

*24 days
to look better
& feel better
inside & out*

START
YOUR
JOURNEY
HERE



FOREVER®

What's
inside?

LOOK BETTER AND FEEL BETTER WITH FOREVER LIVING PRODUCTS

Since 1978, Forever has been dedicated to seeking out nature's best sources for health and wellness and sharing them with the world.

We have a passion for helping others look better and feel better, and pride in creating the highest standard of products, bringing together the best of mother nature with the latest advancements in science.

Whether it is losing weight, supporting a healthy lifestyle, boosting your energy levels to aiding in digestion and soothing and conditioning the skin, we have a product solution for you, that will make you Look better and Feel Better.

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Feeling Sluggish & Low on Energy?

YOUR SOLUTION STARTS RIGHT HERE.

TODAY'S LIFESTYLE CAN BE REALLY UNHEALTHY – IF YOU LET IT!

Modern lifestyle has changed a lot and not all for the better! Fast Food and unhealthy diets are leading to an overfed but undernourished population. With poor lifestyle choices such as smoking, excess alcohol, and low levels of exercise combined with high levels of stress, many of us are compromising our long term health!

UNHEALTHY LIFESTYLE = UNHEALTHY GUT

Poor eating habits, and diets high in fat rather than the healthy foods we need each day, is impacting our gut health. Poor gut health over time impairs our overall health and wellbeing and reduces our ability to lead an enjoyable and active life. Numerous studies in the past two decades have demonstrated links between gut health and the immune system, mood, mental health, autoimmune diseases, endocrine disorders, skin conditions, and more.

In the short term, poor nutrition and bad gut health can contribute to stress, tiredness and our capacity to work, and over time, it can contribute to the risk of

developing some illnesses and other health problems.

YOUR GUT HEALTH ALSO AFFECTS YOUR MOOD

The human gut is lined with more than 100 million nerve cells, more than in the spinal cord or in the peripheral nervous system. Yes, we have brain cells in our large intestines! Which means your gut health CAN influence your mood.



WHAT IF WE CAN SHOW YOU HOW TO GET YOUR HEALTH ON TRACK?...

MORE ENERGY

**A HEALTHY
IMMUNE SYSTEM**

**IMPROVED MENTAL
HEALTH**

**IMPROVED OVERALL
HEALTH**

MAKING CHANGES IN YOUR DIET AND EXERCISE, IMPROVES YOUR OVERALL HEALTH

The 24 Days to Look Better and Feel Better is a structured program that gets your health back on track.

A total body approach that introduces healthy habits into your everyday, while supporting your digestive system with nutritional supplements to look better inside and out!

At the heart of the 24 Day program is nutrient rich pure Aloe Vera. From aiding in digestion and promoting natural energy to soothing and conditioning the skin, pure inner-leaf aloe vera gel is at the heart of everything we do at Forever.



The 24 Days Program is a structured Nutritional Program that gets you back on track with your health!

A systematic, easy to follow routine that gets your body on track over 24 Days!

We walk you through the steps and help you every inch of the way so that you get the best results.

RESET YOUR SYSTEM

The 24 Days Program starts by giving your system a clean start. The first two days of the program are designed to flush out the toxins from your system and put you on the path toward transforming your body and health.

The Cleanse is supported by a range of nutritional products and supplements designed to support your body through the process helping to reduce your hunger and boost your metabolism.

ADOPT HEALTHY HABITS

The heart of the 24 Days to Look Better and Feel Better is helping you adopt a healthy diet and exercise plan that can become part of your life going forward!

Healthy habits may be hard to get used to at first, but after a while will start to feel just like part of your daily routine.

With a range of healthy meal ideas and easy to follow exercise programs the 24 Day Program will help you create healthy habits that will last!

GET YOUR GUT ON TRACK

Good gut health and overall health are linked.

A daily glass of Forever Aloe Vera Gel® each morning is also the perfect way to introduce a healthy habit into your life and improve your gut health, and thanks to its high aloe content, vitamin C and preservative-free formula, this drinking gel will deliver much needed nutrients each morning. If you're consistent and work hard to embed such healthy eating into your life, your vitamin and mineral intake will begin to balance which will ultimately lead to a healthier you.

EMBRACE A ROUTINE

The 24 Days To Look Better And Feel Better program is a structured nutrition and exercise



Boost your health with Forever Aloe Vera Gel®.

program that's specially formulated to help you make changes toward a healthier lifestyle. It tells you what to do when, to help you get into a routine that will set you up for healthy living ongoing.

Research has shown that it takes around two- three weeks to develop a new routine.

The 24 day program is the perfect amount of time to make a healthy lifestyle part of your daily life.

The 24 day program that will transform your health inside & out



Day 1-2

Day 3-9

Day 10-24

RESET YOUR SYSTEM

Cleanse and
detox your
body of toxins.

ADOPT HEALTHY HABITS

Reset your body with
new healthy habits.
Slim down and lose
excess weight.

EMBRACE A ROUTINE

Turn new habits
into new a
healthy lifestyle.

Nutrition

Introduce 30
minutes of low
intensity exercise.

Introduce 30
minutes of medium
intensity exercise.

Introduce body
weight exercise to
support medium
intensity exercise.

Exercise

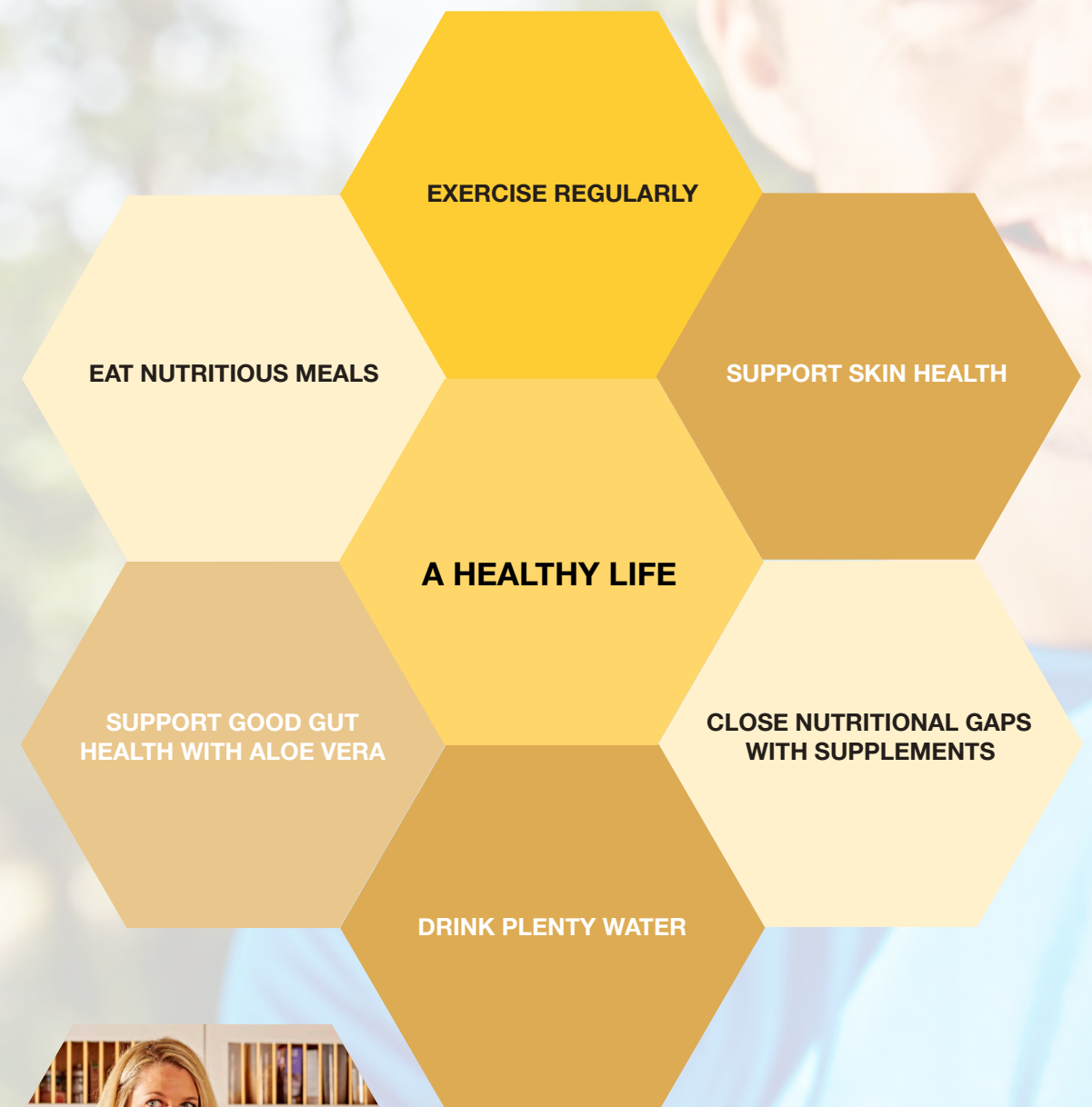
Start your new
skincare routine.

Get into a regular
routine with your
skincare.

Practice good
skincare everyday.

Optional Skincare

A TOTAL LIFESTYLE APPROACH THAT WILL CHANGE THE
WAY YOU THINK ABOUT FOOD, EXERCISE AND CARE FOR
YOUR SKIN!



Get your
gut on
track

Pure

99.7%

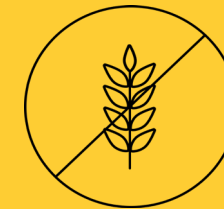
inner leaf aloe vera

Did you know that our gut is called the “second brain” of the body? There are 100 million neurons in our gut and they are linked directly to the brain.

The health of our gut is of supreme importance because it impacts our overall health. An unhealthy gut can lower immunity and cause a raft of short term health issues, and long term chronic disease.

In recent years it has been revealed that the health of your gut impacts many functions, from the amount of nutrients being absorbed from the food you consume, the strength of your immunity, your body’s ability to fight infections, and even combat depression.

One of the key’s to maintaining a healthy gut lies drinking the benefits of Pure Aloe Vera.



Purists will love Forever Aloe Vera Gel® made with 99.7% pure inner leaf aloe vera. The gel is hand-extracted within hours of harvest to ensure you get the freshest gel with all the benefits and nutrients still intact.

Imagine slicing open an aloe leaf and consuming the gel directly from the plant. Forever Living’s signature aloe vera drinks are as close to the real thing as you can get!

+ **Gluten free**
+ **No added preservatives**

+ **Sugar free**
+ **Rich in Vitamin C**



Supports healthy digestion

Aloe Vera has natural cleansing abilities that help the digestive tract absorb nutrients from the foods we eat into the blood stream, while at the same time promoting friendly bacteria growth.



Promotes a healthy immune system

Aloe vera contains unique polysaccharides and other nutrients that help to modulate and support the immune system.



Helps maintain natural energy levels

Aloe vera is rich in vitamin C and is known to help maintain natural energy levels.



Dental health and hygiene

Aloe vera is extremely beneficial for the mouth and gums. A daily serving or two of Forever’s aloe vera drinks may support healthy oral hygiene.

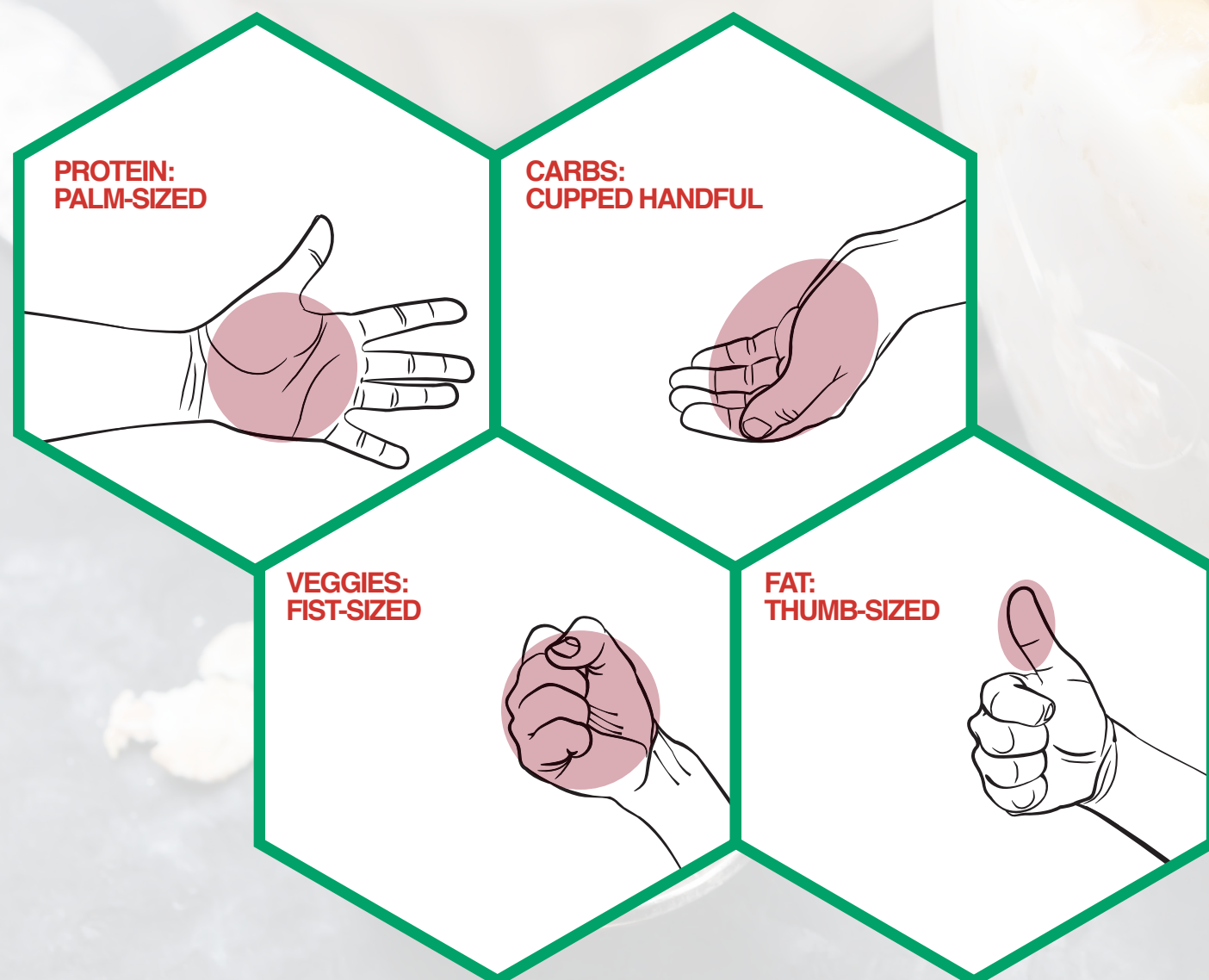
FOREVER®

A healthy diet matters

Calorie counting and measuring food is a necessary **COMPONENT** when developing a nutrition strategy. In the process of measuring and weighing food, you build an awareness that aids in mindful decision making about when, why and what you eat.

Mindful eating becomes a lifelong habit when you recognise healthy behaviours and make them part of an ongoing routine. Instead of counting calories, this program will teach you how to measure your portions based on the size of your hand, ensuring you get the correct nutrition for the size of your body.

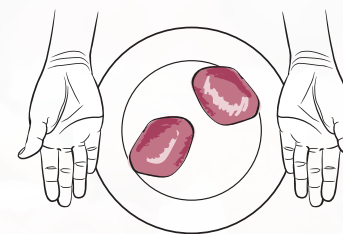
PORTIONS IN THE PALM OF YOUR HAND:



FOR BREAKFAST, LUNCH AND DINNER, USE THIS GUIDE TO BUILD A BETTER PLATE.

FOR MEN

2 PALMS OF PROTEIN



2 CUPPED HANDFULS OF COMPLEX CARBS



2 FISTS OF VEGETABLES

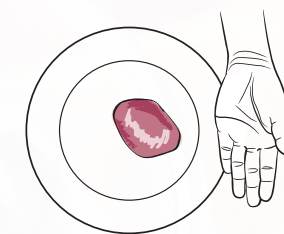


2 THUMBS OF HEALTHY FAT

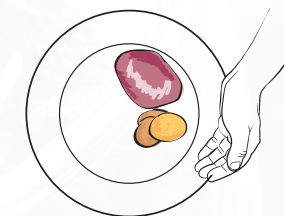


FOR WOMEN

1 PALM OF PROTEIN



1 CUPPED HANDFUL OF COMPLEX CARBS



1 FIST OF VEGETABLES



1 THUMB OF HEALTHY FAT



TAKE A LOOK AT SOME
HEALTHY RECIPES ON
PAGES 46-49.

TIP

It's important to support all parts of a healthy lifestyle to help you look better and feel better. You can follow the workout schedule exactly and not recognise that your less than perfect diet can actually be keeping you from seeing a change.



Getting into gear with your Exercise Program

We all know that daily exercise is beneficial to your overall health, and in particular heart-health, but when you work a full-time office job, have kids to feed, chores to fulfill, a long commute and some hundred-and-one other things to do, finding the time and energy to exercise often falls in the too hard basket!

The problem is, if you always put exercise at the bottom of the priority list and let the 'I'm too busy' mentality take precedence in your life, consider what will happen to your hectic schedule if your health takes a hit – you won't be able to look after the people you need to or do the things you love in life! Poor nutrition and not scheduling time for exercise puts you at risk of developing conditions like high blood pressure, diabetes, obesity and

other serious health problems. If ignored, such illnesses can impact your entire lifestyle, blowing your schedule completely wide open – and not in a good way.

The good news is that simple changes to your routine can turn you into the healthy living hero your family can depend upon for years to come...

Finding your 40 a day

This can make a tremendous difference to the way you view exercise, as breaking it down into manageable, realistic chunks also helps you recognise that keeping fit doesn't have to be an all singing and dancing affair.

We believe that anyone can find their 40, but if you're new to exercise, we'd encourage you to slowly build up to it through achievable bursts that don't make a dent in your day.

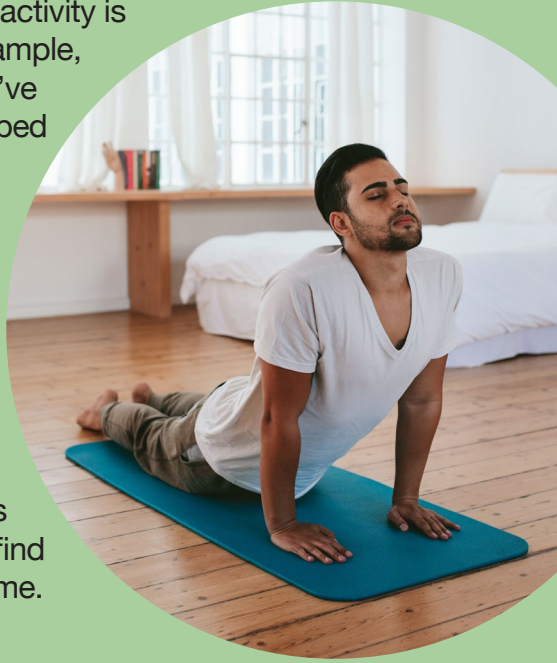
Too often people give up on exercise before they even get started – they just believe they have no time to spare – but what do you do while the laundry's in the washing machine, while the coffee is brewing, or while you are waiting for the microwave? Those few minutes are valuable moments that could be occupied by squats, lunges or planks, three exercises that can strengthen your muscles and tone your physique. These kitchen workouts are excellent starts, but there are other everyday activities that could be paired with exercise, too. Try reaching for your weights while you're watching TV, taking a walk on your lunch break, taking the stairs

According to Livestrong.com it's recommended that you try to exercise for 30-60 minutes a day, five times a week. The 30-minute minimum may have some impact when it comes to weight loss, but for better fat-burn and a noticeable difference to your fitness, 40 minutes or longer is key.

The good news is, this 40 minutes doesn't have to happen in one hit; multiple bursts of 10 or 20 minutes will have the same effect when it comes to your overall health.

instead of the elevator or parking further away from your destination. It may even be worth considering getting up just 10 minutes earlier and using those gained minutes to practice some yoga, Pilates or toning exercises.

If it is toning and muscle strengthening you want to introduce, try associating an exercise with an activity so that you remember to exercise every time that activity is fulfilled. For example, as soon as you've put the kids to bed you take a few minutes to fit in some squats, or whenever you cross a road you clench your buttocks! Start introducing exercises in this way and you'll find your 40 in no time.



TAKE FITNESS TO
THE NEXT LEVEL
WITH OUR F.I.T. APP



DOWNLOAD TODAY
IN THE APP STORE
AND
GOOGLE PLAY STORE.





Choose the right workout

YOU HAVE A LOT OF VARIETY TO CHOOSE FROM, IN FACT, FOUR DIFFERENT TYPES OF EXERCISE: AEROBIC, STRENGTH, FLEXIBILITY AND BALANCE.

Aerobic exercises are all about endurance and lead to increased breathing and heart rate. A brisk walk, jogging, dancing, gardening, skipping, swimming and sports like tennis can all be classified as aerobic exercises. Such activities keep your circulation and lungs in check, helping to prevent illnesses such as heart disease.

Strength exercises refer to exercises you perform with weights, resistance bands or when using resistance machines at the gym. Exercises that require you to lift your own body weight, such as squats and pull

ups, also fall under this category. Such exercises can help to strengthen your bones and muscles, and adults who are older will find them particularly important as they carry out everyday tasks such as carrying the shopping or keeping one's balance.

Exercises that improve your flexibility are considered to be the least essential of the four, but if you do choose activities that improve your flexibility, you can also help to maintain a wide range of motion. Diseases like arthritis can limit one's range of motion so regularly stretching parts of the body

or practising yoga can help to keep your body limber for longer.

Balance helps support agility and prevent injury, yet many of us still take our balance for granted. If you don't want to fall victim to, well, falling, then it's important to start integrating exercises that help to minimize risk. Standing on one foot and heel-to-toe walking are simple solutions, or, if you want something more intentional, you could try practicing tai chi.

Top tips

- **Enjoy a post-workout snack** – don't obsess over the calories, you need a snack to refuel and recover
- **Perfect your technique** – incorrect exercises will be ineffective
- **Choose short-term goals** – long-term goals could cause you to feel overwhelmed
- **Find a friend** – working out with a friend can keep you in check, plus you can chat while you jog
- **Don't deny yourself indulgences** – going cold turkey will only lead to relapse
- **Count your reps backwards** – you'll think about what you have left rather than what you've done
- **Start with the exercise you dislike** – avoidance probably highlights a weakness you need to combat
- **Drink a protein shake immediately after you exercise** – you're more likely to gain muscle
- **Wash your workout gear in a mesh bag** – you'll know where to find it and your partner won't complain about finding rogue sweaty socks
- **Keep a workout journal** – monitoring your progress will keep you motivated
- **Don't over train** – rest days give your body time to repair; this can make muscles stronger



Mind how you go

Regular exercise can help to alleviate symptoms associated with depression, anxiety and ADHD, as well as helping to relieve stress, improve memory and boost your overall mood. When you exercise, your brain releases endorphins, powerful chemicals that can uplift your mood and make you feel energized. As you exercise, try to tune into the sound and rhythm of your breathing and heart-beat, doing so will help to focus on the activity rather than on the worries that usually plague your mind. This technique will also help you to improve your concentration, you'll feel more in control of situations and regular movement will also help your muscles to relax, relieving any unwanted tension caused by stress.

Skin health matters

When we look good, we feel good, and keeping your skin healthy not only improves how you feel but also impacts your overall health. In fact your skin is often seen as a reflection of your overall health.

When your skin is healthy skin, it will be impacted less by the signs of aging, it heals faster and protects your body from potential disease. Because your skin is growing and changing all the time it is important to maintain a skin care routine that works with your specific skin type.

Science recognizes 3 skin types: dry, oily and combination. Combination skin can be sometimes dry, sometimes oily, sometimes both and sometimes neither. In fact, most people who haven't identified a specific skin concern – or identify their skin as “normal”, have combination skin.

Choose from one of our incredible skincare ranges infinite by Forever™ advanced skincare system for dry and aged skin or Sonya™ daily skincare system for combination skin!

THE EFFECTS OF AGING ON THE SKIN

Picture your skin as a juicy plum. Moisturized, taut and smooth, this fruit represents young, healthy skin. However, as we age, our skin loses moisture faster. Add in environmental factors like pollution and the sun and our skin loses elasticity, luster and firmness. Dry, aging skin appears dull and is more prone to wrinkles and age lines – just like a plum that's been stripped of its moisture.



RESTORING THE SKIN'S MOISTURE

While we can't turn back the hands of time, we can restore skin's moisture balance, stimulate healthy collagen levels and reduce the appearance of fine lines and wrinkles – making your skin appear more like a freshly picked plum.

With powerful ingredients derived from nature's best sources at clinically active levels and scientific advancements designed to elevate our Aloe, infinite by Forever™ is on the cutting edge of anti-aging skincare.

When creating infinite by Forever™ our experts found peptides, natural minerals, botanicals, desert plants and the latest skin science that not only complement Aloe, but actually increase its efficacy and benefits.

COMBINATION SKIN

Is often skin that fluctuates and can vary greatly! It can have an oily-looking T-Zone combined with dry-feeling cheeks. It is perceived to be difficult to deal with and lead to an array of skin problems.

COMBINATION SKIN HAS MET IT'S MATCH

Nature meets science with a revolutionary gel based technology that helps to deliver the benefits of Aloe where your skin needs them most with a light texture that leaves your skin feeling refreshed and rejuvenated.

A BREAK THROUGH IN SKIN TECHNOLOGY

You will notice the word gel in each of our Sonya Skin Care product names, that's because we've created a synergistic line that features a gel base. This scientifically advanced carrier, ideal for combination skin, delivers the Aloe, moisture and botanicals we pumped into the Sonya™ daily skincare system without leaving skin feeling heavy or greasy.



ARE YOU READY? LET'S PUT DOWN YOUR GOALS.

Choose one goal you plan to achieve during the 24 days to look better and feel better program. This can be anything from losing a few kilos to taking the stairs everyday.

WHAT PLAN WILL YOU MAKE TO ACCOMPLISH?

[illegible]

Our experience shows that you are more likely to stick with the this program and achieve your goals if you write down your daily progress.

Remember,
your weight can
fluctuate throughout the
program. Only record
your weight on days
1 and 24.

BODY WEIGHT & MEASUREMENTS.

HOW TO MEASURE:

CHEST / Measure under your armpits around the front of your chest with your arms relaxed at your sides.

BICEPS / Measure halfway between your armpit and elbow
with your arm relaxed at your side.

WAIST / Measure your natural waist – approximately 5 cm above your hips.

HIPS / Measure around the widest part of the hips and buttocks.

THIGHS / Measure at the widest point of the thigh including the highest point on your inner thigh.

CALVES / Measure the thickest part of your calf, typically about halfway between the knee and the ankle, while your calves are relaxed.

BEFORE MEASUREMENTS:

	CHEST
	BICEPS
	WAIST

	HIPS
	THIGHS
	CALVES
	WEIGHT

AFTER MEASUREMENTS:

	CHEST
	BICEPS
	WAIST

	HIPS
	THIGHS
	CALVES
	WEIGHT

EACH PRODUCT IN THE 24 DAY PROGRAM PACK WAS CAREFULLY
SELECTED TO WORK TOGETHER SYNERGISTICALLY.

TAKE EACH PRODUCT AS DIRECTED IN THE SUPPLEMENT
SCHEDULE FOR MAXIMUM RESULTS!



FOREVER ALOE VERA® DRINKS x 4

With up to 99.7% pure Aloe Vera, Forever's aloe drinks help to cleanse the digestive system and maximize absorption of nutrients. Your pack includes 2 x Forever Aloe Vera Gel®, 1 x Forever Aloe Peaches® and 1 x Forever Aloe Berry Nectar®.



FOREVER FIBER® x 1

Provides a proprietary blend of 5g of water soluble fiber that can help promote feelings of fullness and promotes digestive health.



FOREVER THERM® x 1

Offers a powerful combination of botanical extracts and vitamins that can help support metabolism.



FOREVER GARCINIA PLUS® x 2

May help the body burn fat more efficiently and help suppress appetite by increasing serotonin levels.



FOREVER LITE ULTRA® x 2

Shake mix is a rich source of vitamins and minerals with 17g of protein per serving.



FOREVER ARGi+® x 1

L-Arginine is a potent amino acid that helps to support what scientists refer to as the "Miracle Molecule" – nitric oxide. It helps support circulation, promotes cardiovascular health, supports our Immune system, reduces muscle fatigue.



FOREVER ARCTIC-SEA® x 1

Combining Omega-3 with Omega-9, Forever Arctic Sea is a safe and balanced supplement that can favourably support healthy blood cholesterol and triglyceride levels. Based on the latest research on nutrition, this supplement is a breakthrough as it uses both vegetable and fish oils.



FOREVER BRIGHT® TOOTHGEL x 1

Your teeth will gleam with Forever Bright, one of the best toothgels on the market and it does this without containing fluoride. It whitens without using bleaching agents and Soothes mouth tissues.



ALOE EVER-SHIELD DEODORANT® x 1

Made with stabilised Aloe Vera gel, this gentle blend of ingredients contains none of the harmful anti-perspirant aluminum salts found in many other deodorants on the market. Contains no aluminum salts. Does not stain clothes. Can be used directly after shaving or waxing. Rich in texture.

ALOE VERA, WHOSE MOST TRADITIONAL USE AS A NATURAL REMEDY
IS TO SOOTHE THE SKIN, IS AN IDEAL DEFENCE.

OUR SKINCARE ROUTINES WORK NATURALLY WITH DIFFERENT
SKIN TYPES BY MOISTURISING AND PROVIDING ESSENTIAL
NUTRIENTS AND VITAMINS TO THE SKIN.

(OPTIONAL WITH 24 DAY PACK).

THE INFINITE RANGE - FOR DRY AND MATURE SKIN TYPES

INFINITE BY FOREVER™ RESTORING CRÈME

Containing powerful botanical ingredients like acai and pomegranate that provide antioxidant support, while leaving your skin feeling moisturised and smooth. Also containing Centipeda Cunninghamii, a plant native to Australia, which works synergistically to enhance the many benefits of Aloe. Together, these ingredients deliver proven results for soothing skin, while vitamin B3 and beet root even out tone and texture to support a youthful complexion.



INFINITE BY FOREVER™ FIRMING SERUM

infinite by Forever™ firming serum boosts the power of Aloe with a clinically tested ingredient, trifluoracetyl tripeptide-2. In clinical tests this single ingredient significantly improved skin elasticity and is known to combat progerin, a harmful protein that increases as you age and wreaks havoc on your skin.



INFINITE BY FOREVER™ HYDRATING CLEANSER

Don't just wash away dirt and makeup, help your skin look and feel younger to the touch while laying a strong foundation for the rest of your anti-aging routine.



THE SONYA RANGE - FOR COMBINATION AND OILY SKIN

SONYA™ REFRESHING GEL CLEANSER

Instead of a soap base, our latest Sonya™ refreshing gel cleanser uses a new, gel delivery system to clean without stripping your skin thanks to our stabilized aloe vera gel and powerful botanicals.



SONYA™ ILLUMINATING GEL

Illuminating gel is not like anything else available on the market, with it's unique collection of five Asian botanicals: scutallaria baicalensis root, glycyrrhiza glabra root, morus alba root, artemisia capillaris flower and zizyphus jujube fruit. These oriental plants are known for their ability to even and brighten overall skin tone.



SONYA™ SOOTHING GEL MOISTURIZER

Includes the anti-aging ingredients, linoleic acid and hydrolyzed collagen, this scientifically advanced gel goes into the skin where it's needed most. Enhanced by phytic acid, a powerful support for combination skin, to improve the look of your complexion.



SONYA™ REFINING GEL MASK

To make the most of your shut eye, we infused this gel with a bounty of botanicals, including: carrot seed oil, basil oil, artemisia pallens flower oil and soybean oil. Promotes healthy skin tone - Supports fluctuations of combination skin - Nourishes skin while you sleep.



YOUR SUPPLEMENT SCHEDULE

DAYS 1 & 2

THE FIRST TWO DAYS OF THE 24 DAY PROGRAM ARE DESIGNED TO RESET YOUR BODY AND YOUR MIND.

Breakfast	<div><div>2X Forever Garcinia Plus® Tablets</div></div>	<div><div>Wait 30 minutes</div><div>Before taking Forever Aloe Vera Gel®</div></div>	<div><div>Your choice of 120 ml. Forever Aloe Vera® drink</div><div>With a minimum of 240 ml. of water</div></div>	<div><div>1X Forever Therm® Tablet</div></div>	<div><div>Minimum of 30 minutes of low-intensity exercise</div></div>	<div><div>1X Arctic- Sea® Tablet</div></div>
Snack	<div><div>1X Stick Forever Fiber®</div><div>Mixed with 240 - 300 ml. of water or other beverage</div></div>	<div><div>Be sure to take Forever Fiber® separate from your daily supplements. Fiber can bind to some nutrients, impacting their absorption by your body.</div></div>				
Lunch	<div><div>2X Forever Garcinia Plus® Tablets</div></div>	<div><div>Wait 30 minutes</div><div>Before taking Forever Aloe Vera Gel®</div></div>	<div><div>Your choice of 120 ml. Forever Aloe Vera® drink</div><div>With a minimum of 240 ml. of water</div></div>	<div><div>1X Scoop Forever Lite Ultra®</div><div>Mixed with 300 ml. of water, almond milk, light soy milk, or coconut milk</div></div>	<div><div>1X Forever Therm® Tablet</div></div>	
Dinner	<div><div>2X Forever Garcinia Plus® Tablets</div></div>	<div><div>Wait 30 minutes</div><div>Before taking Forever Aloe Vera Gel®</div></div>	<div><div>Your choice of 120 ml. Forever Aloe Vera® drink</div><div>With a minimum of 240 ml. of water</div></div>			
Evening	<div><div>Your choice of 120 ml. Forever Aloe Vera® drink</div><div>With a minimum of 240 ml. of water</div></div>					



FREE FOODS (FOUND ON PAGES 30 & 31) CAN BE ENJOYED IN MODERATION TO HELP CURB HUNGER.

DURING THIS TIME, YOU WILL BEGIN TO PURGE TOXINS FROM YOUR BODY. COMMITTING TO THE PROGRAM IS CRUCIAL, AND THE FIRST TWO DAYS ARE THE TOUGHEST. KEEP YOUR GOALS IN MIND AND KNOW THAT THE DIFFICULTY IS ONLY TEMPORARY.

YOUR SUPPLEMENT SCHEDULE

DAYS 3 THROUGH 9

BE AWARE THAT YOUR WEIGHT MAY FLUCTUATE FROM DAY TO DAYREMEMBER TO ONLY WEIGH YOURSELF ON DAYS 1 AND 24.

Breakfast	 <div>2X Forever Garcinia Plus[®] Tablets</div>	 <div>Wait 30 minutes Before taking Forever Aloe Vera Gel[®]</div>	 <div>Your choice of 120 ml. Forever Aloe Vera[®] drink With a minimum of 240 ml. of water</div>	 <div>1X Scoop Forever Lite Ultra[®] Mixed with 300 ml. of water, almond milk, light soy milk, or coconut milk</div>	 <div>1X Forever Therm[®] Tablet</div>	 <div>1X Arctic-Sea[®] Tablet</div>
Snack	 <div>1X Stick Forever Fiber[®] Mixed with 240 - 300 ml. of water or other beverage</div>	<div>Be sure to take Forever Fiber[®] separate from your daily supplements. Fiber can bind to some nutrients, impacting their absorption by your body.</div>				
Lunch	 <div>2X Forever Garcinia Plus[®] Tablets</div>	 <div>1X Scoop Forever Lite Ultra[®] Mixed with 300 ml. of water, almond milk, light soy milk, or coconut milk</div>	<div>On DAY9, introduce a 300 calorie meal for lunch instead of a Forever Lite Ultra[®] shake. This will help you transition Further.</div>	 <div>1X Forever Therm[®] Tablet</div>		
Dinner	 <div>2X Forever Garcinia Plus[®] Tablets</div>	<div>600 Calorie Meal</div>	<div>Men can have up to 200 more calories on days 3-9. They can either have an additional shake or an additional 200 calories in their meal.</div>			
Evening	 <div>A minimum of 240 ml. of water</div>					

40 minutes daily of medium intensity aerobic exercise.

Before or after exercise drink your ARGI+.

The 24 DAY PROGRAM meal schedule can be adapted to fit your lifestyle.

If you prefer to have your 600 calorie meal for lunch and a protein shake made with Forever Lite Ultra[®] for dinner feel free to make the switch!

REGARDLESS OF WHAT THE SCALE SAYS, YOU MAY ALSO BEGIN TO SEE POSITIVE CHANGES IN YOUR BODY SUCH AS A FLATTER STOMACH AND A GREATER FEELING OF WELL-BEING.

YOUR SUPPLEMENT SCHEDULE

DAYS 10 THROUGH 24

FOLLOW THE SUPPLEMENT SCHEDULES EACH DAY TO ACHIEVE MAXIMUM RESULTS.

Breakfast	 1X Forever Garcinia Plus® Softgels	 Wait 30 minutes Before taking Forever Aloe Vera Gel®	 Your choice of 120 ml. Forever Aloe Vera® drink With a minimum of 240 ml of water	 1X Scoop Forever Lite Ultra® Mixed with 300 ml. of water, almond milk, light soy milk, or coconut milk	 1X Forever Therm® Tablet	 1X Arctic- Sea® Tablet
Snack	 1X Packet Forever Fiber® Mixed with 240ml of water or other beverage	Be sure to take Forever Fiber® separate from your daily supplements. Fiber can bind to some nutrients, impacting their absorption by your body.	200 Calorie Snack for Women 300 Calorie Snack for Men			
Lunch	 2X Forever Garcinia Plus® Softgels	 1X Forever Therm® Tablet	450 Calorie Lunch for Women 550 Calorie Lunch for Men			
Dinner	 1X Forever Garcinia Plus® Softgels	450 Calorie Dinner for Women 550 Calorie Dinner for Men				
Evening	 A minimum of 240 ml of water	40 minutes daily of either medium intensity aerobic exercise or body weight exercise.				

TIP

A great way to drink your daily Aloe is to mix it with ARG1+® (sold separately). ARG1+® provides 5 grams of L-Arginine per serving plus synergistic vitamins to give your body the boost it needs to keep you going all day long.

Before or after exercise drink your ARG1+.

Mix 120 ml. of Forever Aloe Vera Gel®, 1 scoop of ARG1+® and water to taste, then shake with ice for a delicious way to enjoy the benefits of Aloe along with a great boost of energy!

TIP
A great way to drink your daily Aloe is to mix it with ARG1+® (sold separately). ARG1+® provides 5 grams of L-Arginine per serving plus synergistic vitamins to give your body the boost it needs to keep you going all day long.

Before or after exercise drink your ARG1+.

Mix 120 ml. of Forever Aloe Vera Gel®, 1 scoop of ARG1+® and water to taste, then shake with ice for a delicious way to enjoy the benefits of Aloe along with a great boost of energy!

MAKE SURE TO WAIT AT LEAST 30 MINUTES BETWEEN FOREVER GARCINIA PLUS® AND FOREVER ALOE VERA GEL® OR YOUR MEAL TO MAKE SURE YOU GET THE FULL IMPACT AND BENEFIT OF FOREVER GARCINIA PLUS®!

ON YOUR FINAL DAY, YOUR BODY WILL FEEL ENERGISED & REFRESHED AS YOU COMPLETE THE 24 DAY PROGRAM!

Fruit, veggies & free foods

One Serving Foods

Enjoy one serving of these fruits and vegetables each day.

Fruit/Vegetable	Serving Size	Fruit/Vegetable	Serving Size	Fruit/Vegetable	Serving Size
Apricot	3	Figs	2 small	Plum	1 medium
Apple	1 medium	Grapes	¾ cup	Prunes	2 medium
Artichoke	1 medium	Grapefruit	½ medium	Raspberries	1 cup
Blackberries	1 cup	Kiwi	1 medium	Soy Beans	¼ cup shelled
Blueberries	¾ cup	Orange	1 small	Strawberries	8 medium
Boysenberries	¾ cup	Peach	1 medium		
Cherries	½ cup	Pear	1 small		

Two Serving Foods

Enjoy two serving of these fruits and vegetables each day.

Fruit/Vegetable	Serving Size
Asparagus	8 spears
Cauliflower	½ head
Capsicum	1 medium
Snow or Snap Peas	¾ cup
Tomato	1 medium

Free Foods

Enjoy an unlimited amount of these fruits and vegetables each day. These foods are so low in calories that there isn't a specified serving size for the 24 Day Program.

Arugula	Endive	Kale
Celery	Broccoli	Leeks
Green Onion	Cucumber	Spinach
Lettuce (All Varieties)	Eggplant	String Beans

Fruits and vegetables listed on the left can be consumed throughout the 24 Day Program to help curb cravings.

These foods are low in calories and provide vitamins, minerals, phytonutrients and fiber.

CALCULATE YOUR BMI

The body mass index (BMI) is a guide measurement of body weight based on a person's weight and height. It is used to estimate a healthy body weight based on a person's height, assuming an average body composition. Ask your Forever Health Consultant to calculate your BMI and discuss with you the results!



YOUR DAILY PLANNER.
























Research shows that people who record what they eat and how much they exercise lose more weight. Indeed, those that keep a daily planner are two to three times more likely to stick with this program.

Keep track of how your body is improving by weighing yourself at the beginning and end of the program.
























Document the supplements you take, food you eat, exercise you do and amounts of water you drink each day.

Not only will this give you a great overview of your progress, it will also provide a good reference later on as you continue your look better & feel better journey!

+Check List Day 1

 30 Minutes Exercise	 Argi+	 Skincare Routine
 8 Glasses of Water		
		
		
Breakfast	Snack	Lunch
 2X Forever Garcinia Plus [®] Tablets  120 ml. Forever Aloe Vera [®] Drink  1X Forever Therm [®] Tablet  1X Arctic- Sea [®] Tablet	 1X Stick Pack Forever Fiber [®]	 2X Forever Garcinia Plus [®] Tablets  120 ml. Forever Aloe Vera [®] Drink  1X Forever Therm [®] Tablet  1X Scoop Forever Lite Ultra [®]
Dinner	Evening	
 2X Forever Garcinia Plus [®] Tablets  120 ml. Forever Aloe Vera [®] Drink	 120 ml. Forever Aloe Vera [®] Drink	

+Check List Day 2

 30 Minutes Exercise	 Argi+	 Skincare Routine
 8 Glasses of Water		
		
		
Breakfast	Snack	Lunch
 2X Forever Garcinia Plus [®] Tablets  120 ml. Forever Aloe Vera [®] Drink  1X Forever Therm [®] Tablet  1X Arctic- Sea [®] Tablet	 1X Stick Pack Forever Fiber [®]	 2X Forever Garcinia Plus [®] Tablets  120 ml. Forever Aloe Vera [®] Drink  1X Forever Therm [®] Tablet  1X Scoop Forever Lite Ultra [®]
Dinner	Evening	
 2X Forever Garcinia Plus [®] Tablets  120 ml. Forever Aloe Vera [®] Drink	 120 ml. Forever Aloe Vera [®] Drink	

+Check List Day 3

<div><div></div><div>30 Minutes Exercise</div></div>	<div><div></div><div>Argi+</div></div>	<div><div></div><div>Skincare Routine</div></div>
<div><div><div></div><div>8 Glasses of Water</div></div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>		
<div>Breakfast</div>	<div>Snack</div>	<div>Lunch</div>
<div><div></div>2X Forever Garcinia Plus® Tablets</div> <div><div></div>120 ml. Forever Aloe Vera® Drink</div> <div><div></div>1X Forever Therm® Tablet</div> <div><div></div>1X Scoop Forever Lite Ultra®</div> <div><div></div>1X Arctic-Sea® Tablet</div>		

+Check List Day 4

<div><div></div><div>30 Minutes Exercise</div></div>	<div><div></div><div>Argi+</div></div>	<div><div></div><div>Skincare Routine</div></div>
<div><div><div></div><div>8 Glasses of Water</div></div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>		
<div>Breakfast</div>	<div>Snack</div>	<div>Lunch</div>
<div><div></div>2X Forever Garcinia Plus® Tablets</div> <div><div></div>120 ml. Forever Aloe Vera® Drink</div> <div><div></div>1X Forever Therm® Tablet</div> <div><div></div>1X Scoop Forever Lite Ultra®</div> <div><div></div>1X Arctic-Sea® Tablet</div>		
























+Check List Day 5

<div><div></div><div>30 Minutes Exercise</div></div>	<div><div></div><div>Argi+</div></div>	<div><div></div><div>Skincare Routine</div></div>
<div><div><div></div><div>8 Glasses of Water</div></div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>		
<div>Breakfast</div>	<div>Snack</div>	<div>Lunch</div>
<div><div></div>2X Forever Garcinia Plus® Tablets</div> <div><div></div>120 ml. Forever Aloe Vera® Drink</div> <div><div></div>1X Forever Therm® Tablet</div> <div><div></div>1X Scoop Forever Lite Ultra®</div> <div><div></div>1X Arctic-Sea® Tablet</div>		
























+Check List Day 6

<div><div></div><div>30 Minutes Exercise</div></div>	<div><div></div><div>Argi+</div></div>	<div><div></div><div>Skincare Routine</div></div>
<div><div><div></div><div>8 Glasses of Water</div></div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>		
<div>Breakfast</div>	<div>Snack</div>	<div>Lunch</div>
<div><div></div>2X Forever Garcinia Plus® Tablets</div> <div><div></div>120 ml. Forever Aloe Vera® Drink</div> <div><div></div>1X Forever Therm® Tablet</div> <div><div></div>1X Scoop Forever Lite Ultra®</div> <div><div></div>1X Arctic-Sea® Tablet</div>		
























+Check List Day 7

 30 Minutes Exercise	 Argi+	 Skincare Routine
 8 Glasses of Water        		
Breakfast	Snack	Lunch
 2X Forever Garcinia Plus [®] Tablets  120 ml. Forever Aloe Vera [®] Drink  1X Forever Therm [™] Tablet  1X Scoop Forever Lite Ultra [™]  1X Arctic-Sea [™] Tablet	 1X Stick Pack Forever Fiber [™]	 2X Forever Garcinia Plus [®] Tablets  1X Forever Therm [™] Tablet  1X Scoop Forever Lite Ultra [™]
Dinner		
 2X Forever Garcinia Plus [®] Tablets  600 Calorie Meal		

























+Check List Day 8

 30 Minutes Exercise	 Argi+	 Skincare Routine
 8 Glasses of Water        		
Breakfast	Snack	Lunch
 2X Forever Garcinia Plus [®] Tablets  120 ml. Forever Aloe Vera [®] Drink  1X Forever Therm [™] Tablet  1X Scoop Forever Lite Ultra [™]  1X Arctic-Sea [™] Tablet	 1X Stick Pack Forever Fiber [™]	 2X Forever Garcinia Plus [®] Tablets  1X Forever Therm [™] Tablet  1X Scoop Forever Lite Ultra [™]
Dinner		
 2X Forever Garcinia Plus [®] Tablets  600 Calorie Meal		

+Check List Day 9

 30 Minutes Exercise	 Argi+	 Skincare Routine
 8 Glasses of Water        		
Breakfast	Snack	Lunch
 2X Forever Garcinia Plus [®] Tablets  120 ml. Forever Aloe Vera [®] Drink  1X Forever Therm [™] Tablet  1X Scoop Forever Lite Ultra [™]  1X Arctic-Sea [™] Tablet	 1X Stick Pack Forever Fiber [™]	 2X Forever Garcinia Plus [®] Tablets  1X Forever Therm [™] Tablet  1X Scoop Forever Lite Ultra [™]
Dinner		
 2X Forever Garcinia Plus [®] Tablets  600 Calorie Meal		

+Check List Day 10

 30 Minutes Exercise	 Argi+	 Skincare Routine
 8 Glasses of Water        		
Breakfast	Snack	Lunch
 1X Forever Garcinia Plus [®] Tablet  120 ml. Forever Aloe Vera [®] Drink  1X Forever Therm [™] Tablet  1X Scoop Forever Lite Ultra [™]  1X Arctic-Sea [™] Tablet	 1X Stick Pack Forever Fiber [®]  200 Calorie Women/300 Calorie Men	 2X Forever Garcinia Plus [®] Tablets  1X Forever Therm [™] Tablet  450 Calorie Women/550 Calorie Men
Dinner		
 1X Forever Garcinia Plus [®] Tablet  450 Calorie Women/550 Calorie Men		

+Check List Day 11

30 Minutes Exercise

Argi+

Skincare Routine

8 Glasses of Water

Breakfast

1X Forever Garcinia Plus[™] Tablet

120 ml. Forever Aloe Vera[®] Drink

1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]

1X Arctic- Sea[™] Tablet

Snack

1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men

Lunch

2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet

450 Calorie Women/550 Calorie Men

Dinner

1X Forever Garcinia Plus[™] Tablet

450 Calorie Women/550 Calorie Men

+Check List Day 13

30 Minutes Exercise

Argi+

Skincare Routine

8 Glasses of Water

Breakfast

1X Forever Garcinia Plus[™] Tablet

120 ml. Forever Aloe Vera[®] Drink

1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]

1X Arctic- Sea[™] Tablet

Snack

1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men

Lunch

2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet

450 Calorie Women/550 Calorie Men

Dinner

1X Forever Garcinia Plus[™] Tablet

450 Calorie Women/550 Calorie Men

+Check List Day 12

30 Minutes Exercise

Argi+

Skincare Routine

8 Glasses of Water

Breakfast

1X Forever Garcinia Plus[™] Tablet

120 ml. Forever Aloe Vera[®] Drink

1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]

1X Arctic- Sea[™] Tablet

Snack

1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men

Lunch

2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet

450 Calorie Women/550 Calorie Men

Dinner

1X Forever Garcinia Plus[™] Tablet

450 Calorie Women/550 Calorie Men

+Check List Day 14

30 Minutes Exercise

Argi+

Skincare Routine

8 Glasses of Water

Breakfast

1X Forever Garcinia Plus[™] Tablet

120 ml. Forever Aloe Vera[®] Drink

1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]

1X Arctic- Sea[™] Tablet

Snack

1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men

Lunch

2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet

450 Calorie Women/550 Calorie Men

Dinner

1X Forever Garcinia Plus[™] Tablet

450 Calorie Women/550 Calorie Men

39.

+Check List Day 15

30 Minutes Exercise

Argi+

Skincare Routine

8 Glasses of Water

Breakfast

1X Forever Garcinia Plus[™] Tablet

120 ml. Forever Aloe Vera[®] Drink

1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]

1X Arctic- Sea[™] Tablet

Snack

1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men

Lunch

2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet

450 Calorie Women/550 Calorie Men

Dinner

1X Forever Garcinia Plus[™] Tablet

450 Calorie Women/550 Calorie Men

+Check List Day 17

30 Minutes Exercise

Argi+

Skincare Routine

8 Glasses of Water

Breakfast

1X Forever Garcinia Plus[™] Tablet

120 ml. Forever Aloe Vera[®] Drink

1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]

1X Arctic- Sea[™] Tablet

Snack

1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men

Lunch

2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet

450 Calorie Women/550 Calorie Men

Dinner

1X Forever Garcinia Plus[™] Tablet

450 Calorie Women/550 Calorie Men

+Check List Day 16

30 Minutes Exercise

Argi+

Skincare Routine

8 Glasses of Water

Breakfast

1X Forever Garcinia Plus[™] Tablet

120 ml. Forever Aloe Vera[®] Drink

1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]

1X Arctic- Sea[™] Tablet

Snack

1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men

Lunch

2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet

450 Calorie Women/550 Calorie Men

Dinner

1X Forever Garcinia Plus[™] Tablet

450 Calorie Women/550 Calorie Men

+Check List Day 18

30 Minutes Exercise

Argi+

Skincare Routine

8 Glasses of Water

Breakfast

1X Forever Garcinia Plus[™] Tablet

120 ml. Forever Aloe Vera[®] Drink

1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]

1X Arctic- Sea[™] Tablet

Snack

1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men

Lunch

2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet

450 Calorie Women/550 Calorie Men


Dinner


1X Forever Garcinia Plus[™] Tablet


450 Calorie Women/550 Calorie Men


41.


+Check List Day 19


30 Minutes Exercise


Argi+


Skincare Routine


8 Glasses of Water

























Breakfast

1X Forever Garcinia Plus[™] Tablet


120 ml. Forever Aloe Vera[®] Drink


1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]


1X Arctic- Sea[™] Tablet


Snack


1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men


Lunch


2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet


450 Calorie Women/550 Calorie Men


Dinner


1X Forever Garcinia Plus[™] Tablet


450 Calorie Women/550 Calorie Men


+Check List Day 21


30 Minutes Exercise


Argi+


Skincare Routine


8 Glasses of Water

























Breakfast

1X Forever Garcinia Plus[™] Tablet


120 ml. Forever Aloe Vera[®] Drink


1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]


1X Arctic- Sea[™] Tablet


Snack


1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men


Lunch


2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet


450 Calorie Women/550 Calorie Men


Dinner


1X Forever Garcinia Plus[™] Tablet


450 Calorie Women/550 Calorie Men


+Check List Day 20


30 Minutes Exercise


Argi+


Skincare Routine


8 Glasses of Water

























Breakfast

1X Forever Garcinia Plus[™] Tablet


120 ml. Forever Aloe Vera[®] Drink


1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]


1X Arctic- Sea[™] Tablet


Snack


1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men


Lunch


2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet


450 Calorie Women/550 Calorie Men


Dinner


1X Forever Garcinia Plus[™] Tablet


450 Calorie Women/550 Calorie Men


+Check List Day 22


30 Minutes Exercise


Argi+


Skincare Routine


8 Glasses of Water

























Breakfast

1X Forever Garcinia Plus[™] Tablet


120 ml. Forever Aloe Vera[®] Drink


1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]


1X Arctic- Sea[™] Tablet


Snack


1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men


Lunch


2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet

450 Calorie Women/550 Calorie Men

Dinner

1X Forever Garcinia Plus[™] Tablet

450 Calorie Women/550 Calorie Men

+Check List Day 23

30 Minutes Exercise

Argi+

Skincare Routine

8 Glasses of Water

Breakfast

1X Forever Garcinia Plus[™] Tablet

120 ml. Forever Aloe Vera[®] Drink

1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]

1X Arctic- Sea[™] Tablet

Snack

1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men

Lunch

2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet

450 Calorie Women/550 Calorie Men

Dinner

1X Forever Garcinia Plus[™] Tablet

450 Calorie Women/550 Calorie Men

+Check List Day 24

30 Minutes Exercise

Argi+

Skincare Routine

8 Glasses of Water

Breakfast

1X Forever Garcinia Plus[™] Tablet

120 ml. Forever Aloe Vera[®] Drink

1X Forever Therm[™] Tablet

1X Scoop Forever Lite Ultra[™]

1X Arctic- Sea[™] Tablet

Snack

1X Stick Pack Forever Fiber[®]

200 Calorie Women/300 Calorie Men

Lunch

2X Forever Garcinia Plus[™] Tablets

1X Forever Therm[™] Tablet

450 Calorie Women/550 Calorie Men

Dinner

1X Forever Garcinia Plus[™] Tablet

450 Calorie Women/550 Calorie Men

Speak to your Forever business consultant on how to maintain a healthy lifestyle.

CONGRATULATIONS!
YOU HAVE
SUCCESSFULLY
COMPLETED
THE 24 DAYS
PROGRAM.
YOU DID IT!

NOW RECORD YOUR "AFTER"
MEASUREMENTS TO REVIEW
YOUR PROGRESS.

A man and a woman are running on a sandy beach at sunset. The man is carrying the woman on his shoulders. They are both smiling and looking towards the camera. The background shows the ocean and a bright sunset sky.

45.



Be healthy with 5 ingredient meals

SWEET POTATO CHILLI SOUP (V)

SERVES 6 | 40 MINUTES

INGREDIENTS

- 1 chopped medium white onion
- 3 chopped medium sweet potatoes
- 2 cups chunky salsa
- 2 cups black beans
- 2 cups vegetable stock

FROM THE CUPBOARD

- 1 tablespoon vegetable oil
- Spice to taste (chili powder, cumin, cinnamon, paprika)
- Lime juice to taste (optional)
- Salt and pepper to taste

METHOD

Sweat the onions in a large pot over a medium heat until they turn soft. Add the sweet potatoes and preferred spices and cook for a further 3 minutes, then add the salsa, vegetable stock and 2 cups of water. Bring the mixture to a gentle boil before reducing it to simmer and adding the black beans. Cover and cook for 20-30 minutes or until the potatoes are soft and the sauce has thickened.

OLIVE AND TOMATO FISH

SERVES 4 | 12 MINUTES

INGREDIENTS

- 1 cup chopped plum tomatoes
- 12 chopped pimiento stuffed olives
- 4 white fish fillets (sole, plaice, halibut, flounder, tilapia or turbot)
- 4 lemon wedges
- 2 tablespoons chopped fresh parsley

FROM THE CUPBOARD

- 1 ½ teaspoons oregano
- 1 tablespoon extra-virgin olive oil
- Salt and pepper to taste
- Cooking spray

METHOD

Coat a large, non-stick skillet with cooking spray and place over a medium-high heat. Add the tomatoes and heat through before transferring them to a bowl. Combine the tomatoes with the olives, parsley and some of the oregano (¾ teaspoon) and keep the bowl warm. Return the skillet to a medium-high heat and re-coat with cooking spray.

Evenly season the fish fillets with salt, pepper and the remaining oregano and fry in the pan for 3 minutes each side or until the flesh flakes and turns white. Squeeze a lemon wedge over each fillet and then top the fish with the olives and tomatoes. Enjoy with brown rice or quinoa.

*Enjoy with
brown rice
or quinoa...*



ROASTED VEG AND CHICKEN QUINOA

SERVES 4 | 40 MINUTES

INGREDIENTS

- 1 cup uncooked quinoa
- 1 ½ cups chopped asparagus
- 2 teaspoons minced garlic
- ½ cup diced roasted red peppers
- 4 grilled chicken breasts

FROM THE CUPBOARD

- 1 tablespoon olive oil
- Salt and pepper to taste

METHOD

Lay peppers on a baking tray lined with parchment and drizzle with oil. Roast in a 450°F oven for 25 minutes. While roasting, rinse the quinoa and add it to a saucepan full of water (approx. 2 cups). Season if required and bring to the boil before reducing the heat and leaving it to simmer for about 15 minutes. Once cooked, set the quinoa aside.

Pop your chicken on the grill for around 14 minutes (turning halfway) or until the flesh is white throughout. While the chicken cooks, sauté the asparagus and garlic with olive oil in a saucepan, stir in the quinoa and red peppers and heat through. Serve up and top with the grilled chicken – yum!

Top tip!

You can easily make this dish vegetarian by replacing the chicken with 6oz. of Quorn, tofu or seitan.

LEMONY KALE AND SPROUT SALAD (V)

SERVES 6-8 | 20 MINUTES

INGREDIENTS

- 500g Brussels sprouts
- 500g curly kale
- 1 cup chopped walnuts
- 1 cup grated pecorino Romano cheese
- ¼ cup fresh lemon juice

FROM THE CUPBOARD

- 3 tablespoons extra-virgin olive oil
- Salt and pepper to taste
- 1 clove minced garlic
- 1 tablespoon Dijon mustard (optional)

METHOD

Using a baking tray lined with foil, roast the walnuts for 5-8 minutes in a 350°F oven – you need to keep an eye on them as they can burn quickly. Thinly slice the leaves of the sprouts and kale and discard the stalks. Fry the leaves in a little oil for a few minutes until soft, then transfer to a medium bowl. In a small jug, mix together the lemon juice, oil, garlic, seasoning and mustard (if required) and pour over the leaves.

Add the walnuts and cheese and toss well before leaving for around 20 minutes so that the flavors fuse. This salad is perfect if you have sprouts leftover from the holiday season!

Top tip!

You can easily make this dish vegetarian by replacing the cheese with vegan-friendly parmesan.

FREQUENTLY ASKED QUESTIONS.

HOW MUCH WEIGHT CAN I EXPECT TO LOSE ON THIS PROGRAM?

The amount of weight you will lose during the 24 Days to Look Better and Feel Better program depends on your baseline factors including your starting weight and what your lifestyle was like when you began the program.

IS THE 24 DAY PROGRAM SAFE?

Yes. Because the program is designed for 24 days only, it is extremely safe for most people. However, if you have a pre-existing health condition, are pregnant or are under a doctor's care, it's wise to consult with them before starting the 24 Day Program or any weight management program.

WILL I FEEL HUNGRY DURING THIS PROGRAM?

You may feel hungry, especially during the first two days. This is normal. However, the sensation of hunger should subside. Forever Fiber® and Forever Lite Ultra® are designed to support feelings of fullness and help stave off hunger.

WHAT DOES FOREVER GARCINIA PLUS® DO?

Garcinia cambogia is a small, pumpkin-shaped fruit that contains a compound known as hydroxycitric acid (HCA). Studies show that HCA helps to support a healthy weight when used in conjunction with a healthful diet and exercise program. Specifically, Garcinia may help the body burn fat more efficiently. It may also help suppress your appetite by increasing serotonin levels.

WHAT ARE THE BENEFITS OF FOREVER THERM®?

Forever Therm® offers a powerful combination of botanical extracts and vitamins that can help support metabolism by boosting thermogenesis.

WHY DO I NEED PROTEIN?

Protein is the basic building block of every cell in your body. In order to build or repair tissues and muscles, your body needs amino acids that can only be derived from protein. Research shows that protein is essential for successful weight-loss. Calorie restriction that does not include adequate amounts of protein can cause a loss of muscle mass before you begin to lose fat. Forever Lite Ultra®, when combined with a healthful diet and exercise program, can help you lose fat, not muscle.

WHY SHOULD I DRINK AT LEAST 8 GLASSES OF WATER PER DAY?

About 72% of your body is made up of water, and you must constantly replenish this supply. Water is needed to maintain a healthy metabolism, because it is involved in almost every biochemical process in your body. Making sure you are well-hydrated also helps to keep you feeling full between meals.

AS LONG AS I MONITOR MY CALORIE INTAKE TO STAY WITHIN THE 24 DAY PROGRAM, CAN I EAT WHATEVER FOODS I WANT?

One of the most important parts of changing your body is changing the way you think about food. For best results, we suggest that you follow the program exactly as outlined in this booklet. Foods that are low in calories may not provide you with the correct balance of nutrients necessary for cleansing and weight-loss.

Ensuring the highest quality.

We own numerous patents for the stabilisation of Aloe Vera, which assures you of the highest quality Aloe Vera-based health and beauty products. Our Aloe Vera products were the first to receive the International Aloe Science Council Seal of Approval for consistency and purity. Many of the products also feature the Kosher, Halal and Islamic Seals of Approval. Forever does not test its products on animals.

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