

THE METABOLIC LIFESTYLE KIT, FOOD GUIDE, AND TIPS FOR SUCCESS

READY FOR A NEW LIFE

HELP RESTORE THE ENERGY PATHWAYS OF YOUR
BODY THAT REGULATE:

- + Efficient Fat Burning Metabolism*
- + Sustainable Energy*
- + Focus & Memory*
- + Gut Health*
- + Sleep

The human body is a biochemical factory housed in a bioelectrical machine. Science has now shown us that the proper support of both functions is essential in the achievement of optimal health and effective weight management. This is why dieting alone has not been proven to produce sustainable results.*

We believe the key to sustainability is best achieved by combining healthy food choices with the **BIO-RES** products. This exclusive line of products is designed to provide a flow of resonant energy to the specific pathways of your metabolism that manage proper weight control and sleep.*

Alovéa is excited to introduce its revolutionary Metabolic Lifestyle Kit. This kit provides Alovéa's cutting-edge product technologies, a healthy food guide, and tips for success that all contribute to the restoration of your efficient fat-burning metabolism.*

Welcome to your new life!



alovéa



The Metabolic Lifestyle Kit For the Restoration of an Efficient Fat-Burning Metabolism*

METABOLIC LIFESTYLE KIT



1. **HEALTHY FOOD GUIDE**

Includes Tips for Success

2. **PRIME SHAKES**

Nitro-boosting, premium plant protein breakfast drink. Protein can raise your Basal Metabolic Rate up to 30% for about 4 hours.*

3. **ALOVÉA FOCUS+™**

Morning/Afternoon “Brain Energy Charge”. A unique nootropic blend of neurotransmitting nutrients and amino acids designed to clear the fog while activating focused energy.*

4. **BIO-RES THERMO™**

Formulated to provide a flow of resonant energy to your body’s bioelectrical pathways that help regulate fat metabolism, satiety, and cravings. Designed for morning and afternoon use.*

5. **BIO-RES SLEEP™**

Formulated to provide a flow of resonant energy to your body’s bioelectrical pathways that help regulate your most efficient sleep patterns. Designed to be used before bedtime*

FOOD GUIDE NOTE

Research has shown two amazing facts:

1. No one diet trumps all others in it’s effectiveness.
2. The most effective diet is the one a person can stick with over time.

The purpose of the Healthy Food Plan and Tips for Success is to provide you a wide range of healthy food choices that can best support your body’s core metabolic functions. Eat what makes you feel best from the list of healthy food choices for your lunch and dinner meals.

Metabolic Lifestyle Food Guide

BEST FOOD OPTIONS UNTIL YOU HIT YOUR GOAL WEIGHT

HEALTHY FATS	PROTEINS	HEALTHY CARBS	HEALTHY EXTRAS
<p>FOODS</p> <p>Almonds, Avocado, Cheese (any variety), Coconut Milk (whole unsweetened), Cream, Cream Cheese, Ghee, Half & Half, Whole Milk, Nut Butters (no sugar added), Nuts (any plain raw or salted), Olives, Plain yogurt (whole), Seeds (any plain raw or salted), Sour Cream (whole), Whipping Cream</p> <p>OILS</p> <p>Avocado Oil, Coconut Oil, Grapeseed Oil, Olive Oil, Walnut Oil</p>	<p>ANIMAL SOURCES</p> <p>Beef, Buffalo, Cheese (any variety), Chicken, Crab, Eggs (whole), Fish, Lamb, Milk (whole), Pork, Poultry, Salmon, Scallops, Shrimp, Turkey, Venison, Wild Game, Protein drinks without sugar</p> <p>VEGETABLE SOURCES</p> <p>Edamame, Pea Protein, Garbanzos/Chick Peas, Tempeh (grain-free), Quinoa, Vegan Protein drinks without sugar</p>	<p>FRUITS</p> <p>Avocados, Tomatoes, Berries (any kind - limit 2-4 servings per week), Granny Smith Apples, Lemons (and juice), Limes (and juice)</p> <p>VEGETABLES (unlimited daily servings)</p> <p>Arugula, Asparagus, Bamboo Shoots, Basil, Bell Peppers, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Chives, Collard Greens, Cucumber, Daikon, Dill, Eggplant, Endive, Escarole, Fennel, Garlic, Ginger, Grape Leaves, Green Beans, Hearts of Palm, Herbs, Jicama, Jalapeños, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Onions, Parsley, Radishes, Radicchio, Seaweed, Shallots, Snap Beans, Snap Peas, Snow Peas, Sorrel, Spaghetti Squash, Spinach, Sprouts (any variety), Summer Squash, Sweet Potato, Swiss Chard, Thyme, Turnip Greens, Wheat Grass, Zucchini</p>	<p>EXTRAS</p> <p>Almond Milk (unsweetened), Balsamic Vinegar, Bragg's Liquid Aminos, Salad Dressing (full fat, avoid sugar or unapproved oils), Coffee (in moderation), Hemp Milk (unsweetened), Hot Sauce (no sugar), Nutritional Yeast, Salsa (fresh), Sea Salt, Spices</p>

OPTIONAL CHOICES

(Limit these foods to a few times a week until your weight goals are achieved)

ADDITIONAL VEGETABLES	ADDITIONAL FRUITS	ADDITIONAL GRAINS
<p>Acorn Squash, Artichokes, Beans (~3/4 C per serving), Butternut Squash, Carrots, Cassava, Cowpeas, Leeks, Lentils, Okra, Parsnip, Pickles, Pumpkin, Split Peas, Sweet Potato, Turnip, Winter Squash, Yam, Yuca</p>	<p>Apple, Apricot, Cantaloupe, Cherries, Dragonfruit, Grapefruit, Honeydew, Kiwi, Mango, Nectarine, Orange, Passion fruit, Peach, Pear, Persimmon, Plum, Pomegranate, Tangerine, Watermelon</p>	<p>Barley, Brown Rice, Buckwheat groats (kasha), Bulgar Wheat, Millet, Oats (steel cut), Rye, Semonlina (whole grain dry), Tapioca, AkMak Crackers, Breads (Ezekiel seed, or whole grain), Hot Cereals, Pastas (whole grain), Tortillas (whole grain), Wasa Crackers</p>

Tips for Success



PROTEIN

Protein can raise your basal metabolic rate as much as 30% for up to 4 hours which is an important factor in the restoration of an efficient fat-burning metabolism. Protein is also important for detoxification and satiation. That's why we recommend protein at every meal until you achieve your goal weight.

FAT

It takes fat to burn fat! Healthy fats are building blocks for our hormones, brain and nerve tissue, protective layers of our cells, and help combat chronic inflammation (CI). CI is a major disruptor to fat metabolism. CI can cause severe damage to the mitochondria (tiny engines in your cells that convert glucose and fat into energy) and cause resistance to the hormones that help manage hunger, cravings, and the storage or release of fat or fuel.

WATER

Drinking clean water throughout the day will help flush toxins out of your body and keep you properly hydrated.

CARBOHYDRATES

Eat healthy vegetables (complex carbs) at any meal. Simple carbs, like white bread, have little nutritional value and can easily be converted into sugar in your body. Try to limit your total carbohydrate intake to about 20% of your meal.

SUGAR

Sugar both drives fat storage and makes the brain think it is hungry, setting up a vicious cycle. According to one of the world's leading experts on sugar, UCSF Neuroendocrinologist, Dr. Robert Lustig, "Sugar is more addictive to the brain than cocaine and high-fructose corn syrup is even worse." High sugar intake is a major disruptor to both your biochemical and bioelectrical metabolic functions. Excessive sugar intake is the single biggest nutritional influencer to becoming overweight or chronically ill.*

THE PROGRAM

MORNING:

Drink your PRIME protein shake.
7 Sprays of BIO-RES THERMO™.

LUNCH:

Eat a healthy protein and fat-focused meal (veggies anytime).

AFTERNOON:

7 Sprays of BIO-RES THERMO™.

DINNER:

Eat a healthy protein, fat, and a small-portion carbohydrate focused meal.

ALOVÉA FOCUS+™:

Anytime morning or afternoon you want a focused brain energy boost. First thing in the morning can help lift the fog and boost your energy. (Try it hot for a great coffee substitute.)*

BEFORE BED:

7 Sprays of BIO-RES SLEEP™.
3-4 sprays if you wake up during the night.

EXERCISE

Try achieving 10,000 steps a day. As a sugar burner, you can't really access your fat cells very efficiently, so you'll tend to break down muscle if you attempt long, intense workouts. Walking or just getting in your steps is also very good for overcoming hormone sensitivities.

SLEEP

Try getting 7-9 hours of sleep per night. BIO-RES SLEEP™ will help you achieve this goal. This is extremely important in the restoration of an efficient fat-burning metabolism. As examples, IGF-1 fat-burning hormones are created and released during certain stages of sleep. Different stages of sleep are necessary for clearing the brain of chemical debris created by its daily combustion of energy. If not cleared, these free radicals can build up, causing major disruption to your metabolism.*

Effective sleep will be supported by your BIO-RES SLEEP™ product.*

IF YOU ARE PLATEAUING BEFORE GOAL WEIGHT IS ACHIEVED:

1. Try eating more healthy fats. Remember it takes fat to burn fat.
2. Try Intermittent Fasting – confine all daily food consumption to an 8-hour period.
3. Get more sleep (at least 8 hours).
4. Walk more.

WHAT TO DO FOR BEST RESULTS

Avoid sugar, white bread, alcohol, and processed foods.

PARTNER UP

Find an accountability partner. Do it together and HAVE FUN!

IMPORTANT NOTES

1. This is a guide to a healthy eating program. Don't worry about counting calories. It's not a diet.
2. If you need to snack, try eating seeds, nuts, olives, boiled (deviled) eggs, cheese or avocados. (Any Keto-friendly snack will provide a healthy protein/fat snack.)
3. 80/20 Rule. This is not a calorie-counting, all or nothing program. If you follow this program at least 80% of the time, you can achieve the results you want. Following this program more than 80% of the time will just speed up the time it takes to achieve your goal weight.

*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.