



bodykey  
by NUTRILITE™

Personalized Meal Plans



What 4 better choices will you make today?

Making better, smarter choices is the key to managing your weight. The BodyKey™ program helps you do that every day, with delicious shakes, bars, snacks and weight management support that all work with your lifestyle.

## The BodyKey™ 4 Plan

The BodyKey™ 4 Plan is the weight management approach that's designed to fit your life. It's as simple as making four better choices every day—BodyKey™ shakes, bars, snacks and exercise, in any combination. The BodyKey™ 4 Plan has already been incorporated into each of our personalized meal plans. Each plan is available in 1,500 and 1,800 calorie options.

## Meal Plans Based on Your DNA

Would you benefit from a Carb Reducer™, Fat Trimmer™, or Better Balancer™ plan? To find out which meal plan is most appropriate for your DNA, take the Inherent Health® Weight Management Genetic Test included in your Jump Start Kit.

If you want more structure while you're waiting for your test results, or you prefer not to take the test, the BodyKey™ Get Started meal plan is a great way to begin. This well-balanced plan includes whole grains, lean proteins and plenty of fruits and vegetables, and the BodyKey™ 4 Plan is incorporated into the daily menu. When your test results arrive, simply switch to the meal plan customized for your DNA.



The BodyKey™ Get Started meal plan balances all of the food groups, but focuses on portion size to support weight management and healthy lifestyle changes.

**CARBS**

Brown rice, black beans, whole-grain bread and starchy vegetables such as sweet potatoes provide healthy complex carbohydrates to fuel your body.

**PROTEIN**

An appropriate balance of healthy, lean proteins and fats from fish, chicken, eggs, cheese and pork make this meal plan easily adoptable for most individuals.

**FAT**

Avocados, nuts, seeds and healthy cooking oils are primary sources of healthy fats that are essential to our ability to absorb vitamins and maintain proper hormone levels.

**NUTRILITE® PRODUCTS**

In addition to tasty BodyKey™ products, supplement your BodyKey™ Get Started meal plan with **Nutriline® Glucose Health** and **Nutriline® Slimmetry®** Supplements.

Sample daily meal plan

- 50% of calories from carbs
- 25% or more from protein
- 25% or less from fat

**BREAKFAST**

- BodyKey™ Meal Bar
- 1 small banana

**SNACK**

- 1 cup nonfat, plain yogurt
- 1 small apple

**LUNCH**

- Turkey and black bean salad
- 1 cup melon

**SNACK**

- BodyKey™ High Protein + Fiber Bar

**DINNER**

- Broiled chicken
- 1 large sweet potato
- 1½ cups steamed vegetables
- 1 cup berries



The Carb Reducer™ meal plan includes larger portions of proteins such as lean meat, fish, cheese and eggs. Refined carbohydrates like breads, pastas and sweets are limited.

### CARBS

Although this plan has the lowest proportion of carbs, it gives you plenty of healthy fuel from whole-grain sources such as brown rice, whole grain bread and oatmeal.

### PROTEIN

Because a higher proportion of protein is recommended, many of the recipes call for lean sources of protein such as chicken, pork or fish.

### FAT

A few more calories from fat are allowed in this plan, so you can enjoy foods like nuts and avocados, as well as cooking with oil and dressings.

### NUTRILITE® PRODUCTS

In addition to eating delicious BodyKey™ products, supplement the Carb Reducer™ meal plan with Nutrilite® Carb Blocker and Nutrilite® Slimmetry® Supplements.

## Sample daily meal plan

- 40% or less from fat
- 35% of calories from carbs
- 15% or more from protein

### BREAKFAST

- BodyKey™ Meal Replacement Shake
- 1 cup milk or nonfat, plain yogurt
- 1 cup berries

### SNACK

- BodyKey™ Mixed Nuts & Pumpkin Seeds
- 1 small banana

### LUNCH

- Peanut butter sandwich
- 1 cup nonfat, plain yogurt
- 1 small apple
- 2 cups raw vegetables
- ¼ cup hummus

### SNACK

- BodyKey™ Whole Grain Tortilla Chips
- 1 cup melon

### DINNER

- Veggie burger
- 1 cup lettuce/tomato/onion
- 1 cup steamed vegetables
- 1 cup milk or nonfat, plain yogurt



The Fat Trimmer™ meal plan includes a larger volume of fruits, vegetables and whole-grain foods. Protein foods and fats are reduced.

### CARBS

This meal plan includes the highest proportion of filling carbohydrates, such as whole-grain rice, whole wheat pasta and foods like bread and crackers.

### PROTEIN

Protein from meat is typically higher in fat, so instead of high-fat protein sources like meat, cheese and eggs, this plan emphasizes plant and vegetable proteins such as legumes.

### FAT

Although this plan includes the lowest percentage of calories from fat, it does allow a moderate amount of healthy fats so you can enjoy foods such as nuts and salad dressing in smaller quantities.

### NUTRILITE® PRODUCTS

In addition to BodyKey™ products, supplement the Fat Trimmer™ meal plan with Nutrilite® CLA 500 and Nutrilite® Slimmetry® Supplements.

## Sample daily meal plan

- 55% of calories from carbs
- 30% or less from fat
- 15% or greater from protein

### BREAKFAST

- BodyKey™ Meal Bar
- 1 cup nonfat, plain yogurt
- 1 cup berries

### SNACK

- BodyKey™ Slim Popcorn
- 1 small apple

### LUNCH

- Turkey avocado sandwich
- 2 cups raw vegetables
- 7 whole grain crackers

### SNACK

- BodyKey™ Wellness Bar
- 1 small banana

### DINNER

- Black bean stir-fry
- 2 cups salad greens
- 1 cup chopped raw vegetables
- 2 tablespoons dressing
- 1 cup melon



## Better Balancer™



The Better Balancer™ meal plan offers a wide variety of food choices, in smaller portions to cut calories.

### CARBS

To properly fuel your body, healthy, whole-grain sources of carbohydrates are emphasized, including multigrain tortillas, oatmeal, whole-grain pasta and starchy vegetables like squash, peas, and potatoes.

### PROTEIN

Lean protein sources such as egg whites, cottage cheese and a variety of lean meats are recommended on this meal plan.

### FAT

Cooking with healthy oils like olive and canola as well as eating staples such as avocados and nuts provide a balanced amount of fat.

### NUTRILITE® PRODUCTS

In addition to delicious BodyKey™ products, supplement the Better Balancer™ meal plan with Nutrilite® Glucose Health and Nutrilite® Slimmetry® Supplements.

## Sample daily meal plan

- 50% of calories from carbs • 35% or less from fat
- 15% or more from protein

### BREAKFAST

- Scrambled eggs with vegetables
- 2 slices whole grain toast
- 1 cup melon
- 1 cup milk or nonfat, plain yogurt

### SNACK

- BodyKey™ Wellness Bar
- 1 small apple

### LUNCH

- BodyKey™ Meal Replacement Shake
- 2 cups raw vegetables
- 1 small banana

### SNACK

- BodyKey™ Whole Grain Tortilla Chips
- ¼ cup salsa

### DINNER

- Green salad with chickpeas



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Have a question?

Call your Amway Independent Business Owner (IBO) or contact  
Customer Service at [customer.service@amway.com](mailto:customer.service@amway.com) or at 800-253-6500.

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