

SUPPLEMENTS FOR PACKAGES FOR WEIGHT/FAT LOSS

YOU'VE HAD THE SCIENCE - SO LET'S GET TO THE SOLUTIONS

Baseline Supplementing for Any Goal

- Filling Nutritional Gaps Created by Exercise & Unfilled by Diet

12-Week Meal Replacement Package

- Individualized MVM (Kid's, Active, Women's, Vegan or Over 50)
- Protein/Meal Replacement: LeanMR - Or dF Preferred Protein Mix

Minimum to Maximum Packaging (based on personal economics/goal)

- From Baseline to “how fast, how much work relief, and/or muscle do you want”



Use Your Resources as Necessary

Learn Something New Every Day –no matter how small

<https://www.dotfit.com/>

<https://www.dotfit.com/dotfittools>

<https://www.dotfit.com/dotfittools/masterclass>

And

<https://www.dotfit.com/product-resource-library>

dotFIT Tools



About dotFIT



Video Tutorials
Program



Recommendation Forms



Masterclass - Recorded Webinars



Continuing Education (CECs)



Supplement Education



Marketing Tools



Product Library



Trainer Perks



Nutrition Education

Weight Loss Section

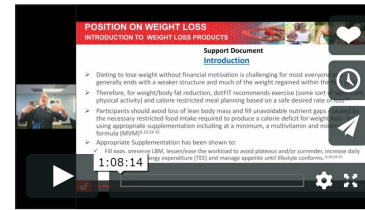
- [Introduction to Weight Loss Products](#)
- [LeanMR \(meal replacement\)](#)
- [Weight Loss & LiverSupport](#)
- [CarbRepel](#)
- [ThermAccel](#)

ThermAccel Resource Education



ThermAccel (Short Video)

ThermAccel (Long Video)



ThermAccel Webinar

- [ThermAccel Quick Reference Guide \(PDF\)](#)
- [ThermAccel Product Dietary Support Reference Guide \(PDF\)](#)
- [Weight Loss Products Webinar Powerpoint \(PDF\)](#)
- [Weight Loss Products Webinar Recording \(WMV\)](#)

Marketing



- [ThermAccel Product Thumbnail Image \(JPG\)](#)
- [ThermAccel Product Large Image \(PNG\)](#)
- [ThermAccel Product Info Flyer \(PDF\)](#)
- [ThermAccel Shelf Talker \(PDF\)](#)
- [ThermAccel Product In-Club Video](#)

CarbRepel Resource Education



CarbRepel (Short Video)



CarbRepel (Long Video)



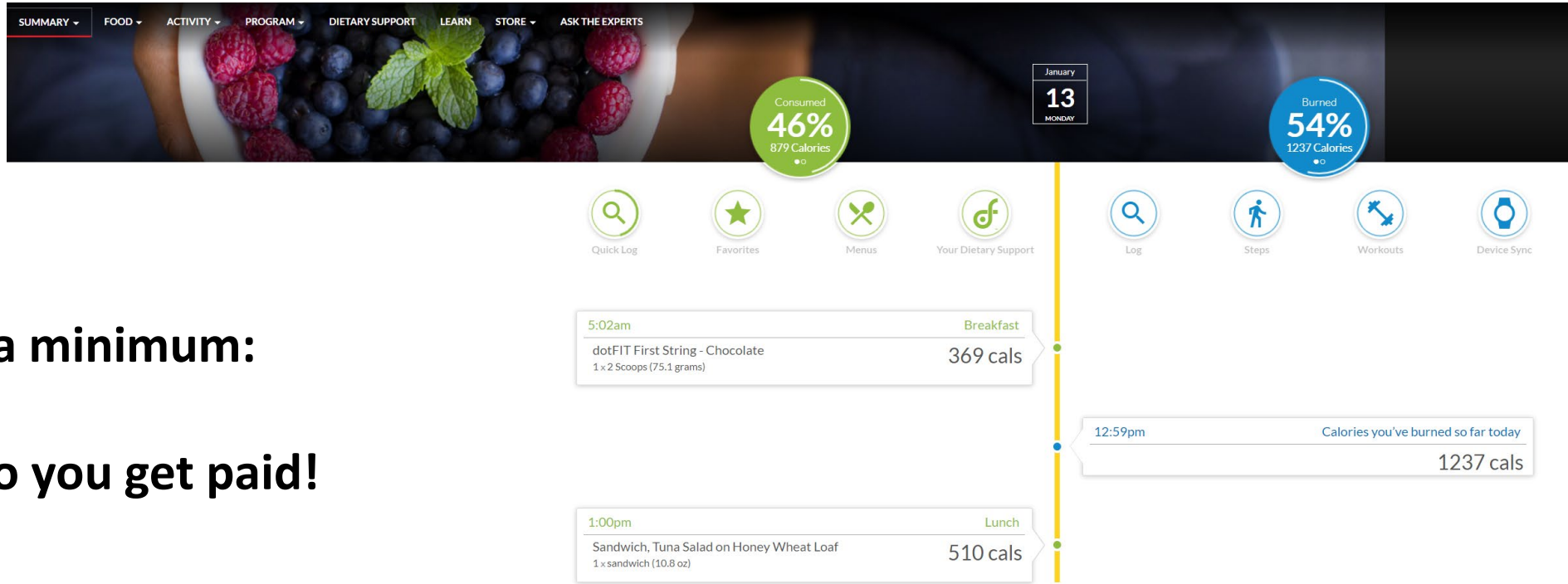
CarbRepel Webinar (Video)

- [CarbRepel Quick Reference Guide \(PDF\)](#)
- [CarbRepel Product Dietary Support Reference Guide \(PDF\)](#)
- [Weight Loss Products Webinar Powerpoint \(PDF\)](#)
- [Weight Loss Products Webinar Recording \(WMV\)](#)

Marketing

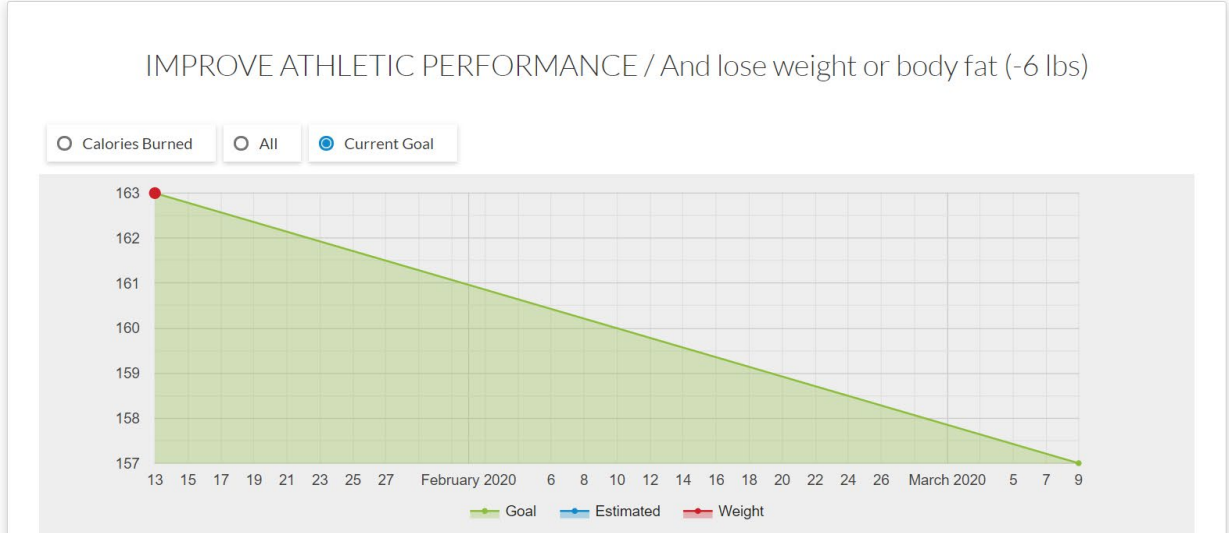


- [CarbRepel Product Thumbnail Image \(PNG\)](#)
- [CarbRepel MV Product Large Image \(PNG\)](#)
- [CarbRepel Product Info Flyer \(PDF\)](#)
- [CarbRepel Shelf Talker \(PDF\)](#)
- [CarbRepel Product In-Club Video](#)



Use the Program so at a minimum:

- Connected to you –so you get paid!
& can message
- Bi/Weekly Measurement
 - Actionable feedback
- Intro Food Log (any device)



[MORE PROGRESS GRAPHS](#)

NO Excuses

Apps and Devices

Link all your 3rd party devices and programs

GOAL

STATS

QUESTIONS

APPS

Netpulse

myfitnesspal

NOT LINKED

fitbit

LINKED

SUMMARY ACTIVE

UP
by JAWBONE

NOT LINKED



NOT LINKED

POLAR

NOT LINKED

Microsoft Band

NOT LINKED

InBody

NOT LINKED



MYZONE

NOT LINKED

Progress Check Pop-Up

Appears on Summary page every 1-2 weeks

Coaching Measurements

Progress Check

It's time to check your results and get feedback to stay on track. Enter your weight and body fat now.

Weight: lbs

Body Fat: %

ENTER



Actionable Feedback

Feedback

According to your weight/measurement change since the beginning of this program, you lost 0 lb (s) of weight, therefore you consumed an average of 0 fewer calories per day than you burned during this period. Your goal was to lose 2.3 lb(s). Keep in mind, body weight can vary based on rate/amounts of muscle/fluid gains or losses.

What do you want to do:

1. Keep my program the same.
2. Understand why my weigh-in was different than I expected.
3. Keep my goal date of 06/07 and update my average deficit target to 1082 calories per day
4. Keep current calorie deficit of 1000 and extend the goal date to 6/15/2010
5. Start a new program
6. Contact a coach

Do not ignore it – this is your accountability secret sauce!



Should you Supplement?

Weight Loss?

VS

Fat Loss?

Weight loss – No

Fat loss – Yes

(Subtracting nutrients with the calories)

(Adding nutrients with little/no calories)

Upside

- Numbers on the scale go down faster (total **weight** loss) at the start of dieting because of additional loss of LBM

Downside

- Early plateaus forcing continuous calorie reductions
- Greater loss of appetite control -accelerated cravings
- Exacerbated micronutrient shortages compromising structural and functional integrity-including bone loss
- Less energy as muscle/organs shrink leading to decreasing daily/spontaneous activities
- Greater chance of rebounding because low calorie intake is generally unsustainable – weight regain comes quick on less calories than ever¹
- Body composition compromised both structurally and visually -often referred to as “**skinny fat**” (no tone)

Upside

- Preservation of LBM (muscle/bone/organs) avoids common weight loss plateaus and subsequent calorie reductions
- Supports appetite, diet stress
- Supports simultaneously gaining LBM & increasing TEE
- Maintain/improve health (micronutrient status. i.e. VM activities)
- Maintain/improve functional and structural integrity
- Body composition healthy and generally visually desirable (tone)
- Reduces rebound potential

Downside

- Body weight initially declines slower than with no supplementation

¹Jake Turicchi et al. Associations between the proportion of fat-free mass loss during weight loss, changes in appetite, and subsequent weight change: results from a randomized 2-stage dietary intervention trial. Am J Clin Nutr 2020;00:1–9

No Diet Support

120 -30 LBS Fat
-20 LBS LBM



170
Goal: Lose 50LBS



With Diet Support

129 -46 LBS Fat
+5 LBS LBM



No Dietary Support

160 -25 LBs Fat
-15 LBs LBM



200

Goal: Lose 40LBs



With Dietary Support

170 -40 LBs Fat
+10 LBs LBM



MINIMUM PLAY

**JOB #1 DURING WEIGHT/FAT LOSS IS TO
PRESERVE/IMPROVE STRUCTURAL &
FUNCTIONAL INTEGRITY – LEAN BODY MASS
MUSCLES, ORGANS, BONES, ETC.**



Two Essential Items (Also Baseline Supps for all Goals)

1. Individualized Complete MVM (not negotiable) – fill gaps

- ✓ Kid's, Active, Women's, Vegan or Over 50

2. Protein (Diet & Protein Rich Meal Replacement) –achieve 1gm/LB/LBM

- ✓ **LeanMR**, WheySmooth, Natural Whey, BestPlantProtein, P/P MR & Workout

Total Baseline Nutrient Augmentation in Supporting Diet To Help Humans Remain Independent Supports any Fitness Goal

General Health & Activity Recovery

Daily:

- **Targeted dotFIT Multivitamin and Mineral formula (ActiveMV, Women's, Over50 or VeganMV)**
 - Take as directed with meals <https://www.dotfit.com/Store/health>

Daily as/if needed:

- **WheySmooth** <https://www.dotfit.com/WheySmooth-Chocolate>, Vanilla or Unflavored or preferred dF protein mix
 - Use as directed to make sure you get ~1gm of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 5 times daily
 - **If exercising use ~25gm 30-40min before workout & repeat dose immediately post workout (see below)**
 - Can be used as a supplement to a meal or by itself (or mixed with desired supporting contents) to shore up total daily protein needs
- **Super Calcium** <https://www.dotfit.com/super-calcium>
 - Use if you do not meet the daily needs of calcium (~1000-1200 mgs) from food/shake intake (**read labels**)
 - Females take 1 or 2 daily with meals; if you need to take 2, take one with AM meal and the 2nd with PM meal; Males take 1 only if necessary
- **Super Omega 3** <https://www.dotfit.com/superomega3>
 - Take 1 daily with meal if not consuming 2-4 svgs/wk of fatty fish (**look at your plate**)

Workout days

- **WheySmooth** <https://www.dotfit.com/WheySmooth-Chocolate>, Vanilla or Unflavored or preferred dF protein mix
 - Take 1- scoops 30-40min before workout & repeat same dose immediate after

**No one would be immune to the benefits - because
everyday of life is recovery from the last – health is
the domain of nutrition**

WEIGHT LOSS: THE NEXT LEVEL

MODERN-DAY PROTEIN-BASED MEAL

REPLACEMENTS (MRS)¹⁰⁸⁻¹²¹

ARE MORE SUCCESSFUL THAN ANY KNOWN

TREATMENT –DRUG OR OTHERWISE^{17,19,116}



MEAL REPLACEMENT STUDIES MRs vs DRUGS vs HIGH PROTEIN DIET



MRs better than low calorie diet (LCD) alone or drugs + LCD^{17,19}

Weight Loss & Maintenance Results of VLCD & LCD calorie diets using:

- High protein diet
- Anti-obesity drugs
- MRs

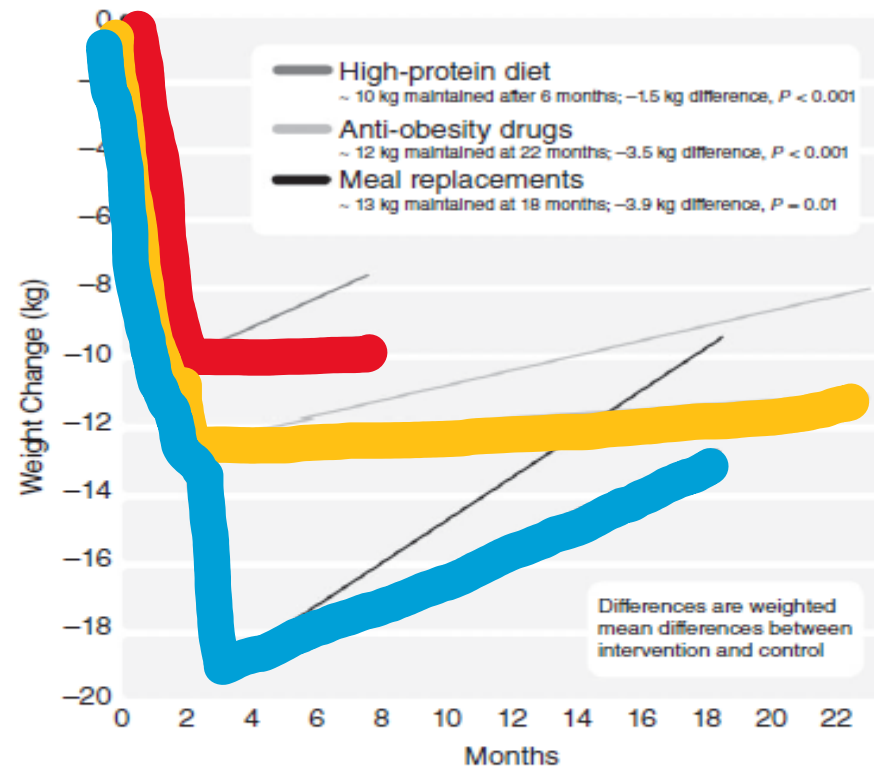


Figure 1 Bodyweight change during the very low-calorie diet or low-calorie diet period followed by the weight loss maintenance period. The thin lines represent the control subjects in each category while the thick lines represent the active intervention. (Adapted from Johansson *et al.* 2013a)

Packaging is a Commitment to Your Program

Supplementing properly is your best tool for helping turn “12 weeks of work into 6,” including better daily & weekly physical outcomes that will motivate continuation, completion and finally the fitness addiction.

Versus

The downside that comes with weight loss attempts that lead to surrendering & a weaker susceptible structure

Thus

FEEDING MUSCLE WHILE STARVING FAT BY INCORPORATING NUTRIENTS WITH LITTLE TO NO CALORIES, CHANGES THE JOURNEY TO A POSITIVE ONE THAT BUILDS ON EACH DAY – INSTEAD OF LESS ENERGY AND LESS MUSCLE, YOU HAVE MORE OF BOTH, WHICH BY ITSELF SPEEDS RESULTS

LEAN MR VITAL STATISTICS/SUMMARY

A BETTER MEAL REPLACEMENT



Addresses Body's Weight Loss

Defense Mechanisms:

- Underreporting: portion control & calorie counts
- Satiety: meal frequency, fiber, protein ratio/type, low GI carbohydrates
- LBM preservation: protein ratio/type
- Energy expenditure & levels (calorie burn): meal frequency, protein ratio/type, LBM preserve



One Serving (2 Scoops):

- 180 Calories
- 21 g Whey Protein Isolate
- 24 g Sustained Release Carbs
- No Sugar
- 7 g Fiber Including Beta-glucan
- 2.5 g Healthy Fats
- 140 mg Calcium
- 100 mg Potassium



LEAN MR INTEGRATION



Daily:

- MVM
- LeanMR (**or other dF favorite**) for MR (2 of at least 4 daily meals)

As needed – i.e. negotiable:

- SuperCalcium (check food labels)
- SuperOmega 3 Fish Oils (look at your plate)

Weight loss phase:

- MRs are generally used to replace two meals a day and allow freedom of choice from traditional foods for the remaining allotted foods/calories. **Always include and MVM**
- **Recommend:** MRs supply 2 small meals within any calorie restricted meal plan of 4-5 meals to help with satiety, preservation of LBM and energy levels^{73,74,120,121,130,143}

Maintenance phase

- Consume 4-5 small meals daily that include 1-2 MRs for convenience and help ensure overall diet quality while reducing food costs^{130,143}

Takeaway: Supply 2 small meals/d then 1-2





Kat's 1500c LeanMR Sample Menu

<https://www.dotfit.com/MRweightlossplans>

1500 Calories with 2 Lean MR Shakes				
Breakfast	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe - High Protein Vanilla Frappe:				
16 oz Water & Ice as desired				
2 scoops Vanilla LeanMR	20	23	2	180
1 scoop Vanilla WheySmooth	25	7	2	150
1 packet Starbucks VIA Instant Coffee				
1 each dotFIT Active Multivitamin	-	-	-	-
Total:	45	30	4	330
Lunch	Pro (g)	Carb (g)	Fat (g)	Calories
Turkey & Avocado Wrap with Side Salad:				
4 oz Turkey Breast Meat	19	5	2	118
1 Whole Wheat Tortilla, medium	4	22	3	130
1 oz Avocado	1	2	4	45
1 tbsp Shredded Parmesan Cheese	2	-	1	22
2 cups Romaine Lettuce	1	3	-	16
1 oz Tomato Slices	1	4	-	17
1 oz Cucumber Slices	-	1	-	4
1 tbsp Zesty Italian Dressing	-	1	1	12
Total:	28	38	11	364
Afternoon Snack	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe: Berry Bliss LeanMR Shake:				
2 scoops Vanilla LeanMR	20	23	2	180
1/2 cup Strawberries	1	6	-	27
1/2 cup Blueberries	1	11	-	42
1/2 cup Raspberries	1	7	-	32
1 cup Almond Milk	1	8	2	60
Total:	24	55	4	341
Dinner	Pro (g)	Carb (g)	Fat (g)	Calories
4 oz Salmon, Cooked	25	-	14	233
1 cup Brown Rice, Medium Grain Cooked	5	46	2	218
1 cup Green Beans, Boiled	2	10	-	44
Fresh Lemon Wedges as desired	-	-	-	-
1 each dotFIT Active Multivitamin	-	-	-	-
Total:	32	56	16	495
Menu Totals	129	179	35	1530
Percent of Calories for Menu:	34%	45%	21%	
	38 g Fiber	741 mg Calcium	219 mg Cholesterol	



Kat's 2000c LeanMR Sample Menu

<https://www.dotfit.com/MRweightlossplans>

2000 Calories with 2 Lean MR Shakes				
Breakfast	Pro (g)	Carb (g)	Fat (g)	Calories
Oatmeal, Fresh Fruit & Walnuts:				
1/3 cup Steel Cut Oats	6	31	3	170
1 cup Skim Milk	9	12	1	91
1/2 cup Blueberries	1	11	-	42
2 tbsp Chopped Walnuts	4	2	9	96
1/2 tsp Ground Cinnamon as desired	-	1	-	3
1 each dotFIT Multivitamin	-	-	-	-
Total:	21	55	13	402
Morning Snack	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe - Chocolate Strawberry Banana Shake:				
2 scoops Chocolate LeanMR	20	24	2	190
1 1/4 Nonfat Milk	11	15	1	113
1 small Banana	1	23	-	89
6 medium Strawberries	-	6	-	23
Total:	32	68	3	415
Lunch	Pro (g)	Carb (g)	Fat (g)	Calories
Spinach Salad with Chicken & Wheat Roll:				
3 cups Baby Spinach	9	6	-	75
4 oz Roasted Chicken Breast, skinless	35	-	4	186
6 Cherry Tomatoes	-	6	-	30
3 Red Onion Slices	-	2	-	6
2 tbsp Balsamic Vinaigrette Dressing	-	2	10	100
1 (1 oz) Whole Wheat Roll	3	13	1	70
Total:	47	29	15	467
Afternoon Snack	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe: Mocha Madness LeanMR Shake				
2 scoops Chocolate LeanMR	20	24	2	190
1 1/2 cups Nonfat Milk	15	15	0.5	148
1 tbsp Instant Coffee	-	-	-	-
Ice as desired				
Total:	35	39	2.5	338
Dinner	Pro (g)	Carb (g)	Fat (g)	Calories
Steak, Sweet Potato & Veggies				
4 oz Sirloin Steak, Lean, Broiled	35	-	7	207
1 Medium (4 oz) Sweet Potato	2	23	-	100
2 cups Squash & Zucchini, Boiled	2	6	-	25
1 1/2 cup Diced Watermelon	1	17	-	68
1 each dotFIT Multivitamin	-	-	-	-
Total:	40	46	7	400
Menu Totals	175	237	40	2022
Percent of Calories for Menu:	35%	46%	19%	
Other Nutrients	41 g Fiber	1369 mg Calcium	190 mg Cholesterol	

From dotFIT Home Page Type in “recipes” in Search Box



<https://www.dotfit.com/category-cid-1868.html>

dotFIT Vanilla Frappe

Coffee smoothie with 40g of protein, high fiber, and just 300 calories [»](#)

Blueberry Pear Banana Shake with LeanMR

By Registered Dietitian on December 10, 2009

Fiber-rich shake with frozen blueberries, banana, and pear. [»](#)

Chocolate Banana Strawberry Shake with LeanMR

By Registered Dietitian on December 10, 2009

Fiber-rich chocolate shake with banana and strawberries. [»](#)

Apricot Pineapple Shake with LeanMR

By Registered Dietitian on December 09, 2009

Fruity shake with LeanMR, fresh apricot, crushed pineapple, strawberries, banana [»](#)

Peach Berry Shake with LeanMR

By Registered Dietitian on December 09, 2009

Peach Berry Shake with LeanMR, nonfat peach yogurt, peach nectar, ripe peaches, raspberries. [»](#)

Fruit Salad Shake with LeanMR

By Registered Dietitian on December 09, 2009

Fruity, high-fiber shake with LeanMR, watermelon, pineapple, cantalope, mango, strawberries, honey & orange juice. [»](#)

Banana Pear Shake with LeanMR

By Registered Dietitian on December 08, 2009

High-fiber shake with LeanMR, pear, banana & nonfat yogurt. [»](#)

Mocha Madness Shake with LeanMR

By Registered Dietitian on December 08, 2009

Fiber-rich LeanMR with delicious coffee & chocolate flavors. [»](#)

Mint Oreo® Crunch Shake with LeanMR

By Registered Dietitian on December 08, 2009

Peppermint extract, Oreo cookies, & chocolate LeanMR make a decadent frozen treat. [»](#)

Melon Madness Shake with LeanMR

By Registered Dietitian on December 08, 2009

Fresh cantalope or honeydew melon, lemon juice, and vanilla frozen yogurt blend perfectly with LeanMR [»](#)

Lemon Apple Honey Shake with LeanMR

By Registered Dietitian on December 08, 2009

A sweet-tart fiber-rich shake with LeanMR, lemon, apple, banana, and honey. [»](#)

Fountain of Youth Shake with LeanMR

By Registered Dietitian on December 08, 2009

Antioxidant-rich shake with frozen blueberries, strawberries, chilled green tea, flax seed. [»](#)

Cinnamon Swirl Shake with LeanMR

By Registered Dietitian on December 08, 2009

LeanMR, cinnamon and vanilla blended together to create a satisfying, nutritious shake. [»](#)

Chocolate Malt LeanMR

By Registered Dietitian on December 08, 2009

Chocolate LeanMR, malted milk powder and nonfat milk make the perfect low-calorie malt. [»](#)

Carrot Mango Yogurt Shake with LeanMR

By Registered Dietitian on December 08, 2009

LeanMR blended with carrot juice, frozen mango chunks, plain nonfat yogurt, honey and lime juice. [»](#)

Carrot Mango Shake with LeanMR

By Registered Dietitian on December 08, 2009

Smooth and sweet shake with Vanilla LeanMR, carrot juice & frozen mango chunks. [»](#)

Berry Bliss Shake with LeanMR

By Registered Dietitian on December 08, 2009

A tasty shake made with LeanMR, fresh blueberries, strawberries, and raspberries. [»](#)

Bermuda Triangle Shake with LeanMR

By Registered Dietitian on December 08, 2009

LeanMR blended with peach slices and pineapple chunks makes a healthy, delicious shake. [»](#)

Banana Freeze Shake with LeanMR

By Registered Dietitian on December 04, 2009

LeanMR shake mix blended with banana & non-fat frozen vanilla yogurt. The perfect treat f [»](#)

Strawberry Chocolate Smash Shake with LeanMR

By Registered Dietitian on December 04, 2009

Decadent shake with LeanMR, chocolate syrup and ripe strawberries. [»](#)

Mocha Mint Shake with LeanMR

By Registered Dietitian on December 04, 2009

Rich, flavorful shake with LeanMR, swiss mocha coffee mix, & peppermint extract. [»](#)

90-DAY PACKAGE OF LEAN MR WITH MVM



Full SRP

	90 Meals (1/day)	180 Meals (2/day)
Multivitamin	\$30	\$30
Lean MR	\$245	\$490 (U.F.: WheySmooth \$269; PP \$359; BPP 335)
Calories	180	360
Protein	21 grams	42 grams
Calcium	140 mg	280 mg
Potassium	110	220
Total \$	\$275	\$520
INTENSE TRAINING		
Add Amino Boost (3x/week)	\$59	\$59
Total \$	\$334	\$579

With 20% Discount

	90 Meals (1/day)	180 Meals (2/day)
Multivitamin	\$24	\$24
Lean MR	\$196	\$392 (U.F.: WheySmooth \$215; PP \$287; BPP \$268)
Calories	180	360
Protein	21 grams	42 grams
Calcium	140 mg	280 mg
Potassium	110	220
Total \$	\$220	\$416
INTENSE TRAINING		
Add Amino Boost (3x/week)	\$47	\$47
Total \$	\$267	\$463

\$18/Week

\$34/Week

\$22/Week

\$38/Week

90-DAY PACKAGE OF LEAN MR WITH MVM \$416 (20% OFF SRP) FOR 180MEALS (COST \$295)



20% Package Discount In Elite 12week PT Package 2meals/d=\$34/wk or 1meal \$18/wk



- Total @ 2meals/d with MVM = \$416 (WheySmooth \$240; PP 311; BPP 292)
 - ✓ \$34/week for 12 weeks and can build into PT offering (ex: 200wk for PT or Elite package 234/wk)
- Total @ 1meal/d with MVM=\$220 (WheySmooth \$159; PP 204; BPP 189)
 - ✓ ~\$18/week (ex: 200wk for PT or Elite package 218/wk)
- *Intense training, Add AminoBoostXXL (train 3x/wk)=\$59-20%=\$47*
 - ✓ 20% 2meals total=\$463; 1meal=\$267


<https://www.dotfit.com/MRweightlossplans>



MERGER OF HEALTH-SPAN & LIFETIME WEIGHT MANAGEMENT (AND B/C LEAN MR IS NOT A PRE/POST)



The perfect long-term health and weight loss/maintenance program might be:

- MVM 
- LeanMR (or other dF favorite) for MR (2 of at least 4 daily meals)
- [AminoBoostXXL](#): pre/during/post workout to maximize daily synthesis
 - ✓ Low calorie, nitrogen/sulfur & high muscle protein synthesis formula to enhance LBM gains and long-term preservation

As needed

- SuperCalcium (check food labels)
- SuperOmega (look at plate)



Supplement Facts	
Serving Size: 1 scoop (17.5 g)	
Servings Per Container: 37	
Amount Per Serving	
Calories	10
Total Carbohydrate	2 g
Sodium (as sodium chloride)	87 mg
Amino Boost XXL Proprietary Blend:	12 g
L-Leucine	4000 mg
L-Phenylalanine	1670.5mg
L-Lysine HCl	1669.5 mg
L-Threonine	1300 mg
L-Valine	1100 mg
L-Histidine	900 mg
L-Isoleucine	900mg
DL-Methionine	360mg

12 weeks 2meals \$463; 1meal \$267





LEANMR MEAL REPLACEMENT WEIGHT LOSS PLANS

<https://www.dotfit.com/MRweightlossplans>

- [Baseline Plan with Sample Menus](#)
- [Added Recovery Plan with Sample Menus](#)
- <https://www.dotfit.com/category-cid-1868.html> -LeanMR Recipes

Weight Control, Recovery & Health Supplements

Daily:

- dotFIT Active, Women's or Over 50 Multivitamin & Mineral, depending on age and/ directions)
 - Take as directed with meals
- LeanMR (protein and fiber rich meal replacement formula)
 - Use as directed within daily meal planning (see below) and to make sure you get 1 gram per pound of lean body mass (or weight if not overweight) daily from all sources daily depending on preference
 - Can also be used as a supplement to a meal or by itself (or mixed with desired food) to meet total daily protein needs

As needed:

- SuperCalcium+
 - Use if you do not meet the daily calcium requirements (~1,000-1,300 mg) from food
 - Females take 1 or 2 daily with food; if you need to take 2, take 1 with AM and 1 with PM meal
 - Males take 1 only if necessary, with food
- SuperOmega-3 Fish Oils
 - Take 1 daily with food if not consuming at least 8 ounces (2-4 servings weekly)

**All food labels including LeanMR must contain calcium levels by serving so always check labels*

Meal Replacement Integration

Weight Loss Phase:

- Meal Replacements (MRs) generally supply two small meals a day and allow freedom to eat traditional foods for the remaining allotted foods/calories. Therefore, use as two small calorie restricted meal plan of 4-5 meals since it's been shown that frequent small meals result in weight loss than fewer larger ones especially as it relates to satiety, preservation of lean muscle and energy levels
 - Get LeanMR recipes [here](#)

Maintenance Phase

- Continue to consume 4-5 small meals daily within caloric allotment that includes 2 MRs and to help ensure overall diet quality while reducing food costs

A wide variety of healthy recipes including meal replacement recipes are available [here](#)

Meal Replacement Weight Loss Plan - Baseline

Sample Menus with Meal Replacements

1500 Calories + 2 Lean MR Shakes

1500 Calories with 2 Lean MR Shakes				
Breakfast	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe - High Protein Vanilla Frappe:				
16 oz Water & Ice as desired				
2 scoops Vanilla LeanMR	20	23	2	180
1 scoop Vanilla WheySmooth	25	7	2	150
1 packet Starbucks VIA Instant Coffee				
1 each dotFIT Active Multivitamin	-	-	-	-
Total:	45	30	4	330
Lunch				
	Pro (g)	Carb (g)	Fat (g)	Calories
Turkey & Avocado Wrap with Side Salad:				
4 oz Turkey Breast Meat	19	5	2	118
1 Whole Wheat Tortilla, medium	4	22	3	130
1 oz Avocado	1	2	4	45
1 tbsp Shredded Parmesan Cheese	2	-	1	22
2 cups Romaine Lettuce	1	3	-	16
1 oz Tomato Slices	1	4	-	17
1 oz Cucumber Slices	-	1	-	4
1 tbsp Zesty Italian Dressing	-	1	1	12
Total:	28	38	11	364
Afternoon Snack				
	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe: Berry Bliss LeanMR Shake:				
2 scoops Vanilla LeanMR	20	23	2	180
1/2 cup Strawberries	1	6	-	27
1/2 cup Blueberries	1	11	-	42
1/2 cup Raspberries	1	7	-	32
1 cup Almond Milk	1	8	2	60
Total:	24	55	4	341
Dinner				
	Pro (g)	Carb (g)	Fat (g)	Calories
4 oz Salmon, Cooked	25	-	14	233
1 cup Brown Rice, Medium Grain Cooked	5	46	2	218
1 cup Green Beans, Boiled	2	10	-	44
Fresh Lemon Wedges as desired	-	-	-	-
1 each dotFIT Active Multivitamin	-	-	-	-
Total:	32	56	16	495
Menu Totals	129	179	35	1530
Percent of Calories for Menu:	34%	45%	21%	
	38 g Fiber	741 mg Calcium	219 mg Cholesterol	

R Shakes

2000 Calories with 2 Lean MR Shakes				
	Pro (g)	Carb (g)	Fat (g)	Calories
& Walnuts:				
1/2 Oats	6	31	3	170
1/2 Milk	9	12	1	91
1/2 Raisins	1	11	-	42
1/2 Walnuts	4	2	9	96
Ice as desired	-	1	-	3
1 dotFIT Active Multivitamin	-	-	-	-
Total:	21	55	13	402
Berry Banana Shake				
	Pro (g)	Carb (g)	Fat (g)	Calories
1/2 LeanMR	20	24	2	190
1/2 Milk	11	15	1	113
1 Banana	1	23	-	89
1/2 Berries	-	6	-	23
Total:	32	68	3	415
Banana & Wheat Roll:				
	Pro (g)	Carb (g)	Fat (g)	Calories
1/2 Inach	9	6	-	75
1/2 Toast, skinless	35	-	4	186
1/2 Toast	-	6	-	30
1/2 Lices	-	2	-	6
1/2 Olive Dressing	-	2	10	100
1/2 Wheat Roll	3	13	1	70
Total:	47	29	15	467
Berry LeanMR Shake				
	Pro (g)	Carb (g)	Fat (g)	Calories
1/2 LeanMR	20	24	2	190
1/2 Milk	15	15	0.5	148
1/2 Coffee	-	-	-	-
1/2 Ice	-	-	-	-
Total:	35	39	2.5	338
Berry & Veggies				
	Pro (g)	Carb (g)	Fat (g)	Calories
1/2 Banana, Broiled	35	-	7	207
1/2 Sweet Potato	2	23	-	100
1/2 Cucumber, Boiled	2	6	-	25
1/2 Cucumber	1	17	-	68
1 dotFIT Active Multivitamin	-	-	-	-
Total:	40	46	7	400
Menu Totals	175	237	40	2022
Percent of Calories for Menu:	35%	46%	19%	
Other Nutrients	41 g Fiber	1369 mg Calcium	190 mg Cholesterol	



LEANMR MEAL REPLACEMENT WEIGHT LOSS PLANS

<https://www.dotfit.com/MRweightlossplans>

- [Baseline Plan with Sample Menus](#)
- [Added Recovery Plan with Sample Menus](#)
- <https://www.dotfit.com/category-cid-1868.html> -LeanMR Recipes

Weight Control, Recovery & Health Supplements

Daily:

- dotFIT Active, Women's or Over 50 Multivitamin & Mineral, depending on age and/or directions)
 - Take as directed with meals
- LeanMR (protein and fiber rich meal replacement formula)
 - Use as directed within daily meal planning (see below) and to make sure you get 1 gram of protein per pound of lean body mass (or weight if not overweight) daily from all sources daily depending on preference
 - Can also be used as a supplement to a meal or by itself (or mixed with desired ingredients) to help meet up total daily protein needs

As needed:

- SuperCalcium+
 - Use if you do not meet the daily calcium requirements (~1,000-1,300 mg) from food
 - Females take 1 or 2 daily with food; if you need to take 2, take 1 with AM meal and 1 with PM meal
 - Males take 1 only if necessary, with food
- SuperOmega-3 Fish Oils
 - Take 1 daily with food if not consuming at least 8 ounces (2-4 servings weekly) of fatty fish

All food labels including LeanMR must contain calcium levels by serving so always check labels

Workout Days:

- AminoBoostXXL
 - Take 1-scoop ~10 minutes before and may continue to drink during first 20 minutes of workout
 - Take 1-scoop immediately following workout

Meal Replacement Integration

Weight Loss Phase:

Meal Replacements (MRs) generally supply two small meals a day and allow freedom of choice for traditional foods for the remaining allotted foods/calories. Therefore, use as two small meals in a calorie restricted meal plan of 4-5 meals since it's been shown that frequent small meals are more effective than fewer larger ones especially as it relates to satiety, preservation of lean body mass, and metabolic rate. **LeanMR recipes are available [here](#)**

Maintenance Phase

Continue to consume 4-5 small meals daily within caloric allotment that includes 2 MRs for breakfast and lunch to help ensure overall diet quality while reducing food costs. **A wide variety of healthy replacement recipes are available [here](#).**



Meal Replacement Weight Loss Plan – Baseline + Added Recovery

Sample Menus with Meal Replacements

1500 Calories + 2 Lean MR Shakes

1500 Calories with 2 Lean MR Shakes				
Breakfast	Pro (g)	Carb (g)	Fat (g)	Calories
dotFIT Recipe - High Protein Vanilla Frappe:				
16 oz Water & Ice as desired				
2 scoops Vanilla LeanMR	20	23	2	180
1 scoop Vanilla WheySmooth	25	7	2	150
1 packet Starbucks VIA Instant Coffee				
1 each dotFIT Active Multivitamin	-	-	-	-
Total:	45	30	4	330
Lunch				
Pro (g)	Carb (g)	Fat (g)	Calories	
Turkey & Avocado Wrap with Side Salad:				
4 oz Turkey Breast Meat	19	5	2	118
1 Whole Wheat Tortilla, medium	4	22	3	130
1 oz Avocado	1	2	4	45
1 tbsp Shredded Parmesan Cheese	2	-	1	22
2 cups Romaine Lettuce	1	3	-	16
1 oz Tomato Slices	1	4	-	17
1 oz Cucumber Slices	-	1	-	4
1 tbsp Zesty Italian Dressing	-	1	1	12
Total:	28	38	11	364
Afternoon Snack				
Pro (g)	Carb (g)	Fat (g)	Calories	
dotFIT Recipe: Berry Bliss LeanMR Shake:				
2 scoops Vanilla LeanMR	20	23	2	180
1/2 cup Strawberries	1	6	-	27
1/2 cup Blueberries	1	11	-	42
1/2 cup Raspberries	1	7	-	32
1 cup Almond Milk	1	8	2	60
Total:	24	55	4	341
Dinner				
Pro (g)	Carb (g)	Fat (g)	Calories	
4 oz Salmon, Cooked	25	-	14	233
1 cup Brown Rice, Medium Grain Cooked	5	46	2	218
1 cup Green Beans, Boiled	2	10	-	44
Fresh Lemon Wedges as desired	-	-	-	-
1 each dotFIT Active Multivitamin	-	-	-	-
Total:	32	56	16	495
Menu Totals	129	179	35	1530
Percent of Calories for Menu:	34%	45%	21%	
	38 g Fiber	741 mg Calcium	219 mg Cholesterol	

2 Lean MR Shakes

2000 Calories with 2 Lean MR Shakes				
Breakfast	Pro (g)	Carb (g)	Fat (g)	Calories
Apple, Fresh Fruit & Walnuts:				
1/3 cup Steel Cut Oats	6	31	3	170
1 cup Skim Milk	9	12	1	91
1/2 cup Blueberries	1	11	-	42
1 tsp Chopped Walnuts	4	2	9	96
Ground Cinnamon as desired	-	1	-	3
1 each dotFIT Multivitamin	-	-	-	-
Total:	21	55	13	402
Morning Snack				
Pro (g)	Carb (g)	Fat (g)	Calories	
Chocolate Strawberry Banana Shake:				
2 scoops Chocolate LeanMR	20	24	2	190
1 1/4 Nonfat Milk	11	15	1	113
1 small Banana	1	23	-	89
1 medium Strawberries	-	6	-	23
Total:	32	68	3	415
Lunch				
Pro (g)	Carb (g)	Fat (g)	Calories	
Salad with Chicken & Wheat Roll:				
3 cups Baby Spinach	9	6	-	75
1/2 cooked Chicken Breast, skinless	35	-	4	186
6 Cherry Tomatoes	-	6	-	30
3 Red Onion Slices	-	2	-	6
1/2 cup balsamic Vinaigrette Dressing	-	2	10	100
1 (8 oz) Whole Wheat Roll	3	13	1	70
Total:	47	29	15	467
Afternoon Snack				
Pro (g)	Carb (g)	Fat (g)	Calories	
dotFIT Recipe: Mocha Madness LeanMR Shake				
2 scoops Chocolate LeanMR	20	24	2	190
1/2 cups Nonfat Milk	15	15	0.5	148
1 tsp Instant Coffee	-	-	-	-
Ice as desired				
Total:	35	39	2.5	338
Dinner				
Pro (g)	Carb (g)	Fat (g)	Calories	
Grilled Sirloin Steak, Lean, Broiled	35	-	7	207
1/2 medium (4 oz) Sweet Potato	2	23	-	100
1/2 Squash & Zucchini, Boiled	2	6	-	25
1 cup Diced Watermelon	1	17	-	68
1 each dotFIT Multivitamin	-	-	-	-
Total:	40	46	7	400
Menu Totals	175	237	40	2022
Percent of Calories for Menu:	35%	46%	19%	
Other Nutrients	41 g Fiber	1369 mg Calcium	190 mg Cholesterol	



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LeanMR Recipes

dotFIT Vanilla Frappe

Coffee smoothie with 40g of protein, high fiber, and just 300 calories >

Blueberry Pear Banana Shake with LeanMR

Fiber-rich shake with frozen blueberries, banana, and pear. >

Chocolate Banana Strawberry Shake with LeanMR

Fiber-rich chocolate shake with banana and strawberries. >

Apricot Pineapple Shake with LeanMR

Fruity shake with LeanMR, fresh apricot, crushed pineapple, strawberries, banana >

Peach Berry Shake with LeanMR

Peach Berry Shake with LeanMR, nonfat peach yogurt, peach nectar, ripe peaches, raspberries. >

Fruit Salad Shake with LeanMR

Fruity, high-fiber shake with LeanMR, watermelon, pineapple, cantalope, mango, strawberries, honey & orange juice. >

Banana Pear Shake with LeanMR

High-fiber shake with LeanMR, pear, banana & nonfat yogurt. >

Mocha Madness Shake with LeanMR

< shakes

- > FirstString Recipes
- > Pre/Post Workout & Meal Replacement Recipes
- > WheySmooth Recipes
- > LeanMR Recipes





**SPECIALTY FAT LOSS SUPPLEMENT PACKAGES
WITH OR WITHOUT MR PLAN**

**TEMPORARY ADDITIONAL SUPPLEMENTS FOR GETTING OVER
THE DIET HUMP, TIME CONSTRAINTS, MULTIPLE FAILURES**



Summary

Scaled on Economics for Average Exerciser

1. Baseline

MVM & Meet Protein Requirements

2. Without MRs (assuming baseline)

- A. ThermAccel (TA)
 1. WLLS if adverse to stimulants
- B. TA & Weight Loss/Liver Support
- C. 90-day pack – use as directed for 90-days or all daily*

3. With MRs (& baseline)

- A. LeanMR/dF Pro MR Program
- B. Add: ThermAccel (TA)
 1. WLLS if adverse to stimulants
- C. TA & Weight Loss/Liver Support
- D. 90-day pack – use all daily

- * **You get:**
- Weight Loss & Liver Support
 - CarbRepel
 - ThermAccel
 - Quick Start Card
 - MR Weight Loss data
 - Weight loss planner



- Complete planner**
- Goal setting
 - Goal Adjustments
 - Menus
 - Progress log
 - Food log
 - Calorie burn calculator
 - Step calculator
 - Daily tracker



Use as directed or all together if time is important

Jacked, Stacked & Big Macked!! Then Shredded

Bodybuilding/Physique Competitor Program

Table 3

Bodybuilding Competitive Athlete Supplement Super Stack <https://www.dotfit.com/stacks>

Notes:

- Use dF **FirstString** for protein supplement including for pre & post workout formula as shown below **during off-season** to maximize muscle gain.
- Switch FirstString for **WheySmooth** during diet preparation.
- If competitor falls **behind schedule**, discontinue complete protein supplement (e.g. WheySmooth) and **use only AminoBoostXXL** for the pre & post workout protein supplement as shown below, and other times as necessary during the day to meet protein requirements within the least amount of total calories (as a reference 1-scoop of AB is equivalent to ~25gms of protein based on it's essential amino acid content, but also maintain at least 1gm/LB/LBM/Dy of complete protein).
- 5-days before competition discontinue all creatine containing products (NO7Rage, ExtremeCreatineXXXL and CreatineMonohydrate).

All necessary products found here <https://www.dotfit.com/store>

Active Multivitamin Mineral Formula

- Take two (2) daily: one (1) immediately following first large meal and one after final meal of the day

SuperOmega-3

- Take one (1) daily if not consuming 2-4 servings of fatty fish weekly

FirstString (use WheySmooth when dieting to stay within calorie allotment)

- Take two (2) scoops 30-45 minutes before workout
- Take two (2) scoops 20-30 minutes after post workout AminoBoostXXL dose
- Use anytime throughout the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to meet calorie and protein requirements
 - Be sure to ingest at least 1 g of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 4-5 times daily along with the pre/post shakes (the pre/post combined generally supplies 50-80 g of the daily requirement). This amount may rise during prolonged dieting.

AminoBoostXXL (workout days only unless needed for daily protein source during prolonged dieting)

- Take one and a half (1.5) scoops approximately 10 minutes before workout (add to NO7Rage if using this product – see below) and may continue to drink during workout
- Take 1-1.5 scoop immediately following workout (1.5 if over 200LBS)

Begin Creatine Supplementation at 2nd Week of Program

2nd Week Start CreatineMonohydrate (CrM)*

- **Loading phase:** mix one (1) scoop (5g) with 4-8oz of favorite fluid/shake and take four (4) times daily with a carbohydrate containing meal/drink for first five (5) days
 - On training days, use one dose before workout and one after with meals/drinks. May mix with your pre/post training formula
- **Maintenance phase:** after five (5) day loading phase:
 - On training days Take one (1) scoop daily with post workout shake
 - On non-training days take one (1) scoop with any meal when not taking ExtremeCreatineXXXL (i.e. use ExtremeCreatineXXXL at different times so total creatine is evenly dispersed throughout the day)

Add ExtremeCreatineXXXL on 6th day of 2nd Week

2scoops supply 3.2gm of beta-alanine, 5gm of creatine monohydrate and 7gm L-glutamine

- **Take 2-scoops daily** (always take with some protein and/or acceptable carbs but within allotted calories based on body composition goal)
 - **On training days:** take 1-scoop before training with pre-workout full meal (generally two to three hours pre-workout). If not possible based on early training, take with pre-workout shake.
 - Take remaining dose (1-scoop) any time with meal or shake when not taking a CreatineMonohydrate dose to help evenly spread total creatine intake throughout the day
 - **On non-training days:** take 1-scoop with morning meal or shake and 1-scoop with evening meal or shake

Add NO7Rage at 4th week (workout days only) *

One (1) scoop contains 2.5gms CrM and 1gms beta-alanine (BA), 175mgs of caffeine

- Take one to two and a half (1-2.5) scoops (depending on weight and caffeine sensitivity; start with one scoop and increase to two (2) if not uncomfortably affected by caffeine) approximately 10 minutes before workout (may mix with AminoBoostXXL and continue to consume during workout). See directions on label for weight dosages. Do not take within 4hours of other caffeine containing products
 - NO7Rage contains 175 mg of caffeine per scoop. As a reference: Starbucks Grande-drip coffee contains ~330 mg of caffeine, close to the same amount in two (2) scoops of NO7Rage

Programs total daily creatine: Loading phase 20 g/d. Thereafter until fourth week 10g/d. At fourth week on workout days 12.5-15 g/day and 10 g on non-workout days. Total BA intake 5.2 g/day on workout days (two (2) scoops NO7Rage). 3.2gms on non-workout. To maximize uptake, creatine intake should be spread as evenly as possible throughout the day and around the workout as described and ingested with carbohydrates and/or protein.

Final contest supplements as needed

Muscle Defender (Glutamine)

- Conditional: In final weeks you may add MuscleDefender (glutamine) to help maintain health, immune function and recovery during prolonged caloric restriction and/or high intensity and high-volume training
 - 1-scoop with pre-workout protein formula/shake)
 - 1-scoop immediately following activity
 - 1-scoop before bed or mid-evening if training is earlier in the day

▲ *ThermAccel

- If necessary, to aid in fat loss including appetite control, add and use as directed for aggressive support. When using ThermAccel do not use within 4 hours of NO7Rage or other caffeine containing products