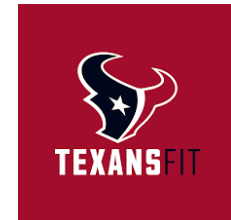


dotFIT - Trusted by Professionals

R&D for Nutrition Programs & Products

- Over 1,500 sport and fitness facilities
- Over 40,000 fitness professionals
- Trusted & Used by MILLIONS of Households
- Largest provider of 3rd party tested nutrition programs and products in the sport and fitness channels including collegiate and professional sports





Supporting Over 200 College & Pro Sport Teams

dotFIT Custom Group Previous Supplements of the Month

-all available in your dotFIT U-TUBE Channel

- Feb 18 (2022), Intro to dotFIT, history, why nutrition, dF diff, future, play-span (Baseline supplementation)
- Mar 18 – All Proteins, Protein Intro, Updated Stats, Scripts, Promotional Materials, FAQs & Summaries
- April 8 – AminoFormula - Perf Cat 2, Updated Practitioner Notes/FAQs, Scripts, Collaterals
- **May 6 – Fat loss intro review, ea. product sum w script & pack script**
- June 3 – Essentials (MVM [Ca, V-D], SO-3, Protein) in Play-span (*Expanding on Baseline Supplementation*)
- July 8 – JointFlexPlus with Collagen intro & Photo-aging/skin Note
- Aug 5 – All Nutrition Bars, FAQs, Updated
- Sept 2 – Family Essential Packs (MVM, SO3, Ca, Protein)
- Oct 14 – UltraProbiotic Full; Scripts/collaterals, FAQs
- Nov 4 – MR Powders & Bars, Save Calories for The Holiday – LeanMR
- Dec 9 – Immune Bundles, Presentations, Collaterals & Holiday displays

Support Recordings containing the full science of all products is in your trainer console under [“dotFIT Tools”](#) then [“Supplement Education”](#)

dotFIT
GROW STRONG.
Weight Loss Bundles

Weight Loss Bundles:

"Challenge"	"Competitor"	"Champion"
<ul style="list-style-type: none"> • LeanMR • ActiveMV • WeightLoss& LiverSupport 	<ul style="list-style-type: none"> • LeanMR • ActiveMV • WeightLoss& LiverSupport • Amino Formula 	<ul style="list-style-type: none"> • LeanMR • ActiveMV • WeightLoss& LiverSupport • Amino Formula • ThermAccel or CarbRepel



Jan 6 – Popular Diets and New Year Resolution Bundles

- Intermittent Fasting
 - Keto Diet
 - Paleo Diet
 - Gluten Free
 - Vegan & Vegetarian Diets
 - Calorie Counting & Macro Tracking
- The Best Weight Loss Diet
Popular Diets & Missing Nutrients

TOP 10 NEW YEARS RESOLUTIONS

2022

Most common throughout time

1.Lose weight

1.Exercise more

2.Eat healthier or change diet

2.Lose weight

3.Get fitter and take more exercise

3.Get organized

4.Spend more time with family and friends

4.Learn a new skill or hobby

5.Be more aware and take care of mental health

5.Live life to the fullest

6.Sort out finances and cut back spending

6.Save more money / spend less money

7.Travel more

7.Quit smoking

8.Take up a new hobby, sport or other interest

8.Spend more time with family and friends

9.Be more environmentally friendly

9.Travel more

10.Look for a new job

10.Read more

New Year's Resolution Bodyfat/Weight Loss Packages

TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!

MAXIMIZE DAILY RECOVERY AND EXERCISE INDUCED RESULTS -GET PAID OVERTIME FOR YOUR WORKOUT!

FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!



***Go fast
Results paid in full***



***Go Faster
Results Paid Overtime***



***Fastest
Results Paid Double Time***

TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!

MAXIMIZE DAILY RECOVERY AND EXERCISE INDUCED RESULTS -GET PAID OVERTIME FOR YOUR WORKOUT!

FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY COMPOSITION CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!

BODYFAT REDUCTION SUCCESS PACKAGES



Level-1 Package: Go fast
Results paid in full

Level-2: Go Faster
Results Paid Overtime

Level-3: Fastest
Results Paid Double Time

TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!

MAXIMIZE DAILY RECOVERY AND EXERCISE INDUCED RESULTS -GET PAID OVERTIME FOR YOUR WORKOUT!

FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY COMPOSITION CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!

LEVEL-1 BODYFAT REDUCTION SUCCESS PACKAGE



Meal Replacement diet integration is the #1 weight control solution, and we have the best with many delicious recipes - *and* you will save on groceries!

Best high whey protein/fiber mix available to curb hunger, control calories, feed muscles & starve bodyfat
My clients go-to for achieving & maintaining their desired body composition



Optimize all VM activities to help maximize energy & all fat loss mechanisms including burn more fat, less cravings, support immunity & reduce stress **without adding calories**

Only 4in1 complete MVM (high C&D) built specifically for athletes and exercisers & why it is NSF-CS and the most recommended/used MVM in high school, college, pro and Olympic sports – this is why we use it for our families and clients



Natural ingredients (such as green tea) to target mobilizing liver (belly) fat to improve sugar & overall fat metabolism/burning. African Mango to curb hunger to make this fitness journey pleasant

Go fast – Results Paid in Full
We leave so much on the table
if we don't pickup where diet leaves off

Level-1 for Fast Results & Daily Recovery with Meal Replacement/Substitute Integration Program

Click on product links for a brief product description including short video

Daily:

- [dotFIT Multivitamin & Mineral Active MVM](#)
 - Take as directed with meals
- [Weight Loss & Liver Support](#)
 - Take 3 daily as directed. 1- before each of 3 meals or evenly split throughout the day
- [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 4-5 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

Meal Replacement/Substitute Integration

You may also click [here](#) for a simple ready to go solution including sample menus with proper calories, foods and LeanMR meal replacement diet integration

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 4-5 meals since frequent meals are often better for bodyfat/weight reduction than fewer larger ones especially as it relates to satiety, preservation of lean body mass (LBM) and energy levels. **LeanMR recipes are available [here](#)**

Maintenance Phase

Continue to consume 4-5 small meals daily within caloric allotment that includes 2 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](#)**

TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!

MAXIMIZE DAILY RECOVERY AND EXERCISE INDUCED RESULTS –GET PAID OVERTIME FOR YOUR WORKOUT!

FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY COMPOSITION CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!

Supply the direct muscle building signals & building blocks in extreme low calories!

Build and/or maintain muscle better & longer – beyond protein.

Amino acid blend that takes muscle support, energy levels, and daily recovery to the next level, giving you the ability to control body composition while enhancing recovery, muscle, and performance gains – premier plateau buster! Maximum anabolic effect with lowest calories.

LEVEL-2 BODYFAT REDUCTION SUCCESS PACKAGE



+



=

Go Faster
Results Paid Overtime

Level-2 Package for Faster Results & Daily Recovery with Meal Replacement/Substitute Integration Program

Click on product links for a brief product description including short video

Daily:

- [dotFIT Multivitamin & Mineral Active MVM](#)
 - Take as directed with meals
- [Weight Loss & Liver Support](#)
 - Take 3 daily as directed. 1- before each of 3 meals or evenly split throughout the day
- [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 4-5 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

Workout Days:

- [AminoFormula \(AF\)](#)
 - 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/Substitute Integration

You may also click [here](#) for a simple ready to go solution including sample menus with proper calories, foods and LeanMR meal replacement diet integration

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 4-5 meals since frequent meals are often better for bodyfat/weight reduction than fewer larger ones especially as it relates to satiety, preservation of lean body mass (LBM) and energy levels. **LeanMR recipes are available [here](#)**

Maintenance Phase

Continue to consume 4-5 small meals daily within caloric allotment that includes 2 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](#)**

TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!

MAXIMIZE DAILY RECOVERY AND EXERCISE INDUCED RESULTS -GET PAID OVERTIME FOR YOUR WORKOUT!

FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY COMPOSITION CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!



+



A Natural fiber to help block unnecessary calories supporting weight control & blunt sugar spikes

Decrease carb calorie absorption to feel satisfied sooner and longer (eat more but get less calories)

OR

Natural ingredients in this 4in1 product keeps your metabolism fired up, appetite under control to burn more bodyfat, not LBM, thru multiple actions to avoid plateaus

No Plateaus Here! Controlled Stimulant Formula to Increase Metabolism & Daily Activities & uniquely Support Appetite



Fastest

Results Paid Double Time

Nothing is left on the table

**LEVEL-3 BODYFAT REDUCTION
SUCCESS PACKAGE**

Level-3 Package for Fastest Results & Daily Recovery with Meal Replacement/Substitute Integration Program

Click on product links for a brief product description including short video

Daily:

- [dotFIT Multivitamin & Mineral Active MVM](#)
 - Take as directed with meals
- [Weight Loss & Liver Support](#)
 - Take 3 daily as directed. 1- before each of 3 meals or evenly split throughout the day
- [ThermAccel \(TA\)](#) or [CarbRepel \(CR\)](#)
 - **Take as directed (TA 2tabs twice daily; CR 3tabs/day, 1 before each of 3-meals or evenly split throughout the day)**
- [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 4-5 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

Workout Days:

- [AminoFormula \(AF\)](#)
 - 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/Substitute Integration

You may also click [here](#) for a simple ready to go solution including sample menus with proper calories, foods and LeanMR meal replacement diet integration

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 4-5 meals since frequent meals are often better for bodyfat/weight reduction than fewer larger ones especially as it relates to satiety, preservation of lean body mass (LBM) and energy levels. **LeanMR recipes are available [here](#)**

Maintenance Phase

Continue to consume 4-5 small meals daily within caloric allotment that includes 2 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](#)**

INTERMITTENT FASTING SUPPLEMENT PACKAGES

Essential

Active MV

- Fill nutrient gaps in your diet
- Reach daily recommended levels of vitamin and minerals essential to health, metabolism, and immune function

Lean MR

- Low calorie, high protein meal replacement
- Promotes weight and body fat loss
- Supports lean muscle tissue
- Supports metabolism and *appetite control*

AminoFormula

- Increase muscle protein synthesis
- Preserve lean body mass during calorie restriction
- Improve recovery from training and exercise
- Does not break fast during fasting periods



Better, Add [ThermAccel](#)

- Promote fat loss and support lean muscle
- Supports Appetite Control
- Stimulatory effect to increase energy and focus



Better yet, Add [MuscleDefender](#)

- Support immune system and muscle protein synthesis
- Support the body in times of prolonged exercise and calorie restriction
- Does not break fast



INTERMITTENT FASTING APPROACHES AND SUPPLEMENT GUIDANCE

1. Daily Time Restricted Fasting: Eat normally, but only within a certain time window each day.

- 16:8 Eat during 8hour window while fasting the other 16 hours of the day
- 14:10 Eat during 10hour window while fasting the other 14 hours of the day

Supplement schedule

- Active MV: twice daily
- Lean MR: use as high protein, low calorie option within eating window
- Amino Formula: Use during fasting window to preserve lean muscle. Consume pre/post workout on training days
- **Therm Accel:** twice daily. Ideally 30 minutes before meals
- **Muscle Defender:** one scoop daily. Add extra scoop within one hour post workout on training days.

INTERMITTENT FASTING APPROACHES AND SUPPLEMENT GUIDANCE

2. Alternate Day Fasting: Eat normally one day and fast the next (500-600 calories)

3. 5:2 Fasting: Eat normally 5 days of the week and fast 2 (500-600 calories)

**same supplement guidance for both above approaches

Supplement schedule

Normal Days:

- Active MV: twice daily
- Lean MR: use as high protein, low calorie option to supplement your meals
- Amino Formula: Use pre/post workout
- **Therm Accel:** twice daily. Ideally 30 minutes before meals
- **Muscle Defender:** one scoop daily. Add extra scoop within one hour post workout on training days.

Fasting Days:

Active MV: twice daily

Lean MR: use as high protein, low calorie option to stay within allotted calories

Amino Formula: Use on fasting days to preserve lean muscle while avoiding calories

Therm Accel: twice daily. Ideally 30 minutes before meals

Muscle Defender: one scoop daily to support body during calorie restriction

TAKE YOUR RESULTS FAR BEYOND DIET & EXERCISE ALONE!

MAXIMIZE DAILY RECOVERY AND EXERCISE INDUCED RESULTS –GET PAID OVERTIME FOR YOUR WORKOUT!

FEEL & PERFORM BETTER DAILY & SEE SIGNIFICANT DESIRED BODY CHANGES WEEKLY BY FEEDING YOUR MUSCLES AND STARVING BODYFAT!

All product summary



NEW YEAR'S RESOLUTION WEIGHT/FAT LOSS BUNDLES

Best high whey protein/fiber mix available to curb hunger, control calories, feed muscles & starve bodyfat
My clients go-to for achieving & maintaining their desired body composition

Natural ingredients (such as green tea) to target mobilizing liver (belly) fat to improve sugar & overall fat metabolism/burning. African Mango to curb hunger to make this fitness journey pleasant

No Plateaus Here! Controlled Stimulant Formula to Increase Metabolism & Daily Activities & Support Appetite

OR

Decrease carb calorie absorption to feel satisfied sooner and longer (eat more but get less calories)

Optimize all VM activities to help maximize energy & all fat loss mechanisms including burn more fat, less cravings, support immunity & reduce stress

*Only 4in1 complete MVM (high C&D) built specifically for athletes and exercisers & why it is NSF-CS and the most recommended/used MVM in high school, college, pro and Olympic sports – this is why we use it for our families and clients – **NOT found in stores!***

Build and/or maintain muscle better & longer – beyond protein. Amino acid blend that takes muscle support, energy levels, and daily recovery to the next level, giving you the ability to control body composition while enhancing recovery, muscle, and performance gains – premier plateau buster! Maximum anabolic effect with lowest calories.

**NO EXERCISE INDUCED RESULTS LEFT
IN THE GYM OR ELSEWHERE**



WEIGHT/BODYFAT LOSS SUPPORT
INDIVIDUAL PRODUCT
PRESENTATIONS BY EXPERTS

Let's take your results beyond diet (**and support a less than perfect diet**) & exercise alone! VMs are the spark plugs in all your body's cells. If you want them all firing at full capacity, you need to pickup where the diet leaves off, without adding calories, to support desired body composition

dF MVM for Bodyfat Reduction/Weight Control

Optimize all VM activities to help maximize energy & all fat loss mechanisms including burn more fat, less cravings, support immunity & reduce stress **without adding calories**



Because all human systems (e.g., cardio, energy, muscular, brain/CNS, immune, skeletal, stress, appetite, etc.) are V&M dependent we need to make sure these systems are operating at 100% without adding calories! Compared to 60-85% from diet alone

Only 4in1 complete MVM (high C&D) built specifically for athletes and exercisers & why it is NSF-CS and the most recommended/used MVM in high school, college, pro and Olympic sports – therefore, we use it for our families and clients – **not available in stores**

All life phases/genders



BEST HIGH WHEY PROTEIN AND FIBER MEAL SUBSTITUTE/REPLACEMENT AVAILABLE TO CURB HUNGER, CONTROL CALORIES, FEED MUSCLES AND STARVE BODYFAT SO YOU CAN ACHIEVE AND MAINTAIN YOUR DESIRED BODY COMPOSITION. FORTIFIED WITH CALCIUM & POTASSIUM

- One Serving (2 Scoops):**
- 170-180 Calories
 - 21g Whey Protein Isolate
 - 21-23g Sustained Release Carbs
 - Digestion resistant maltodextrin (Fibersol-2)
 - No Sugar
 - 7 g Fiber Including Beta-glucan
 - 2.5 g Healthy Fats
 - 235 mg Calcium
 - 271 mg Potassium



Sustain release/digestive resistant carbs to deliver longer lasting energy and curb carb cravings – lactose free

High in specialized fiber, incl. 3gms beta-glucan to help stay satisfied to ease the weight/bodyfat loss journey

Best tasting & effective whey high protein & fiber, low calorie meal replacement available -all my clients that use it love it, because also reduces necessary grocery costs

Many Healthy [Recipes](#)

Meal replacements/substitutes are the #1 weight control solution

Menus with LeanMR Integration

Meal Replacement/Substitute Integration

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 4-5 meals since frequent meals are often better for bodyfat/weight reduction than fewer larger ones especially as it relates to satiety, preservation of lean body mass (LBM) and energy levels. **LeanMR recipes are available [here](#)**

Maintenance Phase

Continue to consume 4-5 small meals daily within caloric allotment that includes 2 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](#)**



Meal Replacement Weight Loss Plan – Baseline + Added Recovery

Sample Menus with Meal Replacements

≤190lbs

1500 cals - 2shakes

1500 Calories with 2 Lean MR Shakes				
	Pro (g)	Carb (g)	Fat (g)	Calories
Breakfast				
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				
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				
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				
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	66	16	495
Menu Total:	129	179	35	1530
Percent of Calories for Menu:	34%	45%	21%	
	38 g Fiber	741 mg Calcium	219 mg Cholesterol	

2000 cals - 2shakes

>190lbs

Meal Replacement Weight Loss Plan – Baseline + Added Recovery

Sample Menus with Meal Replacements

2000 Calories with 2 Lean MR Shakes				
	Pro (g)	Carb (g)	Fat (g)	Calories
Breakfast				
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				
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				
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				
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				
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 Total:	175	237	40	2022
Percent of Calories for Menu:	35%	46%	19%	
Other nutrients	41 g Fiber	1369 mg Calcium	190 mg Cholesterol	

[Menus: All Calories \(1000-4000c in 250c increments\) and Choices On Website](#)

Expanded Recipe Section

Any powder can become a MR

Search

About Nutrition Program Resources Learn Store

Science Based Nutrition > Learn > Recipes

Healthy Recipes

quick & delicious shake mixes, breads, seafood, vegetarian and more...

LeanMR Recipes

Search Recipes

Baking Recipes

Drink Recipes With LeanMR

Protein Snack Recipes

Search Recipes

- < Recipes
- > dotFIT Product Recipes
- > Meal Recipes
- > User Submitted Recipes

FirstString Recipes
recipes using our perfect pre/post exercise drink mix that meets NCAA guidelines

Pre/Post Workout Recipes
recipes using our most diverse powder...meal, snack, or that perfect pre/post workout formulation

WheySmooth Recipes
recipes using our high quality protein with essential amino acids

LeanMR Recipes
delicious recipes using our lowest calorie, high fiber meal replacement formulation

Unflavored Protein Recipes
dotFIT Unflavored Protein Recipes

Best Plant Protein Recipes

All Natural WheySmooth Recipes

AminoFormula Recipes

dotFIT Protein Drink Recipes

<https://www.dotfit.com/dotFIT-Product-Recipes>

100s recipes - all SRP \$2-4/meal; protein 25-55gm



Fountain of Youth Shake

403 Calories/35gm protein
17gm fiber
332gm calcium



Berry Banana Smoothie

310 Calories/32gm protein
10gm fiber
300-440mg calcium

12wks 2-healthy meals/d \$463-SRP (20%=\$371): 180meals



Bermuda Triangle

403 Calories/30gm protein
5gm fiber
624gm calcium



Julie's Pumpkin Pie Protein Shake

340 Calories/50gm protein
5gm fiber
500gm calcium

Meal cost savings

12wks 2-healthy meals/d \$363-SRP (20%=\$288): 180meals

EXPERT PRESOS FOR LEAN MR



Script Headlines:

- 1) *We will be feeding muscle while starving fat by incorporating nutrients with little calories*
- 2) *A complete multi-pronged approach to help turn 12-weeks of work/results into 6 and NOT lose LBM!*



LeanMR

- **Delicious** whey/high protein and fiber to feed your muscles and control appetite
 - ✓ My clients go-to for achieving and maintaining their desired body composition
- Meal Replacement diet integration is the #1 weight control solution, and we have the best [meal replacement/substitute program available](#) with many delicious recipes - **and** you will save on groceries!
 - ✓ **12 weeks 2 healthy meals/d \$463-SRP (20%=\$371): 180meals**



EXPERT PRESOS FOR LEAN MR



Brian:

- Ground up food in a bottle.
- Quick easy meal for a time constricted schedule
- 1:1 ratio of carbs/proteins plus additional Fiber to curb hunger and give you the essentials needed to keep the motor going

Eve

- Food in a Canister
- It's a perfect meal to make you feel satisfied with only 170-180cal and 6-7g of fiber/serving!
- Iced Coffee with 2 Scoops of LeanMR is my Daily Breakfast and/or Afternoon Snack!

Kat:

- Ideal formula to support weight loss
- Convenient way to increase protein and fiber to support muscle and manage hunger
- Research has shown that consuming 1-2 high protein meal replacements in place of normal meals can double weight loss and help maintain the weight off.



BODYFAT REDUCTION SUPPORT WITH A GREEN TEA EXTRACT & SPECIAL ANTIOXIDANTS THAT WORK TO ACCELERATE RESULTS, CONTROL APPETITE, HELP YOU FEEL BETTER DAILY, AND SEE A SIGNIFICANT CHANGE WEEKLY

Weight Loss & Liver Support - Presentation/Scripts

Headlines (the liver is critical to properly burning fats and carbs)

- **When the body stores fat, so does the liver and that compromises its overall functioning, especially the body's ability to control proper usage and burning of carbs/sugar and fat**

Presentation/Script

- WLLS's natural ingredients (such as green tea extract) target mobilizing liver (belly) fat to improve sugar & overall fat metabolism/burning, & African Mango to support appetite control to make this fitness journey pleasant
 - African Mango is what native people use to curb hunger while hunting food
- Non-stimulant for **appetite & liver (main fat burning organ) function support**
- **You won't need it when we get to, or close to, your goal**

1st 30day product in 90-day Pack because when people are at their heaviest & liver fat is at it's highest



Weight Loss Liver Support Product Summary

To support liver health to improve your overall metabolism & deliver better appetite management



Supports overall liver health
healthy/happy liver = better fat & carb burning and
accelerated body fat reduction

Helps mobilizing liver (belly) fat to improve sugar &
overall fat metabolism & support fullness

African Mango (Irvingia Gabonensis) has been added to help
control appetite to ease the weight/bodyfat loss journey

**NON-STIMULANT BODY FAT REDUCTION
SUPPORT WITH A GREEN TEA EXTRACT &
SPECIAL ANTIOXIDANTS THAT WORK TO
ACCELERATE RESULTS, CONTROL
APPETITE, HELP YOU FEEL BETTER DAILY,
AND SEE A SIGNIFICANT CHANGE WEEKLY**

Supplement Facts		
Serving Size: 1 Tablet		
Servings Per Container: 90		Amount Per Serving
		% DV
Green Tea (Camelia Sinensis) Leaf Extract	200 mg	*
[Standardized to 98% Polyphenols (196 mg), 80% Catechins (160 mg), 45% EGCG (90 mg), 2% Caffeine (naturally occurring 4 mg)]		
Choline (as Choline Bitartrate)	133 mg	*
N-Acetyl Cysteine	50 mg	*
Milk Thistle (Silybum Marianum L.) Seed Extract (Standardized to 80% Silymarin)	166 mg	*
Irvingia Gabonensis Seed Extract	150 mg	*

Expert's presentation/scripts- Weight Loss & Liver Support

Weight Loss Liver Support:

Brian:

- Timed released fat burner non stimulated
- Break down stored triglycerides and use them for energy
- Milk thistle supports optimal liver function
- African mango curbs hunger

Kat:

- Stimulant free fat loss aid for those who are very overweight or obese
- Helps a “sluggish” liver use and burn fat more efficiently

Eve:

- The liver is like the drain of sink. If it gets clogged it can't do its job. Weight loss liver support is the natural draino for your liver to help support fat loss.
- African Mango is the best because it helps suppress your hunger which is helpful when you're in a caloric deficit to lose weight. I never want you to feel hungry during this weight loss journey.



ACCELERATE RESULTS, FEEL BETTER DAILY, AND SEE A SIGNIFICANT CHANGE WEEKLY – EASE & SPEED THE JOURNEY

CarbRepel - Presentation/Scripts

Headlines - Non-stimulant for appetite and calorie management

- Assist weight control by allowing reasonable carbohydrate intake to help satisfy cravings while preventing a portion of it from being absorbed, thus reducing overall calorie intake.

Presentation/script

- Everyone needs some carbs in their diet for real energy, and keep from craving them during weight/fat loss, but we don't need all their calories. That's why we will use CarbRepel before a meal
- CR also can reduce sugar spikes for more controlled energy release and supporting appetite
- **“Cheat-Day Supplement.” Use if carb intake is unnecessarily high** to help keep bodyfat from rising
- **You won't need it when we get to, or close to, your goal**
2nd product of 90day Pack to target a different appetite mechanism as the body adapts



CarbRepel Summary

Carb lover's Go-To for assistance in appetite control & reducing sugar spikes



A Natural fiber to help block unnecessary calories supporting weight control & blunt sugar spikes

SIGNIFICANTLY INHIBITS THE ENZYME THAT ABSORBS CARBS

A natural *non-stimulant* to Decrease carb calorie absorption to feel satisfied sooner and longer (eat more but get less calories)

Supplement Facts

Serving Size: 2 Tablets	
Servings Per Container: 60	
Amount Per Serving	% DV
Phase 2 Starch Neutralizer®	750 mg *
White Kidney Bean Extract (Phaseolus vulgaris)	
Citrus Pectin	375 mg *
Pomegranate Fruit Powder	137.5 mg *

NATURAL BODYFAT REDUCTION AIDS THAT EASE THE JOURNEY, ACCELERATE RESULTS & PROTECT LBM

Expert's presentation/scripts- CarbRepel

CarbRepel

Brian:

- Ace in your back pocket
- When we eat, we release amylase to break down and absorb carbohydrate. Carb repel shuts that down up to 25% of intake, so you get fuller faster and don't absorb as much of the carbohydrate calories. White kidney bean extract assists this.
- Ideal for "cheat" meals or for wine drinkers (b/c of CHO they will add) 😊

Kat:

- Stimulant free, natural starch blocker which prevents carbs from being absorbed
- Helps increase a calorie deficit and speed up weight loss
- Take before high carb meals

Eve:

- If carbs are not used as energy, they are stored as fat. CarbRepel helps block about 10-25% of those extra carbs from "wearing" them.



ACCELERATE RESULTS, FEEL BETTER DAILY, AND SEE A SIGNIFICANT CHANGE WEEKLY – EASE & SPEED THE JOURNEY

ThermAccel (TA) – Presentation/Scripts

Headlines - Controlled Stimulant Formula to Increase Metabolism & Daily Activities & Support Appetite

- ***Combined ingredients can significantly increase metabolic rate and daily activities (total calorie burn) while balancing the stimulatory effects of caffeine related herbs - and suppress appetite through multiple mechanisms (4 in 1 product).***

Presentation/scripts

- This ***is*** your plateau buster! Keep your metabolism fired up to avoid weight/fat loss plateaus
 - ✓ You can always name the ingredients from the label, if you think they have heard of them
- As your body loses weight, everyone comes to a plateau causing more work and/or less food to continue progress. TA will increase your daily calorie burn without forcing more work and help us keep food intake pleasant while we avoid plateaus*
- **You won't need it when we get to, or close to, your goal**



Ingredient
Caralluma Fimbriata Powder
Sinetrol™ (Mediterranean Citrus Extract)
L-Theanine
ThermAccel™ Thermogenic Complex
[Caffeine Anhydrous (providing 200 mg of caffeine), Green Tea Leaf (providing 270 mg EGCG), Yerba Mate, Guarana Seed Extract and Cayenne Fruit]

Last 30day product in 90-day Pack - THE CLOSER!

ThermAccel – Bodyfat Reduction Product Summary

SAFE & EFFECTIVE BODYFAT REDUCTION TOOL THAT WORKS TO ACCELERATE RESULTS, CONTROL APPETITE, HELP YOU FEEL BETTER DAILY, AND SEE A SIGNIFICANT CHANGE WEEKLY – YOU CAN DISCONTINUE WHEN THE GOAL IS ACHIEVED



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 60

Amount Per Serving

% DV

Caralluma Fimbriata Powder	520 mg	*
Sinetrol™ (Mediterranean Citrus Extract)	600 mg	*
L-Theanine	100 mg	*
ThermAccel™ Thermogenic Complex [Caffeine Anhydrous (providing 200 mg of caffeine), Green Tea Leaf (providing 270 mg EGCG), Yerba Mate, Guarana Seed Extract and Cayenne Fruit]	527 mg	*

Plateau Buster! Controlled Stimulant Formula to Increase Metabolism & Daily Activities & Support Appetite

Herb (Caralluma Fimbriata) to control appetite for a pleasant journey to the goal

Natural ingredients in this 4in1 product keeps your metabolism fired up, appetite under control to burn more bodyfat, not LBM, thru multiple actions to avoid plateaus

NATURAL BODYFAT REDUCTION AID TO EASE THE JOURNEY, ACCELERATE RESULTS & PROTECT LBM

Expert's presentations/scripts- ThermAccel

ThermAccel

Brian:

- Stimulated fat burner
- Increase core temperature and make the fire burn hotter
- It's like pouring gasoline on a flame, when things get hot they burn quicker

Kat

- The ultimate thermogenic to speed up metabolism, raise energy levels and manage hunger
- For those who can tolerate stimulants but don't want the "crash" feeling
- Can help overcome a plateau

Eve:

- Burn more calories than you would on your own while suppressing your hunger.
- Speed up those results that you are working for.
- Promotes fat loss.



Beyond protein – to give you the ability to maximize muscle size and performance gains while controlling your desired body composition

Build muscle better & longer – beyond protein. Amino acid blend that takes muscle building & performance, energy levels, and daily recovery to the next level, giving you the ability to control body composition while enhancing recovery, muscle, and performance gains – premier plateau buster! Maximum anabolic effect with lowest calories.

Strategic Essential Amino Acids, including BCAA's

Leucine (4,000 mg)

Isoleucine (900 mg)

Valine (1,100 mg)

Lysine (1,670 mg)

Phenylalanine (1,670.5 mg)

Threonine (1,300 mg)

Histidine (900 mg)

Methionine (360 mg)



Supply the direct muscle building signals & building blocks in extreme low calories!

Results Keep Coming!

**NO EXERCISE INDUCED RESULTS LEFT IN THE GYM
– PROLONG YOUR MUSCLE GAINS & ACTIVE LIFESTYLE**

EXPERT PRESENTATIONS: AMINO FORMULA-MUSCLE GAIN



- It's like a "Gatorade" for muscles without the junk in it. These specialized aminos are going to come in and get the muscle party moving faster by stimulating protein synthesis and telling the body, "Hey, lets start making muscle." This in turn will speed up the process and allow the muscle making factory to produce beyond protein.
- Added recovery support from EAAs to decrease muscle soreness and ensure you can maintain high quality workouts as long as you desire!
- Ultimate blend of EAAs to decrease muscle soreness and speed up muscle repair
- I can't imagine working out without using AX, and I know that you will agree once you start drinking this as well! It is your ultimate recovery drink. And making sure you properly recover, means it's easier to stay consistent with killer workouts and that means...faster Results!

EXPERT'S PRESENTATIONS MUSCLE DEFENDER



SUPPORT DAILY RECOVERY & THE BODY'S NATURAL IMMUNE RESPONSE WITH MD/GLUTAMINE

Headlines

- Under stress, the body cannot keep up with the glutamine demand, compromising gut health and muscle recovery & function. 70% of the immune system resides in the gut. Therefore, the gut and the immune system support one another to promote a healthy body including muscle recovery

Supports intestinal health and muscle recovery related to exercise, diet and physical induced stresses, including *exercise/diet-induced immune suppression*

70% of immune system is in the gut. MD Feeds the cells lining the gut to support their rapid reproduction and proper immune signaling



**Intermittent Fasting
Bundle – “Better Yet” Add**

Replenishment defends muscle recovery, performance & size gains



EXPERT'S PRESENTATIONS

MUSCLE DEFENDER



Kat:

- L-glutamine is fuel for your gut cells, which play a key role in the immune system.
- Your body needs more glutamine during times of stress, illness and injury.

Eve

- Glutamine supports a healthy gut which helps you have a healthy immune system. Glutamine will also speed muscle recovery to continue to help you feel your best each and everyday!

Brian

Two main things:

- Glutamine is very good for digestion. It helps our digestive system to be supercharged and get the important macros such as protein where they need to be and most importantly when they need to be there.
- Helps limit muscle catabolism. Think of it as the bouncer that won't let the cool kids leave the club!
- It is a recovery amino acid and will help to help you recover quicker and alleviate some of the soreness felt the next day or two

Promotional Materials

Sales & Marketing Assets (collaterals) for Your *Fast Fitness Foods*

Click the links into your dotFIT Marketing Console embedded in the next 2-slides, then click the products you are highlighting, such as LeanMR, AminoFormula, etc., for all related promotional materials including supporting video assets

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



dotFIT
GROW STRONG.

Weight Loss Bundles

Weight Loss Bundles: **"Challenge"**, **"Competitor"**, **"Champion"**

"Challenge"	"Competitor"	"Champion"
<ul style="list-style-type: none">LeanMRActiveMVWeightLoss& LiverSupport	<ul style="list-style-type: none">LeanMRActiveMVWeightLoss& LiverSupportAmino Formula	<ul style="list-style-type: none">LeanMRActiveMVWeightLoss& LiverSupportAmino FormulaThermAccel or CarbRepel



dotFIT
GROW STRONG.

Weight Loss Bundle

"Challenge"

LEAN MR™
BALANCED NUTRITION SHAKE

SUPPORTS WEIGHT LOSS!
HELPS CONTROL HUNGER!
LONG-LASTING ENERGY!
MULTI-PHASE RELEASE CARBS

LEAN CHOCOLATE

ActiveMV™
MULTIVITAMIN AND MINERAL COMPLEX
HIGH IN VITAMIN D-3
FOR ACTIVE PEOPLE
THERMOPROTECTIVE FORMULA

Weight Loss & LiverSupport
SUPPORTS WEIGHT LOSS!
SUPPORTS LIVER FUNCTION!
PROMOTES HEALTHY FAT UTILIZATION



dotFIT
GROW STRONG.

Weight Loss Bundle

"Competitor"

LEAN MR™
BALANCED NUTRITION SHAKE

SUPPORTS WEIGHT LOSS!
HELPS CONTROL HUNGER!
LONG-LASTING ENERGY!
MULTI-PHASE RELEASE CARBS

AminoFormula
REPAIRS MUSCLE PROTEIN SYNTHESIS
HELPS SUPPORT NEW MUSCLE GROWTH!

Weight Loss & LiverSupport
SUPPORTS WEIGHT LOSS!
SUPPORTS LIVER FUNCTION!
PROMOTES HEALTHY FAT UTILIZATION



dotFIT
GROW STRONG.

Weight Loss Bundle

"Champion"

LEAN MR™
BALANCED NUTRITION SHAKE

SUPPORTS WEIGHT LOSS!
HELPS CONTROL HUNGER!
LONG-LASTING ENERGY!
MULTI-PHASE RELEASE CARBS

ActiveMV™
MULTIVITAMIN AND MINERAL COMPLEX
HIGH IN VITAMIN D-3
FOR ACTIVE PEOPLE
THERMOPROTECTIVE FORMULA

AminoFormula
REPAIRS MUSCLE PROTEIN SYNTHESIS
HELPS SUPPORT NEW MUSCLE GROWTH!

CarbRepel
SUPPORTS WEIGHT LOSS & FAT CONTROL!
FEEL FULLER LONGER!
SUPPORTS APPETITE CONTROL

ThermAccel
PROMOTES FAT LOSS
SUPPORTS LEAN MUSCLE TISSUE SUPPORTS APPETITE CONTROL

Along with ALL dF product 1-liners for printing, sending, training & consumers

1 Pagers

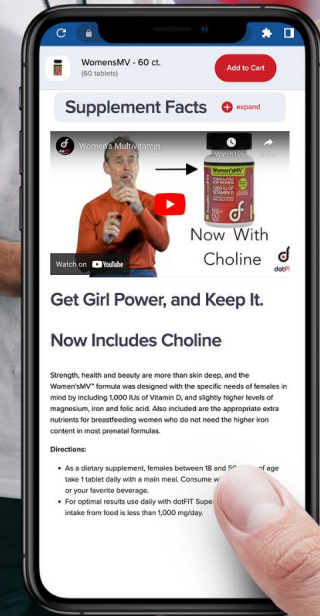
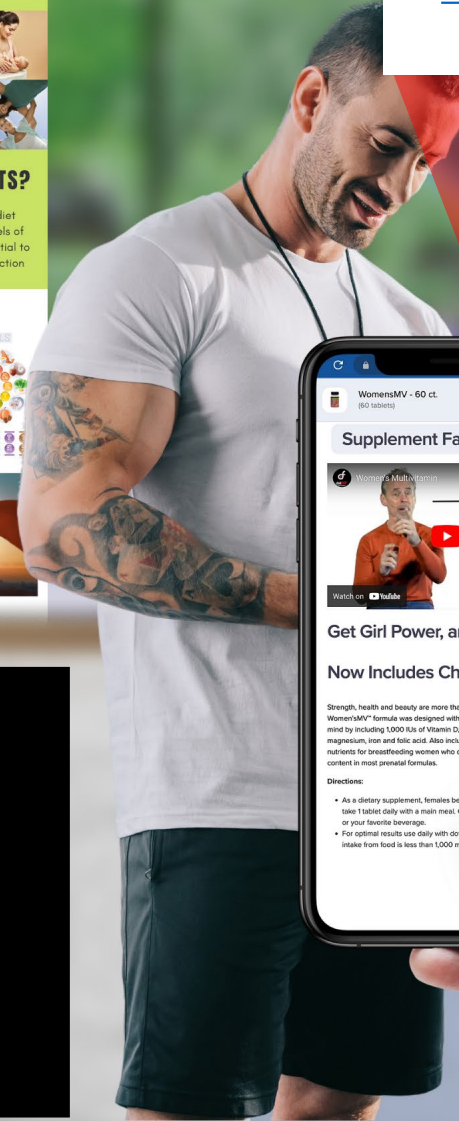
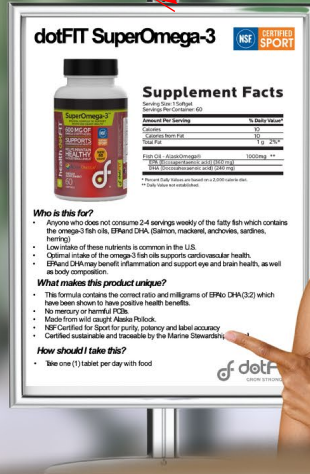
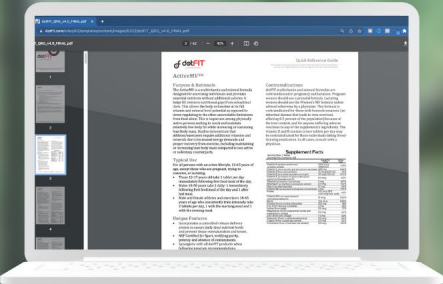
Print and display
consumer friendly
guide

Infographics

Print or
share on social to
educate

Store Description & Video

Watch & share with
members



QRG

Learn product
science, benefits &
unique features on
one page

dotFIT + Digital Marketing Resources

Infographics | Logo | Social Media

One-Pager Flyers | 4 Pillar Posters

All Marketing Resources

dotFIT Difference Posters (NEW to circulate/post or print any size)

The dotFIT Difference

Efficacy
Dosages and Forms match
3rd Party Clinical Trials

Truth in Labeling
Legal facts based upon Efficacy and 3rd Party Testing

Purity & Potency
Tested from start to finish

Safety
Shown in trials and history, screening and ingredient synergy

Nutrient Delivery
Right place, right time

Personalized Solutions
Unique to your body and goal

Trusted by Professionals
R&D for Nutrition Programs & Products
Largest provider of 3rd party tested nutrition programs & products in the sport & fitness channels including collegiate & pro sports

dotFIT
GROW STRONG.

NSF CERTIFIED SPORT

The dotFIT Difference

Efficacy
Dosages and Forms match
3rd Party Clinical Trials

Truth in Labeling
Legal facts based upon Efficacy and 3rd Party Testing

Purity & Potency
Tested from start to finish

Safety
Shown in trials and history, screening and ingredient synergy

Nutrient Delivery
Right place, right time

Personalized Solutions
Unique to your body and goal

Trusted by Professionals
R&D for Nutrition Programs & Products
Largest provider of 3rd party tested nutrition programs & products in the sport & fitness channels including collegiate & pro sports

dotFIT
GROW STRONG.

NSF CERTIFIED SPORT

