

Level 1 – Fast Results with Health Essentials + Protein Rich Meal Replacement Shakes

Daily:

- **dotFIT Multivitamin & Mineral (ActiveMV, Women'sMV, Over50MV or VeganMV)**
 - 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 divided 3-5 times daily depending on preference
 - Can also be used as a supplement to a meal or by itself (or mixed with desired ingredients) to shore up total daily protein needs

As Needed:

- **SuperCalcium+** - use if not consuming 1,000-1,300 mg of calcium from food (approximately three to four servings of calcium rich foods; dotFIT Protein powders have 150-200 mg of calcium per serving)
 - Females take one or two daily with meals; if you need to take two, take one with morning meal and the second with evening meal; Males take one only if necessary, with food
- **SuperOmega-3 Fish Oil** - take one daily with meal if not consuming 8 ounces/week of fatty fish.

Meal Replacement Integration

Click [here](#) for sample menus using LeanMR to achieve weight loss goals.

Weight Loss Phase:

Meal Replacements (MRs) generally supply two small meals a day and allow freedom of choice from traditional foods for the remaining allotted foods/calories. Therefore, use as two small meals within any calorie restricted meal plan of 3-5 meals. LeanMR recipes are available [here](#)

Maintenance Phase

Continue to consume 3-5 small meals daily within caloric allotment that includes two MRs for convenience and to help ensure overall diet quality while reducing food costs. A wide variety of healthy recipes including meal replacement recipes are available [here](#).

Level 2 – Faster Results + **ADDED RECOVERY**

Daily:

- **dotFIT Multivitamin & Mineral (ActiveMV, Women'sMV, Over50MV or VeganMV)**
 - Take as directed with meals
- **LeanMR (protein and fiber rich meal replacement formula)**
 - Use as directed within daily meal planning 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 divided 3-5 times daily depending on preference
 - Can also be used as a supplement to a meal or by itself (or mixed with desired ingredients) to shore up total daily protein needs

As Needed:

- **SuperCalcium+** - use if not consuming 1,000-1,300 mg of calcium from food (approximately three to four servings of calcium rich foods; dotFIT Protein powders have 150-200 mg of calcium per serving)
 - Females take one or two daily with meals; if you need to take two, take one with morning meal and the second with evening meal; Males take one only if necessary, with food
- **SuperOmega-3 Fish Oil** - take one daily with meal if not consuming 8 ounces/week of fatty fish.

Workout Days:

AminoFormula

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

Level 3 – Fastest Results and Daily Recovery + **ACCELERATORS**

Daily:

- **dotFIT Multivitamin & Mineral (ActiveMV, Women'sMV, Over50MV or VeganMV)**
 - Take as directed with meals
- **Weight Loss & Liver Support**
 - Take 3 daily as directed. One before each of three meals or evenly split throughout the day
- **ThermAccel or CarbRepel**
 - Take as directed
 - ThermAccel – 1-2 tabs twice daily. Last dose at least 6-8 hours before bedtime.
 - CarbRepel - 3 tabs daily. One before each of three meals or evenly split throughout the day.
- **LeanMR (protein and fiber rich meal replacement formula)**
 - Use as directed within daily meal planning 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 divided 3-5 times daily depending on preference
 - Can also be used as a supplement to a meal or by itself (or mixed with desired ingredients) to shore up total daily protein needs

As Needed:

- **SuperCalcium+** - use if not consuming 1,000-1,300 mg of calcium from food (approximately three to four servings of calcium rich foods; dotFIT Protein powders have ~150-200 mg of calcium per serving)
 - Females take one or two daily with meals; if you need to take two, take one with morning meal and the second with evening meal; Males take one only if necessary, with food
- **SuperOmega-3 Fish Oil** - take one daily with meal if not eating 8 ounces/week of fatty fish.

Workout Days:

AminoFormula

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