

# TR90™ WEIGHT MANAGEMENT PROGRAM GUIDE

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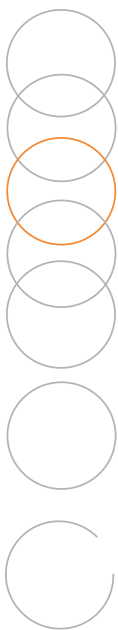


NU SKIN  
THE DIFFERENCE. DEMONSTRATED.®



# TR90™ WEIGHT MANAGEMENT PROGRAM GUIDE





 ageLOC®

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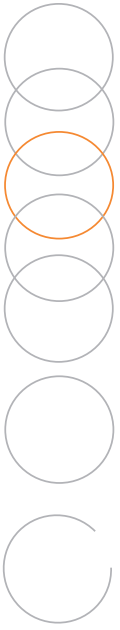




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# WELCOME TO AGELOC<sup>®</sup> TR90<sup>™</sup>

TRANSFORM YOUR LIFE IN **90 DAYS**

Introducing a breakthrough weight management and body shaping system, based on highly innovative gene expression science, that unifies your mind and body for a leaner younger looking you.

This guide is designed to help you understand the basics of the ageLOC TR90 system, which you will follow during this exclusive 90-day weight management program.

The comprehensive ageLOC TR90 program consists of innovative ageLOC products, a simple eating plan, and complete exercise programs.

Now's the time to start building a leaner, healthier, happier you. Let's get started!

# STEP 1 | IDENTIFY YOUR WHY

If you have a motivating reason to become healthier, you will be more successful in your weight management program. Many hope to regain the ability to participate in sports and other physical activities. Others wish to generally improve their quality of life by looking and feeling better to improve their health, and some wish to make changes in order to better support their children.

## SECTION 1—WHAT/WHY

Explain why you have chosen to participate in the ageLOC TR90 Program. If you have any specific transformation goals, describe them and explain the “why” behind these goals.

### MY WHAT/WHY:

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6  
DRESS SIZE

5  
EXERCISE 5 DAYS A WEEK

23  
BODY FAT PERCENTAGE

10  
RUN IN A 10K RACE

45  
MINUTES OF EXERCISE



## SECTION 2—YOUR TRANSFORMATION NUMBER

**Create** and communicate your personal transformation through a compelling story and transformation number that is completely unique to your ageLOC TR90 experience.

**10** Amy's number is 10 because she wants to run in a 10k race. TR90 has helped motivate her to get into shape and get moving. She has created new habits that have changed her body and health.

This can be any number you choose. It doesn't matter if it is high or low, only that it has personal meaning for you. Your number can be a clothing size, pounds lost, or hours per week spent enjoying physical activities. Remember, the important thing is that it represents your personal goal.

2. YOUR TRANSFORMATION NUMBER:	
YOUR NUMBER	WHY:
	_____
	_____
	_____
	_____

## STEP 2 | SNAP YOUR DAY 1 PHOTOS

Camera shy? Not for long! Once you reach your goals, you'll be excited to share your success with others. Make sure to take your Day 1 **before photos**..

Taking good quality before and after photos is key for you and others to see your transformation. Take quality photos every 30 days to visually see your changes.

### PHOTOGRAPHY REQUIREMENTS

A great way to share your transformation is with photos. Below are guidelines to help ensure your photos meet Nu Skin's legal requirements:

- Photos must be original and may not be retouched or modified with programs such as Photoshop.
- Include the date the photos were taken.
- Use the high-definition setting on your camera or smartphone.
- Any photos used for marketing materials will require prior legal approval and your consent.
- Use the same lighting, camera angle, clarity, and pose in all photos.
- Take photos in front of a solid background.
- Take a photo from the front, side, and back.
- Wear the same form-fitting exercise clothing in all photos, preferably in solid colors.

# DAY 1 | BEFORE PHOTOS



FRONT PHOTO

SIDE PHOTO



BACK PHOTO



## STEP 3 | RECORD YOUR PROGRESS

Grab your TR90 tape measure, included in your kit, to take your current measurements. Record them in the Day 1 column in the chart below. Track your progress and transformation by taking and recording your measurements on days 15, 30, 60, and 90.

	DAY 1	DAY 15
DATE		
HEIGHT		
WEIGHT		
BMI		
BODY FAT %		
UPPER ARM		
CHEST		
WAIST		
HIPS		
THIGH		
CALF		



## STEP 4 | KNOW THE PROGRAM

**Review** the recommended product usage, eating plan, and exercise guidelines provided in this program guide so you can take full advantage of this tools.

## STEP 5 | TRACK YOUR SUCCESS DAILY

**Track your success daily** in this program guide (page 90). Tracking will allow you to identify patterns, pitfalls, and triumphs, so you know what's working and what's not. Make sure to describe any changes in mood, appetite, cravings, or body appearance in the notes section (page 94) of the daily tracker.

## STEP 6 | BE ACCOUNTABLE

**Actively managing** your weight is personal; however, there is real power in sharing your goals with someone else—especially someone working toward similar goals. We encourage you to share your goals with another program participant, a family member, or your Nu Skin leader during the first week of this program. Then share your experiences during your 90-day journey to strengthen your motivation and determination. You can also enlist friends or family as accountability partners.



## STEP 7 | BEGIN YOUR TRANSFORMATION STORY

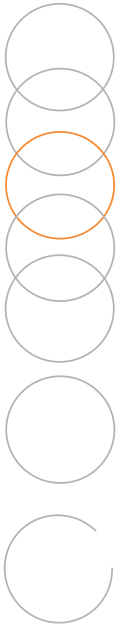
As you participate in the ageLOC TR90 program, think about how you will share your transformation story. This story will tell others about your experience, how the program has improved your life, and how it will impact your business going forward.

To begin writing your transformation story, go to page 56 of this guide.



*TR90 Vanilla Orange - Berries Shake*

*Recipe on page 63*



# AGELOC<sup>®</sup> TR90<sup>™</sup>

WEIGHT MANAGEMENT PROGRAM

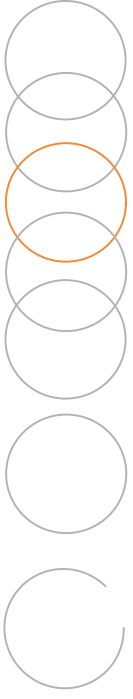


COMPONENTS



3 PROGRAM COMPONENTS CLINICALLY SHOWN  
TO HELP YOU LOOK LEANER AND HEALTHIER IN  
90 DAYS





# AGELOC TR90 PRODUCTS

At the core of the clinically-proven ageLOC TR90 system are our newest members of the “super class” of ageLOC products.

## OPTION 1

## OPTION 2



TRIMSHAKE PACKAGE

GREENSHAKE PACKAGE

## AT-A-GLANCE AGELOC TR90 PRODUCT REGIMEN

AGELOC TR90 PRODUCTS	MORNING	NOON	EVENING
ageLOC TR90 JumpStart Days 1-15	1 packet mixed in water or favorite beverage, hot or cold		
ageLOC TR90 Fit* Days 1-90	1 capsule	1 capsule	1 capsule
ageLOC TR90 Control* Days 1-90	2 capsules		2 capsules
ageLOC TR90 TrimShake or GreenShake Days 1-90	2 Shakes per day: 1 scoop TrimShake or GreenShake and 15g additional protein from a second scoop of TrimShake or GreenShake, other food sources or (optional) Protein Boost		
(Optional) ageLOC TR90 Protein Boost	Use 1 scoop of (optional) Protein Boost for 15g of additional protein.		

\*Take 15-20 minutes before meals

Take each product according to label directions. Take ageLOC Fit, ageLOC Control, and ageLOC TrimShake or GreenShake each day for the entire 90-day program.

LifePak, ageLOC Vitality and other Pharmanex products are complementary to the ageLOC TR90 program, and you may continue using them.

AGELOC TR90 **JUMPSTART**: The perfect product to get you primed and ready for success. By resetting your body's balance, you can see the beginnings of success in just 15 days.

Jumpstart was designed for use during the first 15 days of the program, but can also be used on an ongoing basis for people seeking additional support.



AGELOC TR90 **FIT**: A great way to get your body on track for success with the TR90 system.



AGELOC TR90 **CONTROL**: A key component to make it easier to stay on the path to success with the TR90 system.



AGELOC TR90 **GREENSHAKE**<sup>\*</sup>: A delicious lactose-free, gluten-free, soy-free shake, using vegetarian proteins. It also includes the following greens: wheat grass, alfalfa, spirulina, chlorella, beet root, spinach, and barley.



AGELOC TR90 **TRIMSHAKE**: An excellent and delicious solution that removes the guesswork, giving you a quality source of protein, whey isolate, that you need while helping you control calories. Available in both chocolate and vanilla.



An optional addition to your TR90 program: TR90 **PROTEIN BOOST**: Includes a combination of vegetarian-sourced proteins of rice and pea, this shake mix is formulated to be gluten-free, lactose-free and is sweetened with the natural sweetener stevia. Add a scoop of TR90 Protein Boost to your TrimShake or GreenShake to “boost” your shake to the recommended 30 grams of protein.



<sup>\*</sup>Clinical studies demonstrating the benefits of the ageLOC TR90 system were conducted using ageLOC TR90 TrimShake which is the recommended shake for the TR90 system.



# LEVERAGING AGELOC SCIENCE

To unify body and mind in powerful partnership

MIND & BODY



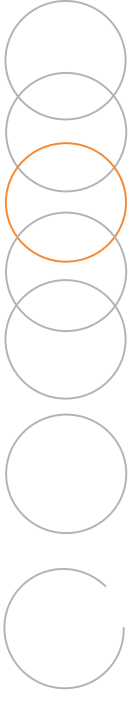
MIND



BODY







# AGELOC TR90 EATING PLAN GUIDING PRINCIPLES

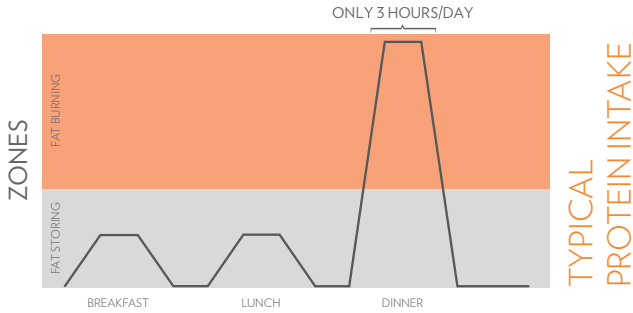


An important part of the ageLOC TR90 system is the simple eating plan—a scientifically-advanced, safe, and balanced plan designed to promote healthy weight management. There are **three guiding principles** that will help you create your eating plan: **Protein Intake, Calorie Awareness, and Selecting the Best Options.**

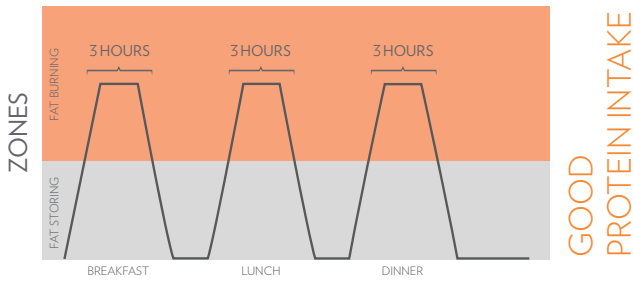
## PROTEIN INTAKE

The ageLOC TR90 eating plan focuses on improving metabolism and maintaining and building lean muscle mass by **leveraging lean proteins that help your body burn rather than store the food you eat.** Many people eat most of their protein later in the day, but this program encourages you to **eat lean protein evenly spaced throughout the day to help maximize your metabolism.**

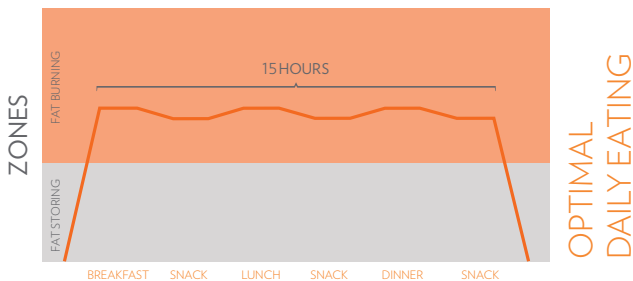
Below are three graphs that illustrate the benefits of eating protein evenly throughout the day to keep your body in the fat-burning zone.



Most people consume the majority of their daily protein during their main meal, typically dinner. Consequently, they only surpass the 30 gram threshold required to keep their body in the fat-burning zone once per day, or for approximately 3 hours.



To provide your body with the optimal amounts of protein necessary to stay in the fat-burning zone, consume at least 30 grams of protein at each of your three main meals. This will keep your body in a fat-burning state for up to 9 hours per day.



If you eat a snack 1-2 hours after a meal that contains 30 grams of protein, you extend the time that you are in the fat-burning zone for an additional 2 hours. So, for every meal you consume with 30 grams of protein, you can be in the fat-burning zone for up to 5 hours. By adding 3 snacks following each of your three meals, you can be in the fat-burning zone for up to 15 hours per day.

## 30/30/30—OPTIMAL PROTEIN INTAKE

Consuming optimal protein throughout the day is an important step in making a healthy transformation. A simple way for you to remember how much protein you need each day is **30/30/30**: **30 grams** of protein in each meal, 3 times a day. Making sure you consume **30 grams** of protein at breakfast, lunch, and dinner will help maintain muscle mass (your body's metabolic engine) to keep you in the fat-burning zone.





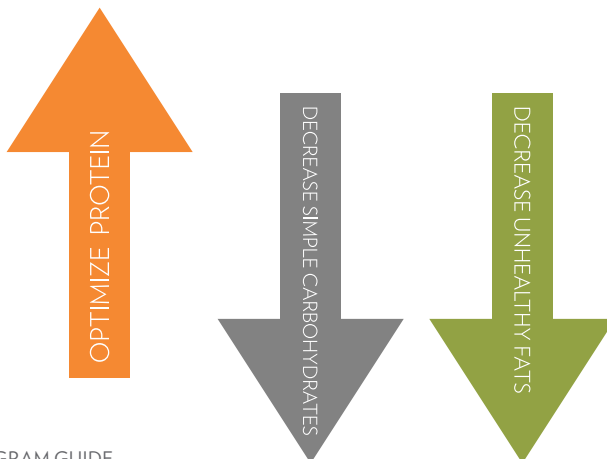
## CALORIE AWARENESS

Not all calories are created equal. Eating the right combination of macronutrients is important for body transformation. Optimizing your protein intake throughout the day is essential to staying in the fat-burning zone. Just as important, is being aware that overall daily calorie consumption is key to your transformation. Put an emphasis on calories from protein and complex carbohydrates, and reduce calories from simple carbohydrates (carbs) and fats, especially unhealthy fats.

**TYPICAL DIET:** DECREASE IN ALL NUTRIENTS



**TR90 PROGRAM:** OPTIMIZE PROTEIN (30/30/30), DECREASE SIMPLE CARBS AND UNHEALTHY FATS





## SELECTING THE BEST OPTIONS

Making the best food choices as you follow the eating plan is essential to your success on the TR90 program. Here are some examples of food in the same category but with different nutritional values

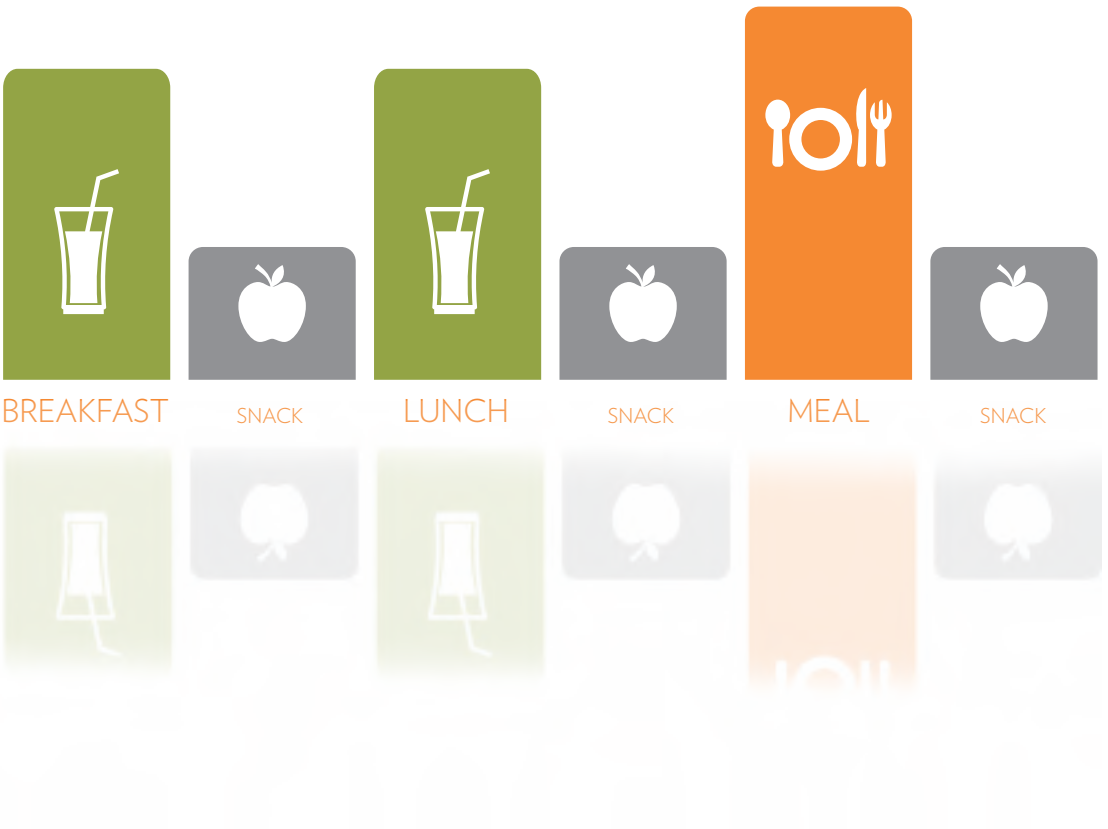
4 oz. of **steak** has 30 grams of protein and 229 calories.

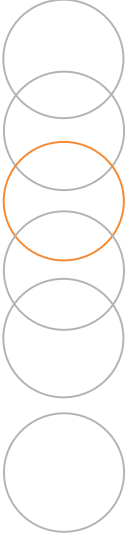
4.5 oz. of **chicken** has 30 grams of protein and 165 calories.

3.5 oz. of **fish** has 30 grams of protein and 141 calories.

## HOW DO YOUR FOODS COMPARE?

MINIMIZE	GOOD	BEST
 STEAK	 CHICKEN	 FISH
 PEANUT BUTTER	 ALMONDS	 GREEK YOGURT
 WHITE RICE	 BROWN RICE	 QUINOA
 FRUIT JUICE	 DRIED FRUIT	 FRESH FRUIT





# AGELOC TR90 3-2-1 EATING PLAN

Now that you understand the importance of protein intake, calorie awareness, and selecting the best options, you can start putting together your daily eating using the simple TR90 3-2-1 eating plan. Each section is designed to help you easily remember how to structure your daily eating.

## 3 SNACKS A DAY



The ageLOC TR90 program recommends three small, healthy snacks between larger meals. Eating quality snacks can help reduce hunger and overeating and will help you maintain healthy energy levels while keeping you in the fat-burning zone.

## 100 CALORIE SNACK IDEAS

### VEGETABLES

- 1/2 cup edamame (shelled)
- 2 cups grilled zucchini
- 1 small ear of corn
- 1 cup carrots with 2 tablespoon hummus
- 2 cups raw vegetables (carrots, broccoli, celery, cucumber, tomatoes, sugar snap peas), with 2 tablespoons light dressing
- 2 cups green beans or 1 cup steamed green beans
- 2 cups cauliflower, 2 tablespoon light dressing
- 1 cup red bell pepper dipped in 2 tablespoon hummus



### FRUIT

- 1/2 large grapefruit
- 1 medium peach
- 1 medium pear
- 1 cup mango chunks
- 2 plums
- 1 1/2 cups strawberries or 1 cup frozen strawberries
- 1 cup raspberries
- 1 1/2 cups watermelon, cantaloupe, or honeydew melon
- 1 1/2 cups red or green grapes or 1 cup frozen grapes



- 2 kiwis
- 1/2 cup nonfat greek yogurt with a teaspoon of honey
- 1 medium orange or 2 clementine oranges
- 1 medium apple
- 15 cherries
- 1 large nectarine
- 1 cup blueberries
- 1 cup of pineapple –grill it for 2 minutes on each side for a new taste
- 1 cup unsweetened applesauce
- 3/4 cup unsweetened apple chips



### NUTS AND SEEDS

- 2 tablespoons sunflower seeds
- 25 pistachios
- 14 almonds
- 17 peanuts
- 10 hazelnuts



### DAIRY/POULTRY

- 1 reduced-fat mozzarella string cheese
- 1 cup skim milk
- 6 ounces lowfat Greek yogurt
- 1 egg, hard boiled or scrambled



### QUICK SNACK MIXES

- 1 cup sliced bell pepper with 2 tablespoons hummus
- 1 egg with a half slice of whole wheat toast
- 4 slices smoked turkey dipped in 2 teaspoons honey mustard
- 1/2 cup nonfat cottage cheese with 1/2 cup fresh pineapple or mango

**Cucumber salad** - one large sliced cucumber with 2 tablespoons chopped red onion and 2 tablespoons apple-cider vinegar

**Lettuce wrap** - two slices of ham with 2 teaspoons honey mustard rolled in a romaine or iceberg lettuce leaf

**Caprese salad** - 1 ounce fresh mozzarella with 1/2 cup cherry tomatoes and 2 teaspoons balsamic vinegar

**Spicy black beans** - 1/4 cup black beans with 1 tablespoon salsa and 1 tablespoon non-fat Greek yogurt

**Strawberry salad** - 1 cup raw spinach with 1/2 cup sliced strawberries and 1 tablespoon balsamic vinegar

## 2 SHAKES A DAY



Two of your meals should be supplemented with ageLOC TR90 Trimshakes or Greenshakes, which are a quick, easy source of quality lean protein. It is important to add additional protein as needed to make sure you are getting adequate protein with each shake. For example, you can add an extra scoop of TrimShake or GreenShake, a scoop of (Optional) Protein Boost, or add protein from other food sources like Greek yogurt or milk.

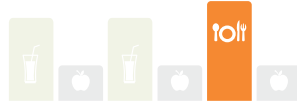
SEE PAGE 60 FOR SHAKE RECIPES

### HOW TO BUILD A SIMPLE SHAKE

	+		+		
1 SCOOP TRIMSHAKE		1 SCOOP TRIMSHAKE OR OPTIONAL PROTEIN BOOST		WATER	
	+		+		
1 SCOOP TRIMSHAKE		1 SCOOP TRIMSHAKE OR OPTIONAL PROTEIN BOOST		SKIM MILK	
	+		+		
1 SCOOP GREENSHAKE		1 SCOOP TRIMSHAKE OR OPTIONAL PROTEIN BOOST		ALMOND MILK	
	+		+		+
1 SCOOP GREENSHAKE		1 SCOOP TRIMSHAKE OR OPTIONAL PROTEIN BOOST		SKIM MILK	
			+		+
		1 SCOOP TRIMSHAKE OR OPTIONAL PROTEIN BOOST		SKIM MILK	



# 1 HEALTHY MEAL A DAY



Your body requires a variety of nutrients to maintain proper health, especially when working to make weight maintenance and body shaping changes. At least once a day, eat a well-balanced meal. Your meal should consist of a lean protein, an abundance of vegetables, a moderate amount of fruit, and a small portion of grains. For best results, avoid high-fat foods, fried foods, processed foods, sweets, and sauces. To help create a balanced, healthy meal, use the portion guide on the opposite page for correct serving sizes.

[SEE PAGE 64 FOR DELICIOUS HEALTHY MEAL RECIPES](#)



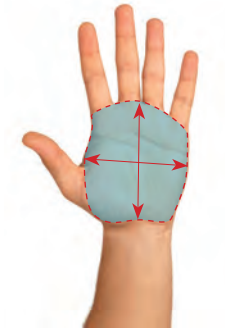


## PORTION GUIDE

Use these hand portions as a serving size guide to help build your healthy meal.

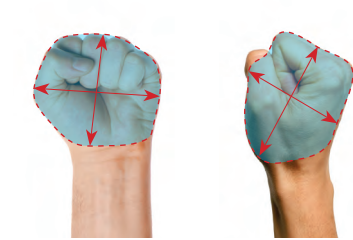
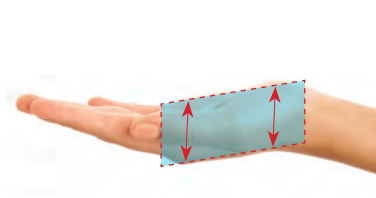
### PROTEINS

Use the 30 grams per meal (30/30/30) guideline. If you do not have a way to measure grams, use these hand portion guides:



#### MEAT SOURCES:

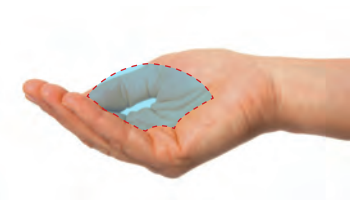
Size and thickness of palm of hand  
Examples: chicken breast, pork chop, fish fillet



#### NON-MEAT SOURCES:

Size and thickness of fist  
Examples: lowfat cottage cheese, unsweetened Greek yogurt

### GRAINS, NUTS, FRUITS AND VEGETABLES



#### LEGUMES, WHOLE GRAIN BREAD, NUTS:

Amount that can fit into cupped hand  
Examples: quinoa, brown rice, or almonds

When determining portion sizes of grains, cupped hand refers to fully-prepared grains (not dry and uncooked).



#### FRUITS AND VEGETABLES:

Amount that can be held by open palm  
Examples: asparagus, carrots, or grapes

## DAILY EATING PLAN EXAMPLES

Have a TR90 shake first thing in the morning to quickly get your body in the fat-burning zone, and consume your snacks, shakes and meals every 2-3 hours throughout the day to stay this zone. This pattern will nourish your body for optimal transformation results. See daily eating plan examples below:

### EXAMPLE 1



SHAKE



SNACK



SHAKE



SNACK



MEAL



SNACK

### EXAMPLE 2



SHAKE



SNACK



SHAKE



SNACK



MEAL



SNACK

### EXAMPLE 3



SHAKE



SNACK



SHAKE



SNACK



MEAL



SNACK

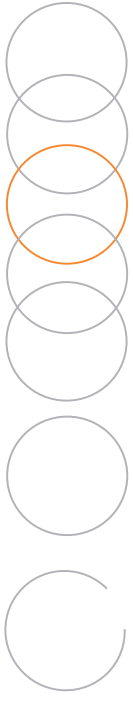
## FIVE IMPORTANT TIPS\*

As you follow the TR90 eating plan, here are some important tips to keep you on track.

1. Do not skip meals. Start each morning with a TR90 shake.
2. Consume the recommended portions from each food group.
3. Eat your food slowly to recognize when you feel full faster to avoid overeating.
4. Stay hydrated throughout the day by drinking plenty of water: at least six, eight ounce (250 ml) glasses daily.
5. Choose the “BEST” food options (see examples in the chart on page 89)
  - a. Select foods that are high in fiber to help you feel full longer.
  - b. Don't eat fried, sugary, high-fat, or highly-processed foods since they are high in calories.
  - c. Read food labels carefully to get as much protein and as little sugar as possible.
  - d. Increase vegetable intake whenever possible. The low-caloric density of vegetables allows you to eat plenty without sabotaging your weight management efforts. Additionally, the fiber content in vegetables can help you feel full.

\* Always consult a physician if you have allergies or any medical conditions before you change your diet.





# EXERCISE

Exercise is a key component of the ageLOC TR90 program.

Be active and have fun! Do what you love and what works for you. Exercise not only helps maximize your weight management efforts, it also promotes a positive mood and outlook.

Exercise for 30 minutes a day, 5 times a week.

For best results, engage in weight-bearing exercises throughout the program. By working your muscles, you encourage lean muscle maintenance (your fat-burning engine), and you will begin to see better results.

Find activities that interest you and are at the right intensity for your physical state. After time, you can increase the intensity, but remember to consult your physician if trying new or aggressive exercises.

Below are descriptions of low, medium, and high-intensity exercise:

## LOW-INTENSITY EXERCISE

- Exercise easily performed while carrying on a conversation
- Breathing becomes only slightly heavier, but not uncomfortable
- Heart rate will generally fall around 60–100 beats per minute (bpm)

## MEDIUM-INTENSITY EXERCISE

- Level of exercise increases enough that it becomes difficult to talk
- Heart rate increases enough to feel it, generally around 110–130 beats per minute (bpm)

## HIGH-INTENSITY EXERCISE

- Breathing is heavy and labored
- Conversation is difficult
- Heart rate will be over 130 beats per minute (bpm)



## EXERCISE PROGRAMS

Decide which intensity level is best for you and get started on an exercise program below.

The following exercise programs were designed exclusively for Nu Skin by Maureen Hagan, BAPE, BScPT, ACE, canfitpro. Maureen is a licensed physiotherapist and physical health educator, an award-winning certified fitness professional, and a Nu Skin independent distributor.

SEE PAGE 48 FOR EXERCISE DEMONSTRATIONS

### LOW-INTENSITY EXERCISE

#### Walking Exercises

1. Walk 7.5 minutes in one direction, turn around and walk back.

Each day try and walk faster.

2. Walk on a treadmill for 15 minutes at a flat incline.

Do one of the above and repeat 2 times per day.

#### Weight-bearing Exercises

1. Basic Squat — 10 repetitions
2. Hip Bridge — 10 repetitions
3. Abdominal Curl Up/Sit Up — 10 to 20 repetitions
4. Alternate Arm and Leg Lift (from kneeling) — 10 repetitions, each leg or arm (not shown)



## MEDIUM-INTENSITY EXERCISE

### Walking/Jogging Exercise

1. Jog for 30 minutes. Alternate your cardio workout with an interval format: jog for 2 minutes, walk for 1 minute. Repeat for the duration of the jogging workout.

Challenge yourself to work harder and jog faster each day.

### Weight-bearing Exercises

1. Lunge — 15 to 20 repetitions, each leg
2. Hip Hinge with Row — 10 to 15 repetitions
3. Side Plank — 3 repetitions, each side
4. Abdominal Curl Up/Sit Up — 35 repetitions
5. Push Up — 15 repetitions

## HIGH-INTENSITY EXERCISE

### Running Exercises

1. Warm up 1-5 minutes: walk or light jog at a moderate intensity
2. Run for 20-30 minutes continuously
3. Run or brisk walk intervals (run for 2 minutes, walk for 1 minute) for an additional 4 intervals
4. Recover/rest for 1 minute

Switch up the order between intervals for variety and challenge.

### Weight-bearing Exercises

1. Lunge with bicep curl (with dumbbells) and knee lift — 20-25 repetitions, each leg
2. Hip Hinge with split stance/rear leg lift — 15 repetitions, each leg
3. Abdominal Curl Up/Sit Up — 50 repetitions
4. Push Up — 25 repetitions
5. Prone Plank — 3 repetitions

# EXERCISE DEMONSTRATIONS

## BASIC SQUAT



1. Start with feet just wider than hip-width, chest lifted, and abdominals pulled in.
2. Bend at the knees to lower your hips back and down toward the floor until thighs are almost parallel to the floor.
3. Place hands on thighs to start (to support back) or alongside your body, with dumbbells in hand. Pause at the bottom and push up to return to standing.
4. Add a forward arm raise as fitness level increases. Repeat as directed.

## HIP HINGE



1. Start in a standing position with feet hip-width apart, arms at side, and chest lifted with abdominals in.
2. Bend knees and lean forward (hinge) at hips to lower dumbbells below knees.
3. While maintaining a straight, long spine, pause at the bottom and lift up to return to standing, keeping arms straight.
4. Add a row at the bottom of the hinge by pausing at the bottom and pulling elbows straight up towards the ceiling, squeezing shoulder blades together.

### As fitness level increases:

1. Step one foot back to extend leg, bend front knee, and lean forward (hinge).
2. Pause at the bottom and lift the back leg up off the floor to hip level.
3. Pause and return foot to floor.
4. Return to standing keeping arms straight. Repeat as directed.

## HIP BRIDGE



1. Lie on your back with knees bent, feet close to hips, and hip-width apart, with arms at side.
2. Squeeze your buttocks and push your hips up towards the ceiling.
3. Pull abdominals in to maintain a long spine, pause at the top, lower down to the floor, and repeat as directed.

## ABDOMINAL CURL UP/SIT UP



1. Lie on your back with knees bent, feet hip-width apart, and hands at temples or behind head (arms alongside torso).
2. Lift your shoulders and chest up to curl up through your trunk, lifting arms towards your knees. Perform a full sit up.
3. Pause at the top for 1-2 seconds, lower to the floor, and repeat as directed.

## PRONE PLANK



1. Place hands shoulder-width apart, press up into a modified push-up position (from the knees), and hold by pulling abdominals in and squeezing the buttocks.
  2. Keep chin in and back straight and hold for 15-30 seconds. Repeat as directed.
- Progress to your toes as your fitness level increases. Another option is to perform this exercise on your forearms.

## LUNGE



1. Start with feet hip-width apart and arms at side.
2. Step one leg back and lower hips towards the floor by bending both knees to 90/90 degrees or until front thigh is parallel with the floor.
3. Pause and push up to return to standing.
4. Perform a bicep curl as you lower into the lunge by bending the elbows and lifting dumbbells up to shoulder level. Repeat as directed.

Add a knee lift with the lunging leg as fitness level increases.

## SIDE PLANK



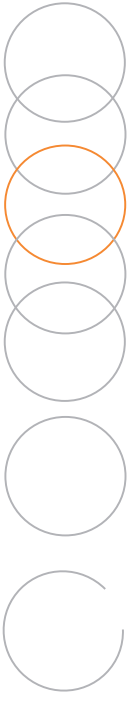
1. Lie on your side with knees bent and feet behind you, your bottom hand or elbow directly under your shoulder with hand or forearm resting on the floor.
2. Pull abdominals in and squeeze your buttocks as you push your hips up off floor, pressing up from your hand or forearm and bottom knee.
3. Hold for 15 counts, lower, and repeat as directed.

## PUSH-UP



1. Start from a lying position on the floor (either from knees or toes) with your hands wider than your shoulders and abdominals pulled in.
2. Push up from the floor while maintaining a straight body, pause at the top with elbows remaining slightly bent, and slowly lower down to the floor and pause. Repeat as directed.





# SNAP YOUR DAY 90 AFTER PHOTOS

Once you reach your goals, you'll be excited to share your success with others. Take your **after photos** at 90 days.

Taking good quality after photos is key for you and others to see your transformation.

## PHOTOGRAPHY REQUIREMENTS

A great way to share your transformation is with photos. Below are guidelines to help ensure your photos meet Nu Skin's legal requirements:

- Photos must be original and may not be retouched or modified with programs such as Photoshop.
- Include the date the photos were taken.
- Use the high-definition setting on your camera or smartphone.
- Any photos used for marketing materials will require prior legal approval and your consent.
- Use the same lighting, camera angle, clarity, and pose in all photos.
- Take photos in front of a solid background.
- Take a photo from the front, side, and back.
- Wear the same form-fitting exercise clothing in all photos, preferably in solid colors.



# DAY 90 | AFTER PHOTOS



FRONT PHOTO

SIDE PHOTO



BACK PHOTO



# SHARE YOUR STORY

Once you have completed the 90-day program, fill out the following questionnaire. This will serve as a guide to help you write and share your personal story, celebrating your success.

Use the following questions to begin writing your story:

- What did you hope to accomplish by participating in this program?
- How did you stay motivated?
- Did you encounter any challenges along the way, and how did you overcome them?

Your personal story should be compelling, passionate, and inspiring.\* Your transformation story should be 250 words or less and include the components below:

## SECTION 1—WHAT

Explain your transformation number and what it means to you.

## SECTION 2—HOW

Explain how you achieved your transformation number and provide a description of how you used the products and other TR90 resources to do so. You should also include any lifestyle changes, such as exercise, that helped you achieve your goal.

## SECTION 3—NOW

Share how your life is different today and what you discovered about yourself during your TR90 experience.

\*Keep the following things in mind when writing your story:

- All testimonials must disclose relationship to the company (i.e. "I am a Nu Skin Distributor")
- All testimonials or other marketing materials (including your personal story with before/after pictures) must be approved before you can use them for marketing purposes
- Testimonials or stories may not include any benefits or results that are inconsistent with the approved marketing claims/benefits for the TR90 System

1. WHAT:

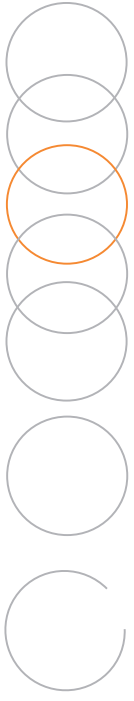
2. HOW:

3. NOW:

CONGRATULATIONS!

You are ready to celebrate your success and inspire others!





## TR90 SHAKE RECIPES\*



### CHOCOLATE PEAR

1 1/2 cups water

1 cup sliced pears

1 cup ice

1 scoop ageLOC TR90

TrimShake (chocolate)

1 scoop TR90 Protein Boost

Calories 231



### CHOCOLATE GREEK YOGURT

1/2 cup water

1 six-ounce container 0% fat plain  
Greek yogurt

1 scoop ageLOC TR90

TrimShake (chocolate)

Calories 198

\*These are just a few of the many possible TR90 shake recipes.



## CHOCOLATE COCONUT

1 1/2 cups coconut water

1 scoop ageLOC TR90

TrimShake (chocolate)

1 scoop TR90 Protein Boost

Calories 228



## PEACH VANILLA

2 cups water

1 cup sliced peaches

1 cup ice

1 scoop ageLOC TR90

TrimShake (vanilla)

1 scoop TR90 Protein Boost

Calories 219



## VANILLA MELON

1 1/2 cups water

1 cup diced fresh cantaloupe

1 scoop ageLOC TR90

TrimShake (vanilla) or GreenShake

1 scoop TR90 Protein Boost

Calories 220



## STRAWBERRY VANILLA

1 1/2 cups water

1 cup strawberries (fresh or frozen)

1 cup ice

1 scoop ageLOC TR90

TrimShake (vanilla) or GreenShake

1 scoop TR90 Protein Boost

Calories 209





## PINEAPPLE SURPRISE

1 1/2 cups water

1 cup baby spinach

1/2 cup fresh pineapple

1 scoop ageLOC TR90

TrimShake (vanilla) or GreenShake

1 scoop TR90 Protein Boost

Calories 204



## VANILLA ORANGE – BERRIES

2 cups water

1/2 cup frozen berries (strawberries,  
blackberries and raspberries)

1/2 an orange

1 cup ice

1 scoop ageLOC TR90

TrimShake (vanilla) or GreenShake

1 scoop TR90 Protein Boost

Calories 234

# TR90 MEAL EXAMPLE RECIPES



## SCRAMBLED EGGS

- 4 eggs or 8 egg whites
- 1 tablespoon cold water
- 2 tablespoons diced red bell pepper
- 2 tablespoons finely chopped green onion
- 1 teaspoon olive oil

Calories	461
Protein	29g
Carb	9g
Fat	35g

Mix eggs and cold water until well beaten. Sauté peppers and onion in a non-stick skillet with olive oil just until colors are bright. Add egg mixture and scramble to your desired taste. Season to taste with salt and pepper. Serve with colorful selection of your favorite fruits.



## YOGURT PARFAIT

12 oz. plain Greek yogurt (sweeten with two drops of vanilla flavored stevia liquid if desired)

1/3 cup diced mixed fresh fruit

1/4 cup rolled oats

1/2 teaspoon agave nectar

Toss oats with agave nectar until they are well coated. Spread out on a cookie sheet treated with non-stick cooking spray and bake in a oven at 350°F / 177°C until lightly toasted (about seven minutes). Let cool. Layer yogurt and fruit in a parfait glass and top with toasted oats.

Calories	300
Protein	36g
Carb	36g
Fat	1g



## POACHED EGG AND VEGETABLES

1 piece whole grain toast

1 teaspoon olive oil

1 cup sliced crimini mushrooms

1/4 teaspoon salt-free seasoning blend (Mrs. Dash, Chef's Shake, etc.)

6 spears asparagus (try to find skinny, pencil asparagus), trim off tough ends

Juice of 1/2 lemon

2 eggs + 2 egg whites

In a small non-stick sauté pan that is just big enough to hold the asparagus, sauté the crimini mushrooms in olive oil until nicely browned, season with salt-free seasoning, and place on top of toast on serving plate. Without washing out the pan, bring water (just enough to cover the asparagus) with lemon juice and a dash of salt, to a light boil. Poach asparagus in seasoned water until just tender. Remove and place on mushrooms. Lower heat to a low simmer and gently poach the egg so that the white is just barely set and the yolk is still runny. Place egg on top of asparagus. Season with salt and pepper to taste.

Calories	360
Protein	28g
Carb	26g
Fat	16g



## EGGS FLORENTINE

- 1/2 whole grain English muffin toasted
- 1 cup fresh spinach
- 1/2 clove fresh garlic minced (divide in half)
- 1 teaspoon olive oil
- 1 egg (cooked as you like)
- 1/2 cup skim milk
- 3/4 teaspoon cornstarch dissolved in 2 teaspoons cold water
- 1/2 cup shredded Parmesan cheese

Calories	509
Protein	40g
Carb	31g
Fat	25g

Place English muffin on serving plate. Sauté spinach and half the garlic in the olive oil until spinach is just wilted. Place on top of English muffin. Place cooked egg on top of spinach. Bring milk and remaining garlic just to a boil and thicken with cornstarch mixture, stirring constantly. Reduce heat and simmer one minute. Remove from heat and add cheese, stirring to melt. Pour sauce over egg.



## SESAME CHICKEN STRIPS

3 oz. boneless skinless chicken breast

Salt and pepper

1 beaten egg white

1 tablespoon sesame seeds

2 tablespoons soy sauce

1/2 teaspoon finely chopped fresh ginger

Preheat oven to 400° F / 205 C°. Cut chicken breast into three strips, and season with salt and pepper. Dip each strip in egg white and then roll in sesame seeds to coat evenly. Place on a non-stick baking sheet and bake until fully cooked, approximately 12 minutes. Combine soy sauce and ginger and serve on the side for dipping.

Calories	168
Protein	29g
Carb	4g
Fat	4g

## CASHEW CHICKEN SALAD ON MIXED GREENS WITH FRESH FRUIT

- 3 oz. boneless, skinless chicken breast
- 1 cup low sodium chicken broth or stock
- 1/2 tablespoon diced yellow onion
- 1 tablespoon diced celery
- 1 handful quartered red grapes (8 or so)
- 1/2 tablespoon olive oil mayonnaise
- 1/8 teaspoon fresh thyme leaves
- 1/4 teaspoon finely chopped fresh parsley
- 1/4 cup roasted, salted cashews
- Salt and cayenne pepper to taste
- 1 cup mixed lettuces
- 1/2 teaspoon red wine vinegar
- 1/2 teaspoon olive oil
- 1/4 teaspoon Dijon mustard
- 1/8 teaspoon agave nectar
- 1 serving colorful fruit of your choice

Calories	449
Protein	29g
Carb	36g
Fat	21g



Poach chicken in chicken broth until fully cooked. Remove and cool, saving broth for another use, perhaps for the mashed sweet potatoes (page 78). Finely dice chicken breast and combine it with onion, celery, grapes, thyme, parsley, mayonnaise, and cashews. Stir to mix thoroughly. Season to taste with salt and cayenne pepper. Combine vinegar, oil, mustard, and agave. Use to dress mixed lettuces and place on a plate as a bed for the chicken salad. Garnish with your selection of colorful fruits.

## STIR-FRIED VEGETABLES

- 2 cups shredded napa cabbage
- 1/2 cup julienned red bell pepper
- 1/2 cup julienned zucchini

Stir-fry peppers and zucchini in a non-stick skillet coated with non-stick spray over high heat until colors brighten. Add cabbage and stir-fry one to two minutes to wilt cabbage. Season with salt and pepper as desired.

Calories	64
Protein	4g
Carb	12g
Fat	0g

## ALMOND RICE PILAF

- 1/3 cup brown rice
- 2 teaspoons finely chopped yellow onion
- 1 teaspoon olive oil
- 1/8 cup sliced toasted almonds
- 1 teaspoon finely chopped fresh parsley

In a one-quart saucepan, sauté yellow onion in olive oil until translucent. Add brown rice and sauté one minute. Carefully add 2/3 cup water. Bring to a boil then reduce heat and simmer covered until rice is tender and water is absorbed, about 25 minutes. Stir in almonds and parsley, and season with salt and pepper to taste.

Calories	113
Protein	4g
Carb	13g
Fat	5g

**Note:** The Almond Rice Pilaf recipe makes two servings. Consume one serving per meal and refrigerate the other serving to eat with another meal.



## TORTILLA SALAD

- 2 oz. cooked, diced chicken
- 1 six inch corn tortilla
- 1/2 teaspoon olive oil
- 3 cups mixed lettuce
- 1/2 cup canned black beans drained and rinsed
- 1 tablespoon diced red onion
- 1 tablespoon diced green bell pepper
- 1/2 small diced red jalapeno (seeds and ribs removed)
- 1/2 clove minced fresh garlic
- 1 diced Roma tomato (seeds removed)
- 1/2 tablespoon chopped fresh cilantro
- 1 tablespoon crumbled Queso Fresco
- 1/2 small diced avocado

Place greens on a serving plate and set aside. Brush both sides of tortilla with 1/2 teaspoon olive oil. Cut tortilla into eight wedges and place on a baking sheet. Bake at 350°F / 177°C until browned and crisp, just a few minutes. Keep an eye on the tortilla it will brown quickly. Remove to cool. In a non-stick skillet, sauté onion, pepper, jalapeno, and garlic in 1/2 teaspoon olive oil until translucent. Add beans and chicken and sauté one minute more, then add tomatoes and cilantro, and sauté just to heat through. Spoon mixture on top of lettuce, surround with tortilla crisps, and top with diced avocado and crumbled cheese. Add 2 tablespoons of your favorite no-sugar salsa if desired.

Calories	528
Protein	31g
Carb	49g
Fat	19g





## SHRIMP SALAD STUFFED TOMATO WITH FRESH FRUIT

- 1 cup bay shrimp (if frozen, thaw first) drained
- 1 tablespoon diced yellow onion
- 2 tablespoons diced celery root
- 1 tablespoon diced water chestnuts
- 1 hard-boiled chopped egg white
- 1 tablespoon olive oil mayonnaise
- 1/4 teaspoon dried dill
- 1/2 teaspoon finely chopped fresh parsley
- 1/4 teaspoon lemon pepper seasoning
- 1 medium ripe globe tomato
- 1 serving colorful fruits of your choice

Calories	253
Protein	28g
Carb	24g
Fat	5g

Combine shrimp, onion, celery root, water chestnuts, egg white, mayonnaise, dill, lemon pepper, and parsley. Set aside to chill. Place tomato stem side down and cut into 8 wedges, leaving the bottom 1/4” intact to create “petals.” Season the inside of the tomato with salt and pepper to taste. Spread tomato petals apart slightly and fill center with shrimp salad. Arrange your choice of colorful fresh fruits.



## MEDITERRANEAN CHICKPEA SALAD

1/2 can drained and rinsed low-sodium chickpeas  
(garbanzo beans)

2 oz. cooked diced chicken

1/4 cup diced cucumber (seeds removed)

1/4 cup diced tomato (seeds removed)

2 tablespoons diced red bell pepper

1 tablespoon diced red onion

1 teaspoon chopped fresh oregano leaves

Juice of 1/2 lemon

1/2 tablespoon olive oil

1 oz. crumbled feta cheese

5 pitted Kalamata olives, cut in half

Salt and black pepper to taste

Calories	499
Protein	31g
Carb	42g
Fat	23g

Rub the chickpeas to remove any remaining skins. Discard skins. Combine with remaining ingredients and toss to coat thoroughly. Chill. Serve over a bed of mixed greens.

## ROASTED MUSHROOM QUINOA

- 1/3 cup quinoa
- 2/3 cup chopped mushrooms (your favorites)
- 3 tablespoons finely chopped yellow onion
- 1/2 clove finely minced garlic
- 2/3 cup chicken broth or stock (low sodium)

Calories	151
Protein	10g
Carb	29g
Fat	3g

Place quinoa in a fine colander and rinse thoroughly under cold water. Set aside to drain. Sauté mushrooms, onions, and garlic in 1 teaspoon olive oil until onions are translucent and mushrooms are softened. Add in rinsed quinoa and cook, stirring until quinoa dries out and begins to toast. Carefully add in chicken broth. Bring to a boil. Cover pan and reduce heat to simmer for about 15 minutes or until liquid is fully absorbed. Remove from heat and stir in 1 teaspoon freshly chopped parsley (if desired) and season to taste with salt and pepper.

**Note:** The Roasted Mushroom Quinoa recipe makes two servings. Consume one serving per meal and refrigerate the other serving to eat with another meal.

## STEAK “AU POIVRE” WITH FRESH CORN POLENTA

- 4 oz. tenderloin steak
- 2 teaspoons coarsely-ground black pepper
- 1/2 teaspoon kosher salt
- 1 teaspoon olive oil
- 2 tablespoons cognac
- 1/2 cup beef broth
- 1 tablespoon plain Greek yogurt

Calories	233
Protein	6g
Carb	23g
Fat	13g

Sprinkle salt on all sides of steak. Place pepper on a plate and press all sides of steak evenly onto the pepper. Over medium heat, sear steak in olive oil (using a non-stick skillet) until done to your liking. Remove steak to a plate and cover to keep warm. Off of heat add cognac to pan (be careful, you want it to ignite so keep your face away) and immediately add beef broth. Bring to a boil and reduce liquid by half. Remove from heat and whisk in Greek yogurt. Salt sauce to taste. Serve over steak.

## CORN POLENTA

- 8 oz. fresh corn, cut from the cob, reserve out  
1 oz. for roasting
- 8 oz. water
- Dash of salt
- 1 tablespoon crumbled feta cheese
- 2 teaspoons olive oil
- 1 tablespoon diced red bell pepper

Calories	233
Protein	6g
Carb	23g
Fat	13g

In a small saucepan, combine corn, water, and salt, bring to a simmer and cook about 10 minutes until corn is tender. Drain corn and RESERVE liquid. Process corn in the bowl of a food processor, adding cooking liquid in gradually until a thick, creamy texture is reached. Sauté reserved corn and diced red bell pepper in 2 teaspoons olive oil until nicely browned. Stir this mixture and the feta cheese into the polenta and serve alongside the steak.



## TOFU SALAD WITH PEANUT DRESSING

3 oz. extra-firm tofu  
2 oz. chicken (for a vegetarian-friendly recipe, serve with a side of 1/2 cup cottage cheese.)

2 cups chopped romaine lettuce

1 oz. julienned red bell pepper

1 cup chopped napa cabbage

1 oz. julienned carrot

2 chopped green onions

1 tablespoon chopped dry roasted peanuts

1/3 teaspoon chopped fresh ginger

1 tablespoon light soy sauce

1 teaspoon sesame oil

1 teaspoon peanut butter

1/2 teaspoon garlic-red chili paste (for example, Sambal Oelek paste)

1 teaspoon agave nectar

Season tofu with salt and pepper to your liking and sauté in a non-stick skillet with 1 teaspoon olive oil until browned and heated through. Set aside. Toss salad ingredients (down to green onion) and sprinkle peanuts on top. Combine remaining ingredients for dressing, thinning with water to desired consistency. Drizzle dressing over salad and top with tofu.

Calories	387
Protein	31g
Carb	23g
Fat	19g



## BAKED TILAPIA WITH TOMATILLO SALSA

- 4 oz. tilapia filet (salt-free seasoning blend—Mrs. Dash, Chef’s Shake, etc.)
- 1/2 cup finely diced fresh tomatillo
- 1/4 cup finely diced roma tomato (skinned)
- 1 tablespoon finely diced red bell pepper
- 1 teaspoon finely diced green onion
- 1 teaspoon finely diced red onion
- 1 teaspoon chopped fresh cilantro
- Juice from 1/2 fresh lime
- 1/2 teaspoon agave nectar
- Pinch cayenne pepper

Season tilapia filet with salt-free seasoning and bake at 350°F / 177 °C until done (about 12 minutes). Combine remaining ingredients and season to taste with salt. Top tilapia with salsa and serve with 3/4 cup mashed sweet potatoes and grilled asparagus.

Calories	312
Protein	35g
Carb	25g
Fat	8g

## BAKED TILAPIA WITH MANGO SALSA

6 oz. tilapia filet (salt-free seasoning blend  
–Mrs. Dash, Chef’s Shake, etc.)

1/2 finely diced ripe mango

1 tablespoon finely diced red bell pepper

1 teaspoon finely diced green onion

1 teaspoon finely diced red onion

1 teaspoon chopped fresh cilantro

Juice from 1/4 fresh lime

1/2 teaspoon agave nectar

Pinch cayenne pepper

Calories	281
Protein	31g
Carb	28g
Fat	5g

Season tilapia filet with salt-free seasoning and bake at 350° F / 177 °C until fish is cooked as desired (about 12 minutes). Combine remaining ingredients and season to taste with salt. Top tilapia with salsa and serve with 3/4 cup mashed sweet potatoes and grilled asparagus.

## MASHED SWEET POTATO

1 large dark-fleshed sweet potato peeled and  
cut into chunks

1/2 to 1 cup chicken broth

1 teaspoon agave nectar

1/2 teaspoon cinnamon

Salt and pepper

Calories	215
Protein	13g
Carb	34g
Fat	3g

Place sweet potato in enough water to cover it and boil until completely tender. Drain. Mash potato flesh with sufficient chicken broth to moisten to your liking, then season with agave, cinnamon, salt, and pepper.

**Note:** The Mashed Sweet Potato recipe makes two servings. Consume one serving per meal and refrigerate the other serving to eat with another meal.





## PAN-BROILED PORK CHOP, TOMATO & EGGPLANT SALSA

- 4 oz. pork chop
- 1 cup halved cherry tomatoes
- 1 cup diced eggplant
- 1/2 clove minced fresh garlic
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 2 teaspoons tomato paste
- 1/2 cup water

Calories	310
Protein	34g
Carb	16g
Fat	12g

Place pork chop in a pre-heated non-stick skillet on medium-high heat and pan broil to desired taste. Remove to a warmed serving plate and add 1 teaspoon olive oil to the same pan. Sauté eggplant in olive oil until lightly browned, then add tomatoes and garlic and sauté until tomatoes begin to soften. Add remaining ingredients, stirring to combine, then reduce heat and simmer until sauce thickens. Season to taste with salt and pepper.



## SATAY STYLE CHICKEN WITH CUCUMBER RELISH

4 oz. boneless, skinless chicken breast in strips

Marinade

1 oz. olive oil

2 teaspoons minced lemongrass

1/2 teaspoon minced fresh garlic

1/4 teaspoon crushed red chili flakes

1/2 teaspoon curry powder

1/2 teaspoon honey

1/4 oz. Thai fish sauce

Calories	228
Protein	27g
Carb	3g
Fat	12g

### CUCUMBER RELISH

Calories	4
Protein	0g
Carb	1g
Fat	0g

Combine all marinade ingredients. Add the chicken and marinate, refrigerate for up to an hour. While chicken is marinating, combine:

1/4 cup diced cucumber (seeds removed)

1 teaspoon finely diced red onion

1 tablespoon rice wine vinegar

Agave nectar, salt, crushed red chili flakes, black pepper to taste.

Remove chicken from marinade and reserve liquid. Thread the chicken onto skewers (pre-soaked if wooden), one strip per skewer, and grill or broil until done, about two minutes per side. Serve chicken with cucumber relish and 1/3 cup steamed brown rice (or use one serving of Roasted Mushroom Quinoa).



## LEMON POACHED SALMON WITH LEEKS AND FENNEL

4 oz. portion of salmon

1 leek, washed and chopped (white and pale green part only)

1/2 thinly sliced fennel bulb

Juice and zest of 1/2 lemon

1 large sprig fresh thyme

1 bay leaf

Salt and pepper to taste

Calories	292
Protein	33g
Carb	22g
Fat	8g

In a shallow saucepan, place leeks, fennel, lemon, and herbs. Salt and pepper both sides of the salmon and place on top of vegetables. Add enough water to just come up halfway on the salmon. Cover pan and bring to a simmer. Cook gently until fish is done to your liking, about five to eight minutes. Remove fish and drain cooking liquid off of the vegetables. Serve with grilled asparagus and 1/3 cup steamed brown rice (or use one serving of Almond Rice Pilaf).

## SKIRT STEAK FAJITAS WITH BLACK BEANS

3 oz. beef skirt steak, cut in narrow strips

### Marinade

1 tablespoon red wine vinegar

1 teaspoon Dijon mustard

1 tablespoon olive oil

1/2 teaspoon crushed dried oregano

1/4 teaspoon dried thyme

1/4 teaspoon ground cumin seed

1/4 teaspoon salt

1/2 teaspoon ground chili powder

Mix all ingredients well (except steak). Add steak and marinate up to 30 minutes.

### Fajitas

2 tablespoons julienned red bell pepper

2 tablespoons julienned green bell pepper

2 teaspoons olive oil

1 julienned red onion

1/2 teaspoon ground cumin seed

1/2 teaspoon ground chili powder

1/4 teaspoon dried oregano

1/4 cup beef broth

Salt and pepper to taste

1 corn tortilla prepared as directed for tortilla salad

When beef is marinated, sauté in a non-stick skillet with 2 teaspoons olive oil for one minute, then add peppers and onions and sauce two minutes more to brown lightly. Add remaining ingredients except tortillas and cook on medium heat to reduce liquid by half. Remove from heat and serve in warm corn tortillas with a side of 1/3 cup black beans (seasoned with salt, pepper, chopped fresh cilantro, and a squeeze of fresh lime juice). Serve over 2 cups mixed greens

Calories	445
Protein	29g
Carb	26g
Fat	25g



## CHICKEN & MUSHROOM BARLEY “RISOTTO”

- 6 oz. diced chicken breast
- 1 oz. dried forest mushrooms, soaked  
in 2 cups water
- 1 tablespoon diced yellow onion
- 1 tablespoon diced celery
- 1 teaspoon olive oil
- 1/2 cup pearled barley
- 1/4 teaspoon dried thyme
- 1 bay leaf
- 1/4 cup grated Asiago cheese

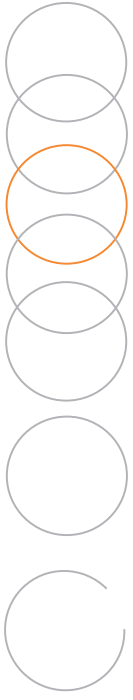
Calories	441
Protein	35g
Carb	46g
Fat	13g

Strain mushrooms through a fine strainer, reserving liquid. Chop finely. In a non-stick skillet, sauté chicken breast in 1/2 teaspoon olive oil until browned. Remove chicken and set aside. Add remaining 1/2 teaspoon olive oil to same pan and sauté onions and celery until tender. Add mushrooms, barley, chicken, thyme, and bay leaf. Add in 1 1/2 cups reserved mushroom liquid. Bring to a boil. Cover, reduce heat, and simmer until barley is tender. Thicken remaining liquid with 1/2 teaspoon cornstarch dissolved in 2 teaspoons cold water. Salt and pepper to taste. Finish with Asiago cheese.

**Note:** The Chicken & Mushroom Barley “Risotto” recipe makes two servings. Consume one serving per meal and refrigerate the other serving to eat with another meal.







## DETERMINE YOUR IDEAL WEIGHT

Monitoring body composition is an effective method for tracking progress in any weight management plan. By measuring changes in body fat percentage, you can get an idea of what changes are actually happening to your body better than simply monitoring weight loss alone. One of the key benefits of the ageLOC TR90 weight management system is the ability to support metabolically-active lean tissue while losing fat mass. Tracking body fat percentage allows you to see exactly how much fat you are losing while maintaining a lean body mass.

## CALCULATE IDEAL WEIGHT BY FAT PERCENTAGE

To calculate your ideal weight you will need to identify the following:

- Age
- Current weight
- Current Body Fat % (use a scale that calculates body fat percentage)
- Your Ideal Body Fat % (see female and male Body Fat Percentage charts on opposite page)

### STEP 1—CALCULATE **LEAN MASS**

Current weight - (Current weight × current Body Fat %)

Example: 150 lbs - (150lbs × 30% = 45 lbs) = **105 lbs of lean mass**

### STEP 2—CALCULATE TARGET **FAT MASS**

(Lean Mass × Ideal Body Fat %) / (100% - Ideal Body Fat %)

Example: (105lbs × 25%) / (100% - 25% = 75%) = **35 lbs target fat mass**

### STEP 3—CALCULATE **IDEAL WEIGHT**

Lean mass + target fat mass = ideal weight

Example: 105lbs + 35 = **140 lb (Ideal weight)**

### STEP 4—CALCULATE **WEIGHT TO LOSE**

Current weight - Ideal weight = weight to lose

Example: 150lbs - 140lbs = **10 lbs**



## Body Fat Percentage Tables

FEMALE					
AGE	ATHLETE	IDEAL	AVERAGE	ABOVE AVE.	OVERWEIGHT
16–25	12–19%	20–23%	24–30%	31–33%	34+%
26–35	13–20%	21–26%	27–32%	33–35%	36+%
36–45	14–23%	24–27%	28–35%	36–38%	39+%
46–54	15–24%	25–30%	31–37%	38–40%	41+%
55+	16–28%	29–33%	34–38%	39–41%	42+%

MALE					
AGE	ATHLETE	IDEAL	AVERAGE	ABOVE AVE.	OVERWEIGHT
16–25	3–8%	9–16%	17–22%	23–25%	26+%
26–35	6–12%	13–18%	19–25%	26–28%	29+%
36–45	7–13%	14–22%	23–27%	28–30%	31+%
46–54	9–18%	19–25%	26–30%	31–33%	34+%
55+	10–20%	21–26%	27–32%	33–35%	36+%



## CHOOSE FROM THE **BEST** CHOICES

	BEST	GOOD	AVOID
Protein from Meat Sources	Lean ground turkey (93% lean)	Lean ground hamburger	Regular hamburger (73% lean)
	Skinless chicken breast (white meat only)	Skinless chicken (dark and white meat)	Processed chicken (e.g. chicken fingers)
	Broiled fish	Lean cuts, trim fat prior to cooking	Fatty meats (sausage, marbled beef, bacon)
Protein from Non-Meat Sources	Greek yogurt, sweetened with stevia or agavé	Unsweetened yogurt	Sweetened yogurt
	TR90 shake mixed with low-fat milk	TR90 shake mixed with water	Protein shake mixed with fruit juice
	Fat-free cottage cheese	1% cottage cheese	2% cottage cheese
	Skim/fat-free milk	2% or 1% milk	Whole milk (4% milk fat)
	Low-fat cheeses	Cheese sparingly	Excessive cheese
	Plain Greek yogurt	Fat-free sour cream	Sour cream
Grains, Legumes, Whole Grain Bread, Nuts	Whole grain bread		White bread
	Whole grain crisp bread	Wheat Thins	Club crackers
	Quinoa	Brown rice	White rice
	Fresh/home cooked legumes	Low-sodium canned legumes	High-sodium canned legumes
	Raw unsalted nuts	Roasted salted nuts	Candied nuts, macadamia nuts
Fruits and Vegetables	Fresh fruits	unsweetend dried fruit	Fruit juices, dates, sweetened dried fruits, canned fruit in syrup
	Fresh apple (with skin)	Non-sweetened applesauce	Sweetened applesauce
	Baked sweet potato	Baked potato with Greek yogurt (or fat-free sour cream)	Mashed potatoes with butter
	Steamed vegetables, and raw (a mix of both is preferred)	Stir fry vegetables	Vegetables with sauce, especially cream sauce
Oil	Canola oil (high temp cooking), olive oil (low temp cooking, dressings)	Peanut oil, vegetable oil, sunflower oil, safflower oil, sesame oil, flaxseed oil	Corn oil, margarine, hydrogenated oils, lard, shortening
Sweets	Fresh fruits	Sugar free sweets, dark chocolate	Pastries, candy, milk/white chocolate
Sweeteners	Stevia	Honey	Sugar
Drinks	Water (eating fresh fruits/vegetables is preferable to drinking them)	Fruit/vegetable juice blends (no sugar added), home juiced fruit/vegetable juice	Pre-sweetened drinks, fruit drinks, fruit juices, soda

# TRACK YOUR SUCCESS



AGELOC TR90  
EATING PLAN

WEEK 1	M	T	W	Th	F	S	Su
Shake 1							
Snack 1							
Shake 2							
Snack 2							
Healthy Meal 1							
Snack 3							
Supplements (Jump Start, Fit, Control)							

WEEK 2	M	T	W	Th	F	S	Su
Shake 1							
Snack 1							
Shake 2							
Snack 2							
Healthy Meal 1							
Snack 3							
Supplements (Jump Start, Fit, Control)							

WEEK 3	M	T	W	Th	F	S	Su
Shake 1							
Snack 1							
Shake 2							
Snack 2							
Healthy Meal 1							
Snack 3							
Supplements (Fit, Control)							

# TRACK YOUR SUCCESS



AGELOC TR90  
EATING PLAN

WEEK 4	M	T	W	Th	F	S	Su
Shake 1							
Snack 1							
Shake 2							
Snack 2							
Healthy Meal 1							
Snack 3							
Supplements (Fit, Control)							

WEEK 5	M	T	W	Th	F	S	Su
Shake 1							
Snack 1							
Shake 2							
Snack 2							
Healthy Meal 1							
Snack 3							
Supplements (Fit, Control)							

WEEK 6	M	T	W	Th	F	S	Su
Shake 1							
Snack 1							
Shake 2							
Snack 2							
Healthy Meal 1							
Snack 3							
Supplements (Fit, Control)							

# TRACK YOUR SUCCESS



AGELOC TR90  
EATING PLAN

WEEK 7	M	T	W	Th	F	S	Su
Shake 1							
Snack 1							
Shake 2							
Snack 2							
Healthy Meal 1							
Snack 3							
Supplements (Fit, Control)							

WEEK 8	M	T	W	Th	F	S	Su
Shake 1							
Snack 1							
Shake 2							
Snack 2							
Healthy Meal 1							
Snack 3							
Supplements (Fit, Control)							

WEEK 9	M	T	W	Th	F	S	Su
Shake 1							
Snack 1							
Shake 2							
Snack 2							
Healthy Meal 1							
Snack 3							
Supplements (Fit, Control)							

# TRACK YOUR SUCCESS



AGELOC TR90  
EATING PLAN

WEEK 10	M	T	W	Th	F	S	Su
Shake 1							
Snack 1							
Shake 2							
Snack 2							
Healthy Meal 1							
Snack 3							
Supplements (Fit, Control)							

WEEK 11	M	T	W	Th	F	S	Su
Shake 1							
Snack 1							
Shake 2							
Snack 2							
Healthy Meal 1							
Snack 3							
Supplements (Fit, Control)							

WEEK 12	M	T	W	Th	F	S	Su
Shake 1							
Snack 1							
Shake 2							
Snack 2							
Healthy Meal 1							
Snack 3							
Supplements (Fit, Control)							







