TRULEAN™

FAT LOSS SUPPLEMENT GUIDE

HOW THIS GUIDE WORKS

This guide explains the ingredients, their benefits, and the best timing to support your physical transformation.

Starting with the Fat Loss Essentials, these are a MUST for anyone hoping to burn the maximum amount of fat in the shortest amount of time. Like everything in our FBBC Approved/TruLean supplement line, these supplements are designed to support any fitness level.

Next up is Everyday Fit, the world's first vitamin-enhanced super water that tastes like juice, counts toward your daily hydration, and even surpasses water by boosting your metabolism, controlling your appetite, killing unhealthy cravings, and improving your mood and focus.

Last, but not least, are the Fat Loss Enhancers. These three are the "secret weapons" for everyone who's determined to get the best results from this program. Like everything in our FBBC Approved/TruLean supplement line, these supplements are designed to support any fitness level. Once you read up on them and decide they are right for you, you absolutely should order your first set and start using them right away!

Finally, this guide includes our most popular Recipes and Life Hacks to help you create variety and stay consistent with your supplementation. Most importantly, HAVE FUN! Everything here is designed to support the beautiful, healthy new YOU who is just waiting to emerge through this program!

TAKE PRIDE IN YOUR BRAVE DECISION AND LET'S GO!

WHY YOU NEED SUPPLEMENTS

From the Desk of Erin Alejandrino,
Vice President of Supplementation,
FBBC Approved / TruLean

Imagine for a moment dramatically improving your weight-loss results, energy levels, daily well-being, and even your moods, simply by ADDING all-natural supplements to your routine.

For too long, you've been told that proper diet and nutrition means taking things away, and that the only way to improve your health is to change what you eat. Make no mistake, at FBBC Approved/TruLean, we believe in a healthy diet based on whole foods.

The surprising truth, however, is that most people who struggle with their weight are eating too LITTLE food, not too much. As you'll discover with the program, you will most likely eat more total food than you ever have before.

In a similar way, you will discover that ADDING these pure, clean, great-tasting supplements to your routine will unlock a level of fat loss, energy, confidence, and beauty unlike anything you've ever experienced before. To me, that's the best part of supplementation - you get to add good things to your life instead of depriving yourself.

So, get excited! You're going to fall in love with these supplements because of their delicious flavors and the amazing benefits they bring to your weight-loss journey. Soon, they'll become second nature to you, and with consistent results, you'll wonder why everyone isn't taking these supplements!

FISH OIL

Improve your body, brain, and heart by taking a daily dose of Omega-3 fatty acids found in Fish Oil. These acids have been shown to prevent heart disease and aid in cognitive functions.

RESET

FAT LOSS ESSENTIALS

INGREDIENTS	BENEFITS*
Omega-3 Fatty Acids (EPA and DHA)	Assists in the prevention of heart disease Supports brain function Controls cholesterol Supports muscle activity Supports cell growth Fights inflammation Supports joint function and repair Supports a restful night's sleep

*When used with a sensible diet and exercise program to maximize results.

Timing: Right after dinner. For best results, make sure dinner is high in other healthy fats. The body absorbs Fish Oil three times faster when ingested with another fat.

So, why don't you just eat more fish and call it a day?

Well, most of our fish is often poorly farmed or raised. That means it contains a lot of heavy metals like mercury, which can build up in the body over time and lead to serious health issues. That also means most commercially available fish does not contain enough EPA and DHA to provide the full benefits listed above.

MULTIVITAMIN

Get ALL your body's most needed vitamins and minerals with our easy-to-swallow and fast absorbing Multivitamin. This daily dose contains 100% of the recommended intake you need to promote a lean figure, increase your energy, and bring a healthy glow to your skin and nails.

RESTORE

FAT LOSS ESSENTIALS

INGREDIENTS	BENEFITS*
Vitamin D	Supports bone health Supports immune system
Antioxidants	Fights the effects of aging Supports immune system
Complete Vitamin B Family Includes B1, Riboflavin (B2), Niacin (B3), B6, Biotin (B7), and B12	Speeds up metabolism Fights the effects of aging Supports brain and nervous system Helps support healthy hormones and mood Helps support healthy hair, skin, and nails
Vitamin C	Supports immune system Fights the effects of aging
Vitamin K	Supports healthy aging
Vitamins A and E	Helps support healthy hair, skin, and nails
Amino Acids	Builds lean muscle Fights soreness

*When used with a sensible diet and exercise program to maximize results.

Timing: Anytime. For best results, take on a full stomach. Take with breakfast to power up your whole day!

WHEY ISOLATE PROTEIN

Our protein line contains zero sugar and 100% pure Protein Isolate. That's why it's easily digestible, great tasting, and contains all the essential ingredients to support muscle building and a healthy metabolism!

REBUILD

FAT LOSS ESSENTIALS

INGREDIENTS	BENEFITS*
L-Citrulline Malate 2:1	Promotes fat loss
L-Taurine	Builds lean muscle

*When used with a sensible diet and exercise program to maximize results.

Timing: If your sole purpose is losing weight, squeeze in your protein shakes between meals to keep your stomach full. If you are trying to prevent muscle loss, take your shake with breakfast. Americans typically get the bulk of their protein at night, so switching it up in the morning is the ideal way to make sure it is distributed evenly.

VEGAN PLAT-BASED PROTEIN

REBUILD

Build and support lean muscle with Plant-Based Protein! Our products contain zero sugar and 100% pure protein. That's why they're easily digestible, great tasting, and contain all the essential ingredients to support muscle building and a healthy metabolism.

FAT LOSS ESSENTIALS

INGREDIENTS	BENEFITS*
L-Citrulline Malate 2:1	Promotes fat loss
L-Taurine	Builds lean muscle

*When used with a sensible diet and exercise program to maximize results.

Timing: If your sole purpose is losing weight, squeeze in your protein shakes between meals to keep your stomach full. If you are trying to prevent muscle loss, take your shake with breakfast. Americans typically get the bulk of their protein at night, so switching it up in the morning is the ideal way to make sure it is distributed evenly.

EVERYDAY FIT

Our appetite-curbing, non-stimulant mix boosts your metabolism while keeping you hydrated and it tastes delicious! This is the first-ever water enhancer that replenishes nutrients and supports an active lifestyle WITHOUT harmful sugar or stimulants.

RENEW

MOST POPULAR!

INGREDIENTS	BENEFITS*
L-Dopa	Balances stress Improves mood Raises energy levels without the jitters
L-Carnitine	Helps boost a healthy metabolism Supports lean muscle
Biotin	Helps support healthy skin, hair, and nails

*When used with a sensible diet and exercise program to maximize results.

Timing: Anytime! Everyday Fit is the world's first ever water enhancer that is ZERO sugar, totally delicious, and even healthier than plain water!

This revolutionary water enhancer can and should be taken all day. Hydration is the key to unlocking a healthy mind and body (aim to drink half your bodyweight in ounces of water each day). We recommend drinking Everyday Fit throughout the day, but try to stay under 3 servings per day!

PRE-WORKOUT

Recharge before your workouts with our brain and body activating pre-workout. This proprietary formula improves blood flow, focus, cognitive function, and energy so you can give your best effort every time and accelerate your progress. Available with and without caffeine.

RECHARGE

FAT LOSS ENHANCERS

INGREDIENTS	BENEFITS*
L-Citrulline Malate 2:1	Increases blood flow Improves workout performance Elevates concentration Increases recovery after exercise
L-Taurine	Helps keep you hydrated Supports the general function of your nervous system
N-Acetyl L-Tyrosine	Increases your natural "high" Improves brain function
L-Theanine	Enhances mental focus Improves brain function

*When used with a sensible diet and exercise program to maximize results.

Timing: Pre-Workout should be taken roughly 45-60 minutes before any physical exercise to receive the full effects (especially if you prefer our stimulated Pre-Workout over our non-stimulated).

POWDERED GREENS

Revitalize your body with our delicious Powdered Greens. Boost your immune system, balance your body's PH, and increase your energy with a single serving. Just one micronutrient-dense scoop of these greens will revitalize your whole day!

REVITALIZE

FAT LOSS ENHANCERS

INGREDIENTS	BENEFITS*
Complete Vitamin B Family	Skyrockets energy levels
Biotin, Vitamin A, Vitamin E	Promotes firm, lush, glowing skin
Antioxidants, Vitamin K	Fights aging
Vitamin C, Complete Vitamin B Family, Vitamin D	Supercharges the immune system

*When used with a sensible diet and exercise program to maximize results.

Timing: Anytime of the day. Take it on an empty or full stomach!

MINT CHIP SUPERFOOD *SMOOTHIE*

This vegan, extra-thick mint chip superfood smoothie tastes like a healthy Shamrock Shake and packs a secret kick of green goodness. Who wouldn't want to try that? The result is an energizing, detoxifying, minty, cooling, refreshing, glass of wonderful!

Ingredients

- 2-3 frozen bananas
- 1-2 tbsp unsweetened almond milk (or other non-dairy milk)
- 1 scoop Powdered Greens
- 2 drops peppermint oil (or fresh peppermint if you have some)
- 1 1/2 tbsp dark chocolate chips or cocoa nibs, divided

Instructions

Add the frozen bananas and almond milk to a food processor. Process until smooth. Add in the Powdered Greens and peppermint oil. Process another 15 seconds. Add in 1 tbsp chocolate chips or cocoa nibs. Pulse to chop. Scoop the smoothie into a glass and top with the additional chocolate chips or cocoa nibs. ENJOY!

Makes 1 serving

GREEN CASHEW *CHEESE SAUCE*

For all those vegans out there and people who are trying to cut a bit of dairy out of their lives, this recipe is perfect for you! It combines cashews, garlic, and of course, your Powdered Greens to give that amazing cheese dip feel without any of the worries of eating actual dairy! Pair it with your favorite veggies or gluten-free crackers.

Ingredients

- 1 cup cashews, soaked in water
- 2 tbsp fresh lemon juice
- 1 cup water
- 1 clove garlic
- 2 tbsp Powdered Greens
- 1/2 tsp sea salt

Instructions

Put all ingredients into a blender. Blend until smooth. ENJOY!

Makes 4 servings

GREEN MATCHA *LATTE*

Trying to veer away from coffee, but still want that energizing get-up-and-go feeling? This recipe is the one for you! Nothing beats a nice matcha tea latte in the morning. And, adding your Powdered Greens to it? No brainer.

Ingredients

- 1/2 tbsp matcha
- 1/4 cup hot water
- 1 cup heated unsweetened almond milk
- 1 scoop Powdered Greens

Instructions

Heat water to just under a boil. Separately, heat milk to just under a boil. Whisk matcha powder with hot water until dissolved. Combine milk and matcha mixture. Stir in Powdered Greens. ENJOY!

Makes 1 serving

SWEET HAWAIIAN PINEAPPLE *POPSICLE*

Nothing is more nostalgic than an ice-cold popsicle to beat the heat. Throw in a popsicle made with the super hydrating powers of Everyday Fit, and you have yourself a new favorite treat!

Ingredients

- 2 cups water
- 1 cup unsweetened pineapple or orange juice
- 1/2 cup lemon juice
- 12 freezer pop molds or 12 paper cups (3 ounces each)
- Wooden popsicle sticks
- 1 scoop Everyday Fit

Instructions

Combine all ingredients. Fill your popsicle molds or paper cups with 1/4 cup juice mixture. Top molds with holders. If using cups, top with foil and poke the sticks through. Freeze until firm. This will take about 2-3 hours, but many popsicle pros prefer to leave them overnight. ENJOY!

Makes 12 popsicles

SWEET RASPBERRY MANGO *INFUSED WATER*

Everyone is on the infused water train nowadays. With this recipe, you will get all the benefits of your favorite Everyday Fit water enhancer with the fresh zing of fruit! It's a win/win situation! Some of our favorites are fresh pineapple, raspberry, mint, orange and vanilla, and raspberry and lime! ENJOY!

Ingredients

- 1 cup fruit such as citrus or berries (try our suggested flavors noted above)
- 2 sprigs herbs such as thyme or mint (try our suggested flavors noted above)
- 8 cups water
- 1 scoop Everyday Fit

Instructions

Combine all ingredients together in a pitcher. Muddle to release the juices or leave the fruit to float. ENJOY!

Makes 1 serving

STRAWBERRY *FROZEN YOGURT*

This cold, refreshing treat is a perfectly healthy way to indulge that sweet teeth of yours - all while helping build lean muscle mass.

Ingredients

- 1 cup frozen plain Greek yogurt
- 1 cup frozen strawberries
- 1 scoop Vanilla Protein (chocolate would work as well)

Instructions

Put all ingredients into a blender and blend until smooth. ENJOY!

Makes 2 servings

COFFEE LOVER'S *PROTEIN SHAKE*

Everyone loves a good breakfast smoothie, and everyone loves coffee, so why not combine them in one protein packed cup of deliciousness? This recipe will work with whatever flavor of Protein Powder is your favorite.

Ingredients

- 1/2 ripe medium banana
- 1 scoop Protein Powder (flavor of your choice)
- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup cold or room temperature brewed coffee
- 1 1/2 cups cubed ice
- Sprinkle of cacao nibs for topping (if desired)

Instructions

Add all ingredients except ice to a high-powered blender. Blend until mixed together. Slowly add ice to blender and process until creamy. Top with cacao nibs (if desired). ENJOY!

Makes 1 serving

BLUEBERRY STREUSEL FITNESS *MUFFINS*

Did you know your Protein Powder can be used for baking? Here's a great protein packed snack that will fill you with energy and help you towards your fat loss goals! It's packaged in a tasty little muffin that is fun and flavorful while being filled with superb nutrition!

Ingredients

- Coconut oil spray
- 2 cups liquid egg whites
- 1 cup Protein Powder
- 1 cup old fashioned oats, divided
- 1 cup frozen blueberries, divided
- 1 tsp lemon zest
- 1/2 tsp sea salt
- 1/2 tsp vanilla extract

Instructions

Preheat oven to 350 degrees F.

Lightly grease a 12-muffin pan with coconut oil spray. In a blender, combine egg whites, Protein Powder, 3/4 cup oats, 1/2 cup blueberries, lemon zest, sea salt, and vanilla extract. Blend until smooth. Pour the batter evenly between the 12 muffin tins. Divide the remaining blueberries evenly between the muffins and drop into the batter. Place a sprinkle of the remaining oats on the top of each muffin. Bake in preheated oven for 18 minutes, or until done. Remove from the oven and cool before removing from the pan. Enjoy for up to 5 days in an airtight container in the fridge.

Makes 12 muffins

PRE-WORKOUT *GUMMIES*

Ingredients

- 1 scoop of Pre-Workout (stimulant or non-stimulant)
- 2-3 envelopes of unflavored gelatin (Knox brand)
- 1 packet of stevia sweetener (optional)
- 1/2 cup of very cold water
- 1-2 drops of natural food coloring (optional)
- Gummy mold, eyedropper

Instructions

Take a bowl and mix the powdered products. Next, put the cold water in a medium to large bowl and slowly mix in the powdered ingredients. Microwave for 1 minute to 1 minute and 15 seconds. It will bubble, froth, and rise. Now, take the eyedropper and fill each mold to the top with gelatin. Put the molds in the freezer for about ten minutes to set. Pop gummies out of the molds and store in the fridge in a bag or container. Enjoy about 45 minutes before boot camp.

Makes 1 serving

TROPICAL *ENERGY BLAST*

Ingredients

- 1 large pink grapefruit (peeled, seeded, and cut into chunks)
- 1/2 cup fresh pineapple
- 1/2 cup strawberries (fresh or frozen)
- 1/2 cup non-fat plain Greek yogurt
- 1 scoop of Strawberry Kiwi Pre-Workout

Instructions

Blend all ingredients together. ENJOY!

Makes 2 servings

LIFE HACKS

Pack your shaker everywhere you go, and include a zip-lock baggy with a serving of Protein Powder if needed. This will keep you on track when in need of a snack, and help you avoid going for those crackers or sugar-filled energy bars.

Get creative! If you are feeling tired of your meal prep, get creative with recipes. Our supplement line can be used for popsicles, Jell-O, and even no-bake bars or cookies!

Mix and match. That's right - our supplements not only taste delicious on their own, they can be combined for a delicious nutrient packed treat! Our favorite is a Vanilla Protein Shake with a green twist. All you need is a scoop of Vanilla Protein, Powdered Greens, an apple, and some almond milk. Voila!

When you're on the go, add a scoop of Protein Powder to quick oats or chia pudding for a filling, nutrient packed breakfast!

Think it, Speak it, Live it. Share your recipes and meals with a friend or nutrition buddy to stay accountable. Our FBBC Global Group is the perfect place to find and share recipes, and get inspiring tips to stay on track.