)

CONDIMENTS/ SWEETENERS

Aioli (Mayonnaise Seasoned with Garlic)
Apple Cider Vinegar
Chimichurri Sauce
Cocktail Sauce
Coconut Aminos
Coconut Nectar
Coconut Syrup
Dips (Veggie or Dairy)
Fish Sauce (Sparingly)
Gelatin
Horseradish (Sparingly)
Hummus (1-2 Tbsp. For Flavor)
Mayonnaise (Light)
Monk Fruit
Mustard
Nutritional Yeast
Pesto Sauce
Pickles—Dill (or Your Choice)
Salad Dressings (1-2 Tbsp. Your Choice)
Salt
Seasonings (All Types)
Sherry (Cooking)
Soy Sauce (Low Sodium)
Sriracha Sauce (Sparingly)
Stevia
Sucralose
Tahini
Truvia®
Vinegar (All Types Except Malt Vinegar)
Wasabi
Xylitol

HERBS AND SPICES

All Herbs and Spices

SOUPS

Broth Soups (Meat, Veggies, All Types)

FRUIT

Avocado (1-2 Tbsp. Per Day)
Coconut (Shredded, Unsweetened)
Lemons (Lemon Water)
Limes
Olives (Sparingly)
Tomatoes (Sparingly)

OILS (1-2 TBSP. PER DAY)

Almond Oil
Avocado Oil*
Canola Oil
Coconut Oil*
Corn Oil (Sparingly)
Cottonseed Oil (Sparingly)
Extra-Virgin Olive Oil
Fish Oil
Flaxseed Oil
Grapeseed Oil
Hempseed Oil
Macadamia Nut Oil
Palm Oil
Peanut Oil
Olive Oil* (Pure or Light)
Rapeseed Oil
Red Palm Oil
Rice Bran Oil
Safflower Oil*
Sesame Oil*
Soybean Oil (Sparingly)
Sunflower Oil (Sparingly)
Tea Seed Oil
Vegetable Oil (Sparingly)
Walnut Oil

NUTS AND SEEDS (IN MODERATION, OR 1/4 CUP—GROUND, RAW, ROASTED, OR SALTED)

Acorns
Almonds
Beechnuts
Brazil Nuts
Breadnuts
Candlenuts
Cashews
Chestnuts
Chia Seeds
Cumin Seeds
Dried Coconut
Flaxseeds
Gevuina
Guiana Chestnuts
Hazelnuts (Filberts)
Hempseeds
Hickory Nuts
Kola Nuts
Lotus Seeds
Macadamia Nuts
Mustard Seeds
Pecans
Pine Nuts
Pistachios
Poppy Seeds
Pumpkin Seeds
Sesame Seeds
Soy Nuts
Squash Seeds
Sunflower Seeds
Walnuts

POULTRY

Chicken
Chicken Sausage
Duck Breast
Eggs
Egg Substitute
Turkey Breast (Low Sodium)
Turkey Bacon (Low Sodium)
Turkey Sausage

RED MEAT

Beef (All Types, Lean Choice Better)
Buffalo (Ground)
Lamb
Roast Beef
Venison (Grass-Fed or Pastured and Organic Meats of All Types Are Best)

✓ Yes List

(CONTINUED)

SEAFOOD

Bass
Bluegill
Catfish
Ceviche
Clams
Cod
Crab
Crappie
Flounder
Grouper
Haddock
Halibut
Lobster
Mahi-Mahi/Dorado
Mussels
Orange Roughy
Oysters
Salmon
Scallops
Shrimp
Snapper
Sole
Swordfish
Tilapia
Trout
Tuna (Canned in Water or Fresh)
Walleye

VEGETABLE PROTEIN

Beans (for Vegetarians Only)
Edamame (for Vegetarians Only)
Tempeh
Tofu
Vegan Burgers
Vegan Cheese
Vegan Mac & Cheese
Vegan Pizza
Veggie Burgers

LUNCH MEAT (SLICED DELI MEAT, LOW SODIUM IS BEST CHOICE)

Chicken
Corned Beef
Ham
Pepperoni
Roast Beef
Salami
Turkey

PORK

Bacon
Ham
Pork (Lean)
Pork Sausage (Sparingly)
Roast
Sausage
Spare Ribs
Tenderloin

BEVERAGES

Carbonated Water
Coffee
Kombucha
Seltzer Water
Sparkling Water—Natural (All Types)
Sparkling Mineral Water—Natural (All Types)
SplashH₂O™ Drink
Soda with Approved Sweeteners
Sustain™ Active Electrolyte Hydration Drink
Tea (Unsweetened)
Sustain Post-Active
Sustain Pre-Active
Water (at Least 8 Glasses per Day)

SNACKS

Access® Exercise Bars
Attain™ with Craveblocker™ Bars
Beef Jerky (Sparingly)

Exceed™ Mints
FiberWise™ Drinks (1-2 per Day Mixed with Water)
GC Control™ Shakes (1-2 per Day Mixed with Water)
Hard-Boiled Eggs
Lean Meat
Low-Fat Mozzarella Cheese Stick (or Cheese of Your Choice, Sparingly)
Nuts and Seeds (See List under Nuts and Seeds)
Pickles—Dill (or Your Choice)
Pork Rinds (All Flavors)

Proflex Protein Shakes
Proflex Pro Whey Protein Shakes
Proflex Pro Organic Pea Protein Shakes
Proflex Pro Protein Bars
Simply Fit™ Protein Bars
Turkey Jerky (Sparingly)
Veggies and 1-2 Tbsp. Hummus
Veggies and 1-2 Tbsp. Salad Dressing (See List under Condiments/Sweeteners)
Vitality Elevate™ B-Fuel
Vitality Elevate Energy Kick

Vitality for Life® Berberine Glucose Support
Yogurt (See List under Dairy)

✗ No List

The foods on the **No List** are higher on the glycemic index, meaning they convert to sugar in the body easily and quickly. These foods are not bad, but eating these foods frequently can cause metabolic problems.

Decreasing the consumption of these foods during the Reset phase will help you maintain a steady blood sugar level, decrease cravings for junk food and sugar, and shift your metabolism into fat-burning mode!

STAY AWAY FROM THESE FOODS DURING THE RESET PHASE AT LEAST 80% OF THE TIME. YOU MAY REINTRODUCE SOME OF THESE FOODS DURING THE REINTRODUCE AND REAL LIFE PHASES.

Agave Nectar
Alcohol—Drinking or Cooking
Aspartame
Barley
Barbecue Sauce
Beans (All Types Except Green and Long)
Bread, Tortillas, Wraps (All Types)
Cakes
Candy
Carrots
Cereal (All Types)
Chickpeas
Chips (All Types, Including Veggie and Protein)
Chocolate
Coconut Sugars
Cookies
Corn
Crackers
Cream Soups
Diet Foods and Drinks (All Types)
Edamame
Fat-Free Foods
Flour (All Types)
Fruit
Grains—Regular and Added

Granola
Honey
Ice Cream
Jelly
Juice
Ketchup
Legumes (All Types)
Lentils
Maple Syrup
Meat Marinades
Nut Butter (All Types)
Oatmeal
Oats
Pasta (All Types)
Peanuts/
Peanut Butter
Peas
Popcorn
Potatoes (All Types)
Quinoa
Rice (All Types)
Rye
Sauces (All Types)
Soft Drinks
Sugar—Real or Artificial
Sweet Potatoes
Sweet Tea
Tomato Sauce
Wheat
Yams

Supplements

Choose supplements according to your needs.

RECOMMENDED

Peak Performance Pack Contains *Vitality Multivitamin & Mineral*[™] (men, women, prenatal, or 50+), *Florify Daily Probiotic*, *CellWise Broad-Spectrum Antioxidant*, *CardiOmega EPA*, *ProvexCV*, and *Recover AI*.

Peak Performance Targeted Packs Designed specifically for heart health, brain health, bone and joint health, and metabolic health.

Peak Performance Total Health Pack Contains specialized supplements for optimal daily nutrition for all major body systems* (men, women, prenatal, or 50+).

Vitality Pack[®] Vitality Multivitamin & Mineral and *Vitality Calcium Complete* (men, women, or 50+).

Vitality Essential[™] Nutrition Pack Contains *Vitality Multivitamin & Mineral*, *Florify Daily Probiotic*, *CardiOmega EPA*, and *CellWise* (men, women, or 50+).

Vitality Pack Prenatal *Vitality Multivitamin & Mineral*, *Vitality Calcium Complete*, and *Prenatal Omega-3*[™]

ADDITIONAL ITEMS DEPENDING ON YOUR NEEDS:

Activate-C Immune Complex[™] Immunity-boosting drink.*

Vitality Coldwater Omega-3[™] Fish oils with concentrated DHA.

Florify[®] Daily Probiotic 11 billion colonies of probiotics.

Good Zymes[™] Digestive enzymes boost digestion with an 18-enzyme blend.*

NutraTherm[™] Naturally powered, stimulant-free fat burner.*

ADD IF NEEDED:

CardiOmega EPA[™] Specifically formulated to promote a normal response to activity-induced inflammation and support cardiovascular health, helping promote rapid recovery.*

CellWise[™] Broad-Spectrum Antioxidant Helps fight free radicals from head to toe with broad-spectrum antioxidant power.*

CoQ10+ Cellular Energy Support Fuels the heart and provides powerful antioxidant support.*

CranBarrier[™] Urinary Tract Support Naturally promotes urinary tract health, helps form a protective barrier between bacteria and your bladder.*

EstrAval[™] Provides natural menopause support.*

Hair, Skin & Nails Exclusive formula combines biotin, vitamin A, and 13 botanical extracts.

K2-D3 Helps redirect calcium out of your blood and into the bones.*

Luminex[™] Provides natural mood support.*

Mela-Out Magnesium Helps you relax and feel calmer.

Vitality Methyl B Complex Contains all eight B vitamins, including folate (B9) and vitamin B12 in methylated forms.

NutraView[™] Vision Support Promotes macula, retina, and lens health.*

Omega-3 Crème Delight[™] (Peach Mango Tango or Lime Sorbet) Contains EPA and DHA essential fatty acids, providing daily support for eye, heart, and brain health.*

Phytomega[™] Cholesterol Support Helps maintain a healthy cardiovascular system.*

ProstAvan[™] Naturally promotes proper prostate and urinary tract health.*

ProvexCV[®] Blood Pressure Support Helps maintain healthy blood pressure already in the normal range.*

Provex-Plus[®] Circulatory System Antioxidant Supports healthy circulation and helps protect organs from damaging free radicals.*

Recover AI[™] Inflammatory Response Support Promotes normal inflammatory response during and after workouts to support healthy joint and muscle function.*

Replenex[®] Advance with Type II Collagen Helps preserve joints, maintain cartilage, and increase mobility and flexibility.*

Replenex Extra Strength Offers soothing relief, helps cushion joints, rebuilds cartilage, and supports joint flexibility.*

RestEZ[™] Sleep Support Relaxation support, making a good night's sleep your new normal.*

Unforgettables[™] Cognitive Health Support A naturally powered brain boost that helps support memory, concentration, and recall.*

Vitality Calcium Complete[™] Promotes strong bones and teeth.*

Vitality Vitamin D3 Provides 2,000 IU of vitamin D3 to battle the effects of vitamin D deficiency.*

Vitality for Life[®] Collagen Boost Helps support joints and skin by activating your body's natural collagen synthesis.

* 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.