

LOSE UP TO
20 lbs[†]
IN JUST 2 WEEKS!

Fat Flush®

Smoothie
SHAKEDOWN

2 Fat Flush Smoothie Shakedown®

Easy Weight Loss That Works!

Smoothie Shakedown is a two-week super charged weight loss program specifically designed for busy people on-the-go. Brimming with flavor and bursting with health benefits, it's the easiest way to reach your weight loss goals! Everyday you'll enjoy delicious protein-rich smoothies and your favorite healthy foods. Not to mention, you'll optimize results with three essential fat-burning supplements.

How You'll Lose

DAILY MENU



Why it Works

Smoothie Shakedown combines common sense nutrition with the latest in weight loss research. Centered around our signature smoothies, this plan will keep you satisfied so you won't be tempted to cheat or even overeat.

FOR COMPLETE PLAN DETAILS & GUIDELINES:
Visit smoothieshakedown.com or
Read the 'Smoothie Shakedown Guide'

“Whether you need to jumpstart weight loss, lose that final 20 pounds, or break a plateau, Smoothie Shakedown is a great plan for you.”

—Ann Louise Gittleman, PhD, CNS
Creator of the best-selling Fat Flush series



Success Stories

Lost 44 lbs and Feeling Proud!



Before

“I began using the Smoothie Shakedown Bundle two and a half years ago, and have lost 44 pounds and kept them off! I now enjoy one smoothie in the morning and have had great success. I feel better now than I did when I was 25! Being in my early 40s I figured this was my fate and the pounds were here to stay...I am so happy to have found UNI KEY. It has changed my life!”[†] —**Karen W.**



After

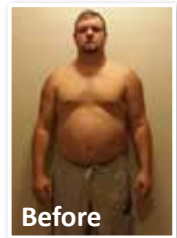
Down 30 lbs...so far!



After

“After the first week, I was no longer hungry or craving unhealthy foods and had lost 10 pounds. Over the second week, I noticed I was actually enjoying the smoothies and was surprised at how much energy I had. By the end of the two weeks, I lost 18 pounds and 4 inches from my waist. Over the next month, I lost another 12 pounds. I’ve lost over 30 pounds so far.”[†]

—**David F.**



Before

[†]Real life customer experience; individual results vary. Shakedown dieters lose on average 10-12 lbs in 2 weeks.

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Satisfying Smoothies

What makes Smoothie Shakedown so successful is the smoothie itself—made with 100% pure plant-based protein, plus delicious fiber-rich fruits, greens and omega-3s.

Recent plant protein studies have shown:

- Low-carb dieters **lost 50% more weight** when they got most of their protein from plants, compared to those who ate more meat (*New England Journal of Medicine, 2009*).
- Women who ate mostly plant-based protein **weighed on average 15% less** than those who ate primarily meat (*Nutrition Reviews, 2008*).
- People who ate more plant-based protein **consumed 40% less calories** (*University of California-Davis*).



Under
\$2.00
Per Smoothie



VEGAN



GLUTEN-FREE



DAIRY-FREE



SUGAR-FREE

Fat Flush Body Protein is a blend of GMO-free pea and rice protein providing a complete protein source of essential amino acids. Each serving provides 20 grams of protein to keep you sustained and energized for a good four hours.

And, there's no limit to the number of smoothie flavors you can enjoy. Try some of our favorites like Blueberry Mint, Green Apple & Kale or Strawberry Peach!



Nutritious Foods

On the Shakedown, you'll enjoy real food that's delicious and nutritious—you won't find pre-packaged entrees here! Our plan allows you the freedom to create tasty meals with your favorite fresh ingredients. And, eating out is no problem! We'll give you guidelines to stay on track.

The whole family will love our quick and easy Shakedown-friendly recipes like Spaghetti and Meatballs, Fiery Shrimp Skewers, South of the Border Lettuce Wraps, Old Fashioned Crockpot Chili, and Chicken Caesar Salad.



Essential Supplements

Designed to be used along with diet and exercise, the Fat Flush Kit provides natural, stimulant-free support for every day of the Smoothie Shakedown. This time-tested combination helps to support optimal nutrient intake while stabilizing hunger and cravings.*

Weight Loss Formula*

Supports balanced blood sugar, increased energy levels, and healthy fat metabolism*

Dieters' Multivitamin & Mineral

Provides 25 essential vitamins and minerals to support healthy detox*

GLA-90 (*Gamma Linolenic Acid*)

Stimulates metabolically active brown fat for more efficient weight loss support*



*These statements have not been evaluated by the FDA.

These products are not intended to diagnose, treat, cure, or prevent any disease.

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Recommended Foods & Shopping List

Visit smoothieshakedown.com or read 'Smoothie Shakedown Guide' for specific serving sizes and guidelines.

FRUITS

- apples
- blackberries
- blueberries
- cherries
- grapefruit
- nectarines
- oranges
- peaches
- pears
- plums
- raspberries
- strawberries

VEGETABLES

- arugula
- asparagus
- bamboo shoots
- bell peppers
- broccoli
- Brussels sprouts
- cabbage
- carrots (1)
- cauliflower
- celery
- chives
- collard greens
- cucumbers
- daikon
- eggplant
- endive
- escarole
- fennel
- garlic
- green beans
- Jerusalem artichoke
- jícama
- kale
- leeks
- lettuces
- mushrooms
- mustard greens
- okra
- olives (3)
- onions
- parsley
- radicchio
- radishes
- rhubarb
- spaghetti squash
- spinach
- sprouts
- Swiss chard
- tomatoes
- water chestnuts
- watercress
- yellow squash
- zucchini

LEAN PROTEIN

- eggs
- fish
- lean beef
- lamb
- poultry
- seafood
- tofu

SPICES & SEASONINGS

- basil
- bay leaf
- cayenne
- cilantro
- cinnamon
- cloves
- coriander
- cumin
- dill
- garlic
- ginger
- mint
- mustard
- onion powder
- oregano
- parsley
- turmeric
- lemon
- lime
- raw unpasteurized apple cider vinegar

OTHER ESSENTIALS

- Fat Flush Body Protein
- Fat Flush Kit
- Flora-Key
- flaxseed oil or fish oil
- ground flax seeds or chia seeds
- 100% unsweetened cranberry juice

Daily Food Allowances

- **Vegetables:** Unlimited (unless stated otherwise)[†]
- **Fruits:** 2 servings (about 1 cup each)[†]
- **Lean Protein:** 4-6 oz. (up to 8 oz. for males)[†] **PLUS** up to two eggs as an optional snack
- **Protein Powder:** 2 scoops of pea & rice protein
- **Omega-3 Oils:** 2 tbsp flaxseed or fish oil
- **Fiber-Rich Seeds:** Up to 4 tbsp of ground flax seeds or chia seeds

[†]From recommended list

Stay Hydrated

½ Your Body Weight (lbs) = Ounces of Water Daily

For example: If you weigh 200 lbs, you'll need at least 100 oz. of water daily!



Bloat Busting Tip: Flush out water weight!

Fat Flush Cran-Water

Sip this detoxifying beverage all day long as part of your water intake.

Recipe: 1 oz. 100% unsweetened cranberry juice to 7 oz. water

Daily intake: Up to 64 oz.

Shakedown Tips

Legal cheat

Enjoy 1 cup of organic coffee or roasted dandelion root tea daily.

Bedtime

Avoid eating 2 hours before bedtime.

Exercise

Go easy with 30-45 minutes of light to moderate activity.

Avoid

- alcohol
- sodas
- artificial sweeteners
- gum
- sugar
- extra salt*

Stay full

Eat every 4 hours.

*unless you have low blood pressure, then have ¼ to ½ teaspoon salt per day

Useful Resources

We want you to succeed, and we know having the right support is essential. Visit smoothieshakedown.com for products, recipes, tips, FAQs, and more!

It's All in the Guide!

The best way to ensure a successful Shakedown is with a copy of the Smoothie Shakedown Guide. Included in all bundles, you'll find the complete plan, 14-day journal, recipes, shopping list, tips and more.

**Also Sold Separately*



Fat Flush® COMMUNITY

Join fellow Fat Flushers—newbies and veterans—for 24/7 health and weight loss support.

- Get answers to all your Fat Flush questions
- Build friendships for long lasting support
- Share inspiring before and after photos
- Celebrate victories and work through obstacles
- Join challenges and special interest groups

Get started at <http://community.fatflush.com>



Find us on Facebook | facebook.com/smoothieshakedown

AFTER THE SHAKEDOWN

What's Next?

Continue on your weight loss journey by transitioning to our Succession Plan. Learn more at smoothieshakedown.com/follow-up-maintenance

Cash In On Your Smoothie Shakedown Success

For **every pound** you lose on the program, UNI KEY will give you **\$2** toward your next purchase. Learn more at unikeyhealth.com/it_pays_to_lose

Place your order at unikeyhealth.com or call (800) 888-4353