

RealEasy™

with PGX®

Meal Replacement Program

PGX® is useful in weight reduction only
as part of an energy-reduced diet.

HELPS YOU FEEL FULL LONGER

BRINGS BLOOD SUGAR
TO NORMAL LEVELS

LOWERS CHOLESTEROL



The Real Easy Program – Achieve Your Ideal Shape!

Losing weight has never been easier

Have you tried every other diet plan and failed? Take heart! You CAN attain and maintain your ideal weight, with the Real Easy Program, guaranteed. The Real Easy Program is different. It is clinically proven, and is a completely safe, natural, and a highly effective way to achieve and maintain your weight loss goals. The RealEasy™ with PGX meal replacement shakes will greatly diminish appetite, so you will eat less, making weight loss almost effortless.

Most fad diets and weight loss products fail in the long term as they cause lean muscle mass loss, thereby slowing your body's metabolism and making it much more likely that you will regain all of the weight that you have lost (and often even more!). Moreover, many diets result in rapid loss of body water which fools the dieter into thinking that they have lost more fat than they really have. False weight loss through water loss is always an accompaniment of fasting or low-carbohydrate diets!

When normal eating resumes, the dieter is disappointed when their weight quickly rebounds due to their low metabolism and the regaining of body water. By contrast, a weight loss study using RealEasy with PGX meal replacements from December to February, possibly the most difficult time of year to lose weight, resulted in participants losing body fat and achieving their weight loss goals.

The researchers found that participants using RealEasy with PGX meal replacements consistently lost up to 2 lb per week,* which was primarily body fat. In addition to the loss in body fat, participants maintained or increased lean muscle mass, and body water levels were not affected.** This means a healthier and toned body composition with a higher metabolic rate was achieved, helping the participant to lose weight more effectively and keeping it off over the long term. Over a period of 2–3 months, 95% of participants lost an average of 1–2 lb per week. Weight loss was consistent. Body fat was lost predominantly, not lean muscle or body fluid.

*Results may vary.

**Body composition measured by Bioelectrical Impedance (RJL Systems, Inc.)

Changes in body weight and waist circumference following the Real Easy Program:

Average weight loss of 15.6 lb over a 2–3 month period.

Waist circumference decreased by an average of 3–4 in, and BMI (body mass index) improved substantially. An improved BMI means a reduced risk for disorders associated with being overweight.

The RealEasy with PGX meal replacements can be consumed as a breakfast replacement and in place of either lunch or dinner. All ingredients in the RealEasy with PGX shakes are important, however, two of these ingredients play a key role in helping with your weight loss journey.

The first ingredient is protein. It's important to have protein with every meal. Protein plays an important role in helping encourage and maintain weight loss. Protein provides the building blocks for developing and maintaining lean muscle mass. When on a calorie-restricted diet plan, getting enough protein to prevent your muscles from shrinking and being metabolized can be hard. Making use of meal replacement shakes for weight loss can go a long way toward getting all of your protein requirements and helping you hold on to your muscle mass. As muscle burns more calories than fat, the more muscle you have and retain, the more body fat you can expect to lose.

The second ingredient – more of an undercover agent in the RealEasy shakes – is PGX, a highly concentrated and effective form of soluble fibre. Fibre offers valuable health benefits and is very important for overall health. Fibre refers to carbohydrates that cannot be digested. They contribute very few calories. There are two main types of fibre – insoluble (which doesn't absorb much water) such as wheat bran, vegetables, nuts, seeds, and fruit skins, and soluble (which absorbs water) such as oats, barley, legumes, and fruits. Both are important for good health, but soluble fibre is particularly significant for weight management.

The ability of soluble fibre to reduce appetite, balance blood sugar, and lower cholesterol is directly proportionate to the amount of water it can absorb (volume) and the thickness that it develops as it moves through the stomach and intestine (viscosity). Gram for gram, PGX is far more effective than any other known dietary fibre. Read on to learn more about this amazing nutritional weight-management superstar.



The Real Easy Program

Clinically proven to lose weight and keeping it off!

- Simple plan that is easy to stick with
- Controls your hunger
- Allows you to eat your favourite foods

Start your plan today!

EASY AS 1 2 3

ENJOY **1** OF YOUR FAVOURITE MEALS DAILY



REPLACE **2** MEALS WITH DELICIOUS REALEASY SHAKE



CHOOSE **3** TASTY SNACKS DAILY



The Real Easy Program is really flexible!

The Real Easy Program can be a comfortable way to improve eating habits for life. Simply replace two meals each day using RealEasy with PGX meal replacements. Depending on your weight loss goals, you can eventually reduce to one meal replacement daily once you have reached your desired weight. Since PGX is also available as a standalone ingredient, you also have the option of taking PGX before meals to help you feel full, lessen your appetite, and reduce cravings. You can either continue taking one or two meal replacement shakes each day once your weight loss goals are achieved, or you can reduce to one meal replacement shake and take additional PGX before meals, or, if eventually you stop taking the meal replacement shakes, you can continue taking PGX before one or all of your meals.

RealEasy with PGX Meal Replacement Shake

- Nutritious and delicious meal replacement shakes
- Enjoy 1–2 shakes daily in place of meals
- Contains 22 g of protein per serving
- Contains 2.5 g of PGX per serving
- Naturally sweetened with organic cane sugar and xylitol
- Available in Vanilla and Chocolate flavours
- Reduces cravings and curbs appetite
- Diet without hunger – stay full and satisfied for hours
- Balances and helps regulate blood sugar
- Suitable for low-carb and reduced-calorie diets – packed with nutrition
- Very low-glycemic index (GI); gluten free



Why PGX works

Over the past two decades, scientists have discovered a great deal about the action of insulin, and about how appetite and food cravings affect our lives. People who struggle with their weight are often affected by what we call “the blood sugar roller coaster,” where blood sugar levels can rise and fall dramatically before and after meals, causing stress on many body systems and functions. Left uncontrolled, the blood sugar roller coaster can lead to many health problems – including weight gain.

The benefits of PGX

- Provides a lasting feeling of fullness
- Reduces between-meal food cravings
- Maintains healthy blood sugar and cholesterol levels

PGX is

- High in fibre
- 100% natural – from plant sources
- A great addition to any diet
- Safe
- Convenient

The new science of appetite control

Volume and viscosity: what does that mean?

Food “volume” is an easy concept to understand. The greater the volume of food in your stomach, the fuller you feel. But many popular “fast foods” provide a lot more calories than they do volume. For example, a double burger with cheese and a large order of fries represent about 1,300 calories, yet these equal only about 2 cups in terms of volume, so you consume a lot of calories before you feel full. Two cups of chopped apples, on the other hand, provide just as much volume, but only 120 calories! So, you feel just as full with far fewer fattening calories. High-fibre foods, because they absorb water and expand, create fullness with fewer calories. High-fibre PGX, which has virtually no calories, substantially increases the volume of your meals without increasing the calories.

“Viscosity” refers to the thickness of a fluid: honey is very viscous, water is not. By mixing with food and water, the highly soluble polysaccharides (fibres) in PGX expand, increasing the viscosity of your meal, thus helping to increase its volume, but also slowing down the absorption of carbohydrates. Because the carbs are absorbed more slowly, you feel full longer (meaning less between-meal snacking), and sugar is released into your bloodstream more gradually, avoiding the unhealthy blood sugar roller coaster that can trigger hunger and food cravings.

How do you know PGX is working for you?

You'll be satisfied with smaller portions – the ability of PGX to expand with water and food creates more volume in your stomach.

You'll experience a prolonged sense of fullness – the viscosity of PGX slows the digestion of your meals, which keeps you feeling full and satisfied for longer. This feeling of fullness, along with better blood sugar balance in healthy individuals, helps reduce the between-meal and evening food cravings that can add unwanted calories to your diet.

Adding PGX to your diet

Despite the widely known health benefits of soluble fibre, getting a consistent, adequate amount in the daily diet is a challenge for most people. One easy and convenient way to add more soluble fibre to the diet is through the use of PGX, which absorbs water like a sponge.

It can take time for your body to adjust to increased amounts of fibre, and PGX is no exception. The adjustments your body goes through with PGX are the same as when you add more dietary fibre such as fruits, vegetables, whole grains, and legumes to your diet. If you take PGX consistently and increase the dose gradually, allowing your body time to adapt, you will be able to consume a highly effective dose within a couple of weeks or less.

If you experience gas, bloating, or changes to your bowel movements:

- Reduce your PGX dose to the minimum, then slowly increase it, allowing your body time to adjust to the extra fibre.
- Supplement with probiotics (friendly bacteria).
- Take carminative herbs such as fennel, anise, and caraway to alleviate symptoms.
- Vitamin C and magnesium can be helpful as higher doses can promote loose bowels.
- Make sure you drink plenty of water throughout the day.

Some people may experience temporary constipation, diarrhea, or loose stools when they first start taking PGX, especially if they have not been getting enough fibre in their diet.



Helpful tips for a satisfying relationship with food

The Real Easy Program can be a comfortable, long-term way of life, rather than a “diet” you endure for a few weeks and then it fails you. This program is developed to help you embrace positive changes in lifestyle and behaviour.

High-volume, low-calorie foods

To promote satiety, you need a variety of foods each day that are low in calories and low in glycemic impact, but are high in volume and viscosity. If you take PGX before a meal and then eat these kinds of foods, your hunger will lessen and if you eat higher calorie foods later in the meal, you will be able to eat more slowly and feel satisfied with much less.

Turn away from problem foods

Should you abstain from certain foods? That depends on your honest appraisal of yourself. If you follow the principles of the Real Easy Program, unhealthy food cravings may be diminished, making it easier for you to turn away from problematic foods or to choose healthier alternatives (lower in sugar, saturated fat, and calories).

Protein, fat, and satiety

Both fat and protein contribute to a food's taste as well as its ability to initiate and maintain satiety. Even though fat is high in calories, you need healthy fats if you want to lose weight. The biggest mistake is eating too much fat and, thus, too many calories.

As little as 2 g of fat in a stomach full of food can vastly increase satiety. Certain types of fat, like the essential fatty acids (omega oils) in olive oil, avocados, nuts, seeds, fatty fish, fish oils, and coconut oil, should be consumed regularly for health and satiety. All fats contain about 9 calories per gram, so moderation is the key.

The type of fat you consume affects all your cell membranes, which are made mostly of fatty acids. Saturated fats, animal fatty acids, and trans fatty acids (from margarine, shortening, and other sources of hydrogenated vegetable oils) make membranes less fluid. Without a healthy membrane, cells lose their ability to hold water and nutrients.

The right oils for your diet are fish oils rich in omega-3 fatty acids, such as salmon, mackerel, herring, and halibut. Add a high-quality fish oil supplement to your diet to get the benefits of eating fish without the concerns about mercury, PCBs, dioxins, and other contaminants. Be sure to get 1000 mg daily of the key omega-3 fatty acids EPA and DHA.

Protein helps

Protein throughout the day helps improve appetite control. It is particularly important to start the day with a high-protein breakfast. This is where the nutritious RealEasy with PGX meal replacement shakes can come in handy. Not everyone has time to prepare a healthy breakfast, or even to have breakfast at all. One shake can replace breakfast and provide a satisfying start to the day with 25 g of protein, as well as an array of vitamins and minerals.

Other good options to help with satiety are eggs or egg whites with grilled vegetables, grilled chicken with vegetables, natural yogurt, and scrambled tofu with vegetables. Try to have a little protein with every meal. But, remember that not all protein is created equal. Meat and dairy products are common sources of protein, but can be high in fat and calories. Cheese, for example, is high in protein, but is also one of the most calorie-dense foods. (If you want to lose weight and still eat cheese, keep portions very small, about the size of your thumb.)

Legumes are a good option, as they are rich in protein and are also sources of soluble fibre. Learning to cook a variety of beans, lentils, split peas, and legume products, such as tofu, can be a great way to add protein to your meals.

How protein helps you manage your weight

Protein generally increases satiety more than fat, thereby decreasing total calorie intake. The body requires more energy to digest protein, so it burns more calories after a high-protein meal.

Satiety stars

Low-fat salads

High-fibre soups

Legumes

Low-fat stews

Raw or cooked non-starchy vegetables

Boiled whole grains



Success breeds success

Make changes that are sustainable! How can you find a healthy “way of life” you can enjoy and will follow? The key is to look at the big picture. You want a healthy lifestyle which includes healthy eating and physical activities that you can incorporate into your daily life. Make small changes you can live with and they will add up.

Cool, clear water

Maybe you're not hungry – maybe you're thirsty. In many cases, a hunger pang can be relieved by simply drinking a glass of water. Mild dehydration creates a sensation that is similar to hunger. Drink plenty of water, as well as consuming significant amounts of water in low-fat, high-fibre soups, vegetables, fruits, boiled whole grains, and other volumetric foods. The fibre in these foods holds onto the water and increases their volume. Drink plenty of water with all PGX products.

Knowing when you've had enough

Your body really doesn't know how many calories you've consumed until the food is digested and fully absorbed. This is why it is so easy to overeat. You can easily eat 2,000 calories of fast food in a few minutes and not even realize that you've eaten three times your caloric requirement for that meal. Sometime later you'll feel very full. If you're like most of us, your mother probably always warned you not to “spoil your appetite” by eating between meals. In reality, your worst enemy is excessive hunger. You will be able to eat less and moderate your portions more easily if you don't allow yourself to get really hungry. Instead, spread the calories throughout the day.

Ways to spread your calories throughout the day

- The RealEasy with PGX meal replacement shakes make for a convenient and nutritious breakfast on the run.
- Have a small healthy snack mid-morning.
- Have a healthy lunch or a second RealEasy with PGX meal replacement shake in place of either lunch or dinner. You can replace one or two of your meals daily with these delicious shakes.
- Have another healthy snack in the afternoon.



Healthy meal guidelines

6 simple tips for creating healthy meals

➞ Aim for balance

When creating a balanced meal, include a source of lean protein, a high-fibre grain or legume, vegetables, and a source of healthy fat.

➞ Think protein first

Choose leaner meats and alternatives more often, such as fish, poultry, legumes, low-fat cheeses, eggs, tofu or other vegetarian proteins, as good sources of protein. Make your protein serving about a quarter of your plate or meal, about 90 g or the size of a deck of cards for meat, poultry, and fish, or 2 eggs, or $\frac{3}{4}$ cup for legumes and tofu.

➞ Fibre it up

When it comes to adding fibre, remember – volume, colour, and be mindful of the glycemic index (GI).

Add volume and colour

Fill up half of your plate with colourful vegetables – the equivalent of two handfuls – to volumize your meal and to help you feel full longer, with lots of nutrients and little calories.

Choose low-to-medium GI foods

At each meal, choose either fruits, legumes, or whole grain products that are high in fibre and have a lower GI. The GI measures how fast and how high a consumed food raises blood sugar levels. High-GI foods are quickly turned into “sugar” and low-GI

foods are converted more slowly. Lower GI foods give your body better blood sugar control and provide sustained energy. How much? Your high-fibre carbohydrate serving should make up a quarter of your plate or meal, so about $\frac{1}{2}$ – $\frac{3}{4}$ cup of a whole grain or legumes or fruit.

➞ Use natural sweeteners

If you need sweetness, try to use natural sweeteners, such as fruits, as much as possible.

➞ Choose healthy fats

Use healthy fats more often when cooking, such as hemp seed oil, coconut oil, and olive oils. Consider trying natural nut and seed butters, bean dips, mustards, or pesto as a spread instead. Nuts, seeds, and avocados are a great way to add a source of healthy fats to your meal. Skip the gravy and rich sauces. Enhance the flavour of foods by cooking with broth, lemon juice, mustards, onions, and seasonings such as garlic, ginger, cumin, curry, spice blends, and herbs. Reduce fat used in cooking.

Try baking, grilling, poaching, roasting, sautéing with a bit of oil, steaming, or stir-frying as lower fat alternatives to regular or deep frying. Avoid any processed foods or anything with hydrogenated oil (half, full, or partial) because these are the worst fats for our health and are often found in processed foods; so look at labels carefully.

➞ Watch the salt

Limit or avoid salt (table salt or sea salt) in your cooking or adding salt to your food after cooking. Instead of salt or other seasoned salts (onion salt, celery salt, or garlic salt), use fresh or dried herbs and spices. Choose “low-sodium,” “sodium-free,” or “salt-free” food products more often. Drain the liquid from all canned products (vegetables, beans/lentils, tuna/salmon) and rinse them under running tap water to help reduce the sodium.



Healthy meal guidelines

Creating a healthy breakfast

For breakfast, we want you to eat a healthy balanced meal. This meal should contain 20–30 g of protein, be high in fibre, be voluminous, and contain low-to-medium-GI foods. The RealEasy with PGX meal replacement shakes are a balanced breakfast option, but if you want something different, follow these guidelines and don't forget to add PGX to your meals.

Healthy breakfast checklist:

- ✓ An appropriate amount of calories (up to 300 calories)
- ✓ A source of protein (20–30 g)
- ✓ A source of fibre
- ✓ Fruits and/or vegetables



50% Protein

50% Fibre



Water
Herbal tea



Fruits
Vegetables
Whole grains
Legumes

Healthy breakfast ideas

Egg white vegetable omelette (½ cup egg whites, 1 cup vegetables), 1 slice sprouted grain bread

Egg white vegetable omelette (½ cup egg whites, 1 cup vegetables), 1 cup fruit salad, 1 Tbsp almonds

1 cup cottage cheese, ½ cup sliced strawberries, 2 Tbsp slivered almonds, sprinkled with cinnamon or nutmeg (optional)

¾ cup Greek yogurt, ½ cup fresh fruit, 2 Tbsp slivered almonds, 2 tsp chia seeds, 1 tsp maple syrup, sprinkled with cinnamon or nutmeg (optional)

2 eggs scrambled, tomato salsa, 1 cup cut melon, small whole grain tortilla wrap

1 egg poached, 1 slice sprouted grain bread, 1 small orange, ½ cup Greek yogurt

1 slice sprouted grain bread, 2 tsp peanut butter, 1 fresh apple, 1 hard-boiled egg

1 cup baked beans, ¾ cup grilled vegetables, 2 Tbsp low-fat shredded cheese

2 slices sprouted grain bread, 2 Tbsp hummus dip, topped with slices of tomatoes and cucumber, and sprinkled 1 Tbsp low-fat feta cheese

½ cup measured dry regular/large flake rolled oats then cooked, ½ cup Greek yogurt, 1 Tbsp hulled hemp seeds, ½ cup fresh or defrosted frozen fruit

1 whole wheat English muffin, 1 egg (poached or hard boiled), 1 slice of cheese (28 g), slices of tomato, 1 small fruit

Healthy meal guidelines

Creating a healthy lunch or dinner

For the lunch or dinner meal, we want you to eat a healthy balanced meal. This meal should contain 20–35 g of protein, be high in fibre, be voluminous, and contain low/medium-GI foods. Please check the next page for recommended portions.

Healthy lunch/dinner checklist:

- ✓ An appropriate amount of calories (up to 500 calories)
- ✓ A source of protein (20–35 g)
- ✓ A source of fibre
- ✓ A considerable amount of vegetables and some fruits

Water
Herbal tea

Soup or
salad with
light dressing

25%
Whole grains
Legumes

May also include
a starch vegetable

50%
Non-starch
vegetables

25%
Lean protein

Healthy meal guidelines

Creating a healthy snack

To make healthy snacking easier, plan ahead. Add healthy snacks to your shopping list. Prepare and pack healthy snacks the night before so they are easy to grab in the morning. Have nutritious snacks available at home, at work, and in the car to avoid snacking on junk food or overeating at mealtimes.

A great snack usually includes a protein (egg or nuts) and a fibre source (PGX, vegetables, or fruits). The fibre source and protein both contribute to longer-lasting energy and fullness. The combination also helps balance blood sugar, preventing the blood sugar roller coaster.

When it comes to snacking, always think:

What are my sources of protein and fibre?



150-calorie snack options

Below are snack options within the 150-calories range. The servings are approximate, so read the nutrition labels and adjust the serving size accordingly.

½ cup Greek yogurt (0–2%) and 1 cup frozen berries

½ cup yogurt with 1 Tbsp ground mixed nuts/seeds and ½ cup berries

¼ cup hummus and 2 cups of vegetables (e.g., carrots, broccoli, celery, cauliflower, peppers)

½ whole wheat pita with 3 Tbsp hummus and some cucumber slices

1 Tbsp nut butter and 1 slice sprouted grain bread or whole wheat tortilla

1 Tbsp nut butter and 1 apple or some celery

12 cashews or almonds and a fruit (e.g., apple or pear)

1 small can of tuna drained or ½ a regular can of tuna with 2–3 olives and lemon juice on some whole grain crackers (100 calories about 4–6 multi-grain crackers)

¾ cup edamame

1 small fruit and 1 boiled egg

Yogurt treat: combine a 100-calorie serving of yogurt with ¼ cup blueberries and 2 tsp sliced almonds or pumpkin seeds

24 cashews or almonds or 14 walnut halves

Healthy meal guidelines

Appropriate portions



Low-GI fruit choices

Whole fruit or 1 cup (3–6 g fibre)
100–150 calories per meal

Apple
Apricots
Blueberries
Cherries
Dates
Grapefruit*
Grapes
Mango
Nectarines
Oranges or mandarins
Peaches
Pears
Plums
Raspberries
Strawberries

*A note about grapefruit:

Be careful with grapefruit if you are taking cholesterol-lowering medications. Consult your health care practitioner to make sure grapefruit is safe for you.



Non-starch vegetable choices

Be mindful of added fats
About 2 cups per meal

Asparagus	Kale
Bean sprouts	Kohlrabi
Bok choy	Leeks
Beet greens	Lettuce
Broccoli	Mushroom
Brussels sprouts	Okra
Cabbage	Onions
Cabbage (green, red, savoy, or Chinese)	Capsicum
Cauliflower	Radishes
Celery	Spinach
Collards	Tomatoes
Cucumber	Turnips
Eggplant	Watercress
Green onions	Zucchini
Green beans	

Quick tips:

To add flavour, try some lemon or lime juice, fresh herbs (coriander, basil, parsley, etc.) or spices and seasonings such as garlic powder, dill, basil, rosemary, oregano, turmeric, curry, etc.

Strapped for time? Use bagged or prepackaged salads or frozen vegetables.





Whole grain, starch vegetables, and legume choices

Low and medium GI
About 2 cups per meal

Barley (pearled).....	1/2–3/4 cup
Beans.....	1/2–3/4 cup
Brown rice.....	1/2–3/4 cup
Chickpeas.....	1/2–3/4 cup
Corn, kernels.....	3/4–1 cup
Crispbread.....	3–4 slices
Farro.....	1/4 cup
Lentils.....	1/2–3/4 cup
Oats, steel cut, dry.....	1/4 cup
Oats, regular, dry.....	1/3–1/2 cup
Parboiled rice.....	1/2–3/4 cup
Pita, 100% whole grain.....	1/2–1 pita
Potato.....	1/2–1 small
Pumpnickel bread.....	1–1 1/2 slice
Quinoa.....	1/2–3/4 cup
Rye bread.....	1–1 1/2 slice
Sprouted bread.....	1–1 1/2 slice
Squashes.....	1–1 1/2 cup
Sweet potato.....	2/3–1 cup
Vermicelli/rice noodles.....	1/2–3/4 cup
Wheat berries (dry).....	1/4 cup
Whole wheat pasta.....	1/2–3/4 cup



Vegetarian protein choices

20–35 g of protein per meal

Beans.....	1 cup, 15 g of protein
Cheese.....	1 cup, 15 g of protein
Chickpeas.....	1 cup, 15 g of protein
Egg.....	7 g of protein
Lentils.....	1 cup, 18 g of protein
Nuts.....	28 g or 2 Tbsp, 6–8 g of protein
Nut butters.....	28 g or 2 Tbsp, 6–8 g of protein
Tempeh.....	120 g, 20 g of protein
Tofu.....	120 g, 9 g of protein
Seeds.....	28 g or 2 Tbsp, 6–8 g of protein
Yogurt	
Plain 0–2%.....	3/4 cup (175 g), 2–6 g of protein
Greek 0–2%.....	3/4 cup (175 g), 15–18 g of protein



Protein choices

Between 75 and 120 g in weight

20–35 g of protein per meal

Chicken (skinless).....	20–35 g of protein
Beef (lean).....	0–35 g of protein
Egg.....	7 g of protein
Fish.....	18–30 g of protein
Lamb.....	18–30 g of protein
Pork (lean).....	18–35 g of protein
Turkey (skinless).....	18–35 g of protein
Tuna (1/2–1 can water, drained).....	20–35 g of protein
Salmon (1 can drained).....	15–30 g of protein
Prawns.....	18–27 g of protein

A note about beans:

If you are having beans or legumes, balance your meals as follows:
1/2 cup of legumes + 1/2 cup of low-GI starch and 50 g of meat (optional)



Healthy fat choices

100–150 calories per meal (optional)

Avocado (1/2).....	50 kcal
Avocado oil.....	1 Tbsp approx. 100–120 kcal
Coconut oil.....	1 Tbsp approx. 100–120 kcal
Hemp seed oil.....	1 Tbsp approx. 100–120 kcal
Nuts.....	28 g, 175–200 kcal
Nut butters.....	1 Tbsp approx. 100–120 kcal
Olive oil.....	1 Tbsp approx. 100–120 kcal
Seeds.....	28 g, 175–200 kcal
Seed butters.....	1 Tbsp approx. 100–120 kcal



RealEasy™

with PGX®