

LET'S LEVEL UP!!!



OUR VISION AT FIT FOOD 4U

At Fit Food 4U, we're dedicated to being one of South Africa's premier online health and wellness providers. Our mission is to consistently deliver the highest quality, best-tasting, and most nutritious meals to all our clients.

We understand the challenges of maintaining a healthy lifestyle in today's fast-paced world. With so many quick fixes and limited healthy, affordable options available, it can be tough to make sustainable choices.

Transform your lifestyle and enhance your overall health and well-being with easy access to convenient, well-portioned, and nutritious meals at Fit Food 4U.

Never underestimate the transformative power of just a few weeks! It's time to commit fully to your goals!
It's time 4U to level up!

BEFORE WE GET STARTED

Disclaimer: a quick reminder before you start, please note that this guide should not be treated as medical advice or a suggestion that this guide should replace qualified specialist advice based on your unique story. You should keep your healthcare specialist with up-to-date information about your health conditions and on changes, you make to your diet. In case dietary changes might affect any medical conditions, you have and or any medicines you take, please consult with your health care specialist first.

A complete lifestyle crafted program to help you achieve your goals and unleash your full potential. Let's seize this perfect opportunity to challenge yourself and embark on the journey towards becoming your best self.

What is the premise of our Level Up Challenge?

We have developed a meal plan for this challenge that is based on a 4-hour eating cycle between breakfast and dinner.

This package is packed with healthy and nutrient-dense foods to nourish your body, emphasizing clean eating to nourish your body from the inside out, focusing on the quality of the food we are putting in our bodies.

It is time for you to TAKE ACTION and start making yourself a priority! Make you feel positive about your health and well-being! Get yourself on the right path that helps you achieve your lifestyle goals – leaving you feeling confident and radiant in your own skin! Let us get you on the way to a whole new and improved you! Creating a lifestyle that suits you and your body type goal!

Many low-quality foods which can be found in our grocery stores are treated with pesticides or contain genetically modified ingredients, carrying potential health risks and sadly, significant environmental damage. These highly processed foods are loaded with calories, added sugars, and ingredients that only scientists can pronounce, but lack all the beneficial nutrients that our bodies need.

Be that as it may, we can assure you that our level up challenge package (and all other Fit Food 4U products for that matter) are only packed with high-quality whole foods to replace those which are covered in pesticides, engineered or processed foods.

Seize Your Moment with Fit Food 4U – Act Now!

This is your time to shine with Fit Food 4U – prioritize yourself and take charge of your health and well-being! Start on the path that aligns with your lifestyle goals, leaving you feeling confident and radiant.

Feel excited, motivated, and ready to achieve your goals!

Let us guide you towards a whole new and improved version of yourself!

Create a personalized lifestyle that fits your body type and goals perfectly!

Everything you need to achieve success begins with your mindset and determination!

Act today and embark on your journey towards a healthier, happier you with Fit Food 4U!

Tips:

Eat breakfast; a protein & healthy fat-filled breakfast can keep you full for longer and prevent you from snacking during the day.

Eat regular meals; this can help you burn calories more effectively and helps prevent mindless snacking.

Fruits and vegetables can be a tasty snack and they can bulk out your meals. They are high in nutrients and fiber and low in calories and fat.

Eat slow-burning calories, high-fiber carbohydrates such as legumes, and healthy fats such as avocado take longer to release energy, so you will not get hungry as quickly.

Drink water as it is healthful, has no calories, and can fill you up.

We believe strongly in developing and maintaining healthy lifestyles, which is why we have developed this package with you, our customers in mind, to make clean eating and clean living easier and more achievable!

What to expect during this challenge:

This challenge will allow you to take back control of what you put into your body because if you consistently eat clean foods, you are essentially filling your body with plentiful vitamins and minerals, high-quality protein, and healthy fats, which improve heart and brain health, assist with weight management, build a stronger immune system, and increase energy levels, among other benefits.

Fad diets come and go. So, you wouldn't be mistaken for thinking that clean eating is just another trend that'll eventually fall out of favor. However, we believe that clean eating isn't a diet, it's way more than that! We believe that through this Level Up challenge, and clean eating in general you allow yourself the opportunity to build a lifestyle around clean eating.

With this package, you can expect to feel a new sense of freedom because this package allows you to choose your own path. We have provided you with all the puzzle pieces and all you need to do is put them together, to create your very own puzzle. This means we have provided you with all the health shots, juices, smoothies, and meals and you can decide which ones you want to have depending on how you feel.

It's an approach to weight loss that puts the ball in your court. You make all the decisions based on what you feel like eating and drinking. Although you have the freedom to choose which ones to have, you will still always be choosing from our healthiest and most nutritious products, which will be helping you on your weight loss and maintenance journey. This is an excellent aid in mentally preparing for your weight loss journey, as it creates a sense of independence.

Benefits of the level up challenge:

Refocus your efforts for better a happy, healthy body.

1. YOU MAKE BETTER CHOICES

2. YOU LEARN HOW MANY CALORIES YOU CAN ACTUALLY CONSUME

3. YOU EAT SMALLER PORTIONS

4. VISUALIZING IS ENERGIZING

How long before results start to show?

Reducing the number of calories, you eat per day can be an effective weight loss method. Regarding the way your body looks on average, it usually takes around 4 weeks for your friends to start noticing weight loss, and around 6 to 8 weeks for you to notice the weight loss yourself.

**Are you prepared to Level Up and challenge yourself
with Fit Food 4U?**

The ball is in your court. What you have for breakfast, lunch, and dinner each day is entirely up to you! (Well... sort of). 😊 We've hand selected a range of healthy, well-portioned breakfast, lunch, and dinner meals which are perfect for this Level Up Challenge, but we've given you the freedom to choose your daily routine based on the meals in your package. Clean and healthy eating should be an exciting challenge, which is why we've put you in charge!

Go ahead! Create a daily routine based on how you feel each day and what you feel like eating each day! We've created a check list for you to tick off what you have eaten, and what's still left in the freezer. This will help you keep track and make decision-making a lot easier for you! Simply tick off what you've taken out of the freezer for breakfast, lunch, and dinner so you know what's available on the menu for tomorrow.

Your journey to becoming a mindful eater and creating healthy eating habits that will leave you feeling great! This challenge will help you develop healthy eating habits, bring you closer to your goals, make you accountable for your progress, and give you the support you need! Not only does this create a sense of independence on your journey, which is an important step in the right direction, but it will also create an awareness of what to avoid and when to avoid it. Having knowledge of this subject is an important step in the right direction. Once you have this awareness and independence, and the willingness to continue, you can set up a lifestyle for yourself centered on health, and nutrition-filled living. Our exercise program can be a long-term solution to keeping you happy and healthy for life. Balance is key.

Tips for making the most of your calorie intake on our level up challenge:

- **DO NOT SKIP PROTEIN** – Try to eat some protein at every meal. Not only will it help keep you full, but it will also help you burn calories. Research studies show that protein increases your metabolism (how fast you burn calories). It also helps decrease your appetite because you feel fuller. There are many sources of protein. Try to choose lean meats, eggs, cottage cheese, fish, nuts, and legumes (beans, edamame).
- **DO NOT DRINK YOUR CALORIES** – When you are dieting, there is no more important drink than water. Staying hydrated will help you burn calories. Try to avoid all sugary drinks such as sodas, fruit juices, and sports drinks.
- **DUMP THE JUNK** – Sure, you may cave to a craving occasionally, but do not make a habit of it. The calories from junk food are also called empty calories. This is because they do not do anything to nourish your body. And they do not keep you full very long, either. It is best if you can just eliminate them.
- **WATCH YOUR CARBS** – Carbohydrates (carbs) come in many forms. They come in two categories: simple and complex. Complex carbs are generally your healthy carbs. They include vegetables, potatoes, and whole grains. Simple carbs are often called refined carbs. They include white bread, white rice, potato chips, and sugars, and are often found in processed food (fast food and boxed food). Because fruit contains sugar, it is technically a simple carb—but it is still considered a component of a healthy diet.
- **ONE LAST THING** ... Everyone has the potential to develop a great shape – regardless of his or her dominant body type. Losing inches, especially of your problem areas, can be accomplished through proper exercise and eating habits. If you are a large-framed person, though you will never be willowy, you can be slender and fit, wear a size 8 with room to spare, and look super sexy in a bikini.

Sustaining your achievements with Fit Food 4U

After completing the Fit Food 4U program, transitioning to a flexible diet or package option is ideal for those seeking weight loss and muscle gain without feeling overly restricted. This approach involves calculating your daily requirements for protein, fat, and carbohydrates, then monitoring your food intake to ensure these macros are met. For some, maintaining long-term weight loss can be challenging, and the guidance of a nutrition professional may provide valuable support.

By adopting a "clean eating" approach where all foods are permitted, many individuals find this method less restrictive and easier to maintain compared to other diets. It offers a balance of flexibility and nutritional integrity, making it a great choice for those striving for sustainable weight loss and overall wellness.

21 DAY LEVEL UP CHALLENGE!

GOOD MORNING
07:00

First thing is first, lets kick your day off with a LG Health Shot

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We've created a check list for you to tick off what you have eaten, and what's still left in the freezer. This will help keep you keep track and make decision-making a lot easier for you! Simply tick off what you've taken out the freezer for breakfast, lunch, and dinner so you know what's available on the menu for tomorrow.

BREAKFAST TIME
09:00

Breakie Meal:

- | | | | | |
|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 4 x Bacon Quiche | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4 x Bell Pepper Quiche | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4 x Chicken Quiche | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3 x All Bran Muffin | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |

OR

Breakie Juice:

- | | | |
|-----------------------|-----------------------|-----------------------|
| 2 x ABC | <input type="radio"/> | <input type="radio"/> |
| 2 x Sweet Apple Beets | <input type="radio"/> | <input type="radio"/> |
| 2 x Carrot Commando | <input type="radio"/> | <input type="radio"/> |

21 DAY LEVEL UP

LUNCH TIME-14:00

DINNER TIME-19:00

2 x Chicken Fajita with Cous-Cous ☐ ☐

2 x Chicken Stirfry with Basmati Rice ☐ ☐

2 x Chicken with Mozz, Cherry Tomatoes & a
Cauliflower & Broccoli Mix ☐ ☐

2 x Chicken with Pan Fried Baby Marrows &
Butternut on Cauliflower Rice ☐ ☐

2 x Chicken with Roasted Butternut ☐ ☐

2 x Garlic and Herb Chicken with Spinach ☐ ☐

2 x Lemon and Garlic Chicken, Cous-Cous with
Spinach ☐ ☐

2 x Lemon and Herb Grilled Chicken with Baby
Marrows and Brown Rice ☐ ☐

OR

2 x Beef Goulash with Pumpkin and Spinach ☐ ☐

2 x Beef Kebab with Baby Marrows and Butternut ☐ ☐

2 x Beef Stirfry ☐ ☐

2 x Boerewors with Bacon and a Cauliflower,
Broccoli Mix ☐ ☐

2 x Butternut Shepherd's Pie with Mixed Veggies ☐ ☐

OR

2 x Mediterranean Veg & Chickpea Stew ☐ ☐

2 x Cajun Red Kidney Beans ☐ ☐

2 x Mixed Bean & Mushroom Stew ☐ ☐

2 x Beans & Butternut Ragout ☐ ☐

2 x Lentil & Butternut Bhaji ☐ ☐

2 x Lentil Stirfry ☐ ☐

2 x Vegetable Stirfry ☐ ☐

2 x Vegetable Stirfry with Basmati Rice ☐ ☐

21 DAY LEVEL UP

LUNCH TIME-14:00

DINNER TIME-19:00

2 x Chicken Stirfry

☐ ☐

2 x Chicken Stirfry with Basmati Rice

☐ ☐

2 x Chicken with Mozz, Cherry Tomatoes & a
Cauliflower & Broccoli Mix

☐ ☐

2 x Chicken with Pan Fried Baby Marrows &
Butternut on Cauliflower Rice

☐ ☐

2 x Chicken with Roasted Butternut

☐ ☐

2 x Garlic and Herb Chicken with Spinach

☐ ☐

2 x Lemon and Garlic Chicken, Cous-Cous with
Spinach

☐ ☐

2 x Lemon and Herb Grilled Chicken with Baby
Marrows and Brown Rice

☐ ☐

OR

2 x Beef Goulash with Pumpkin and Spinach

☐ ☐

2 x Beef Kebab with Baby Marrows and Butternut

☐ ☐

2 x Beef Stirfry

☐ ☐

2 x Beef Broccoli and Cauliflower Mix with
Basmati Rice

☐ ☐

2 x Butternut Shepherd's Pie with Mixed Veggies

☐ ☐

OR

2 x Mediterranean Veg & Chickpea Stew

☐ ☐

2 x Cajun Red Kidney Beans

☐ ☐

2 x Mixed Bean & Mushroom Stew

☐ ☐

2 x Beans & Butternut Ragout

☐ ☐

2 x Lentil & Butternut Bhaji

☐ ☐

2 x Lentil Stirfry

☐ ☐

2 x Vegetable Stirfry

☐ ☐

2 x Vegetable Stirfry with Basmati Rice

☐ ☐