



C9



NUTRITIONAL CHANGE SYSTEM

A **nine-day** programme to help you transform your eating habits and build a healthier lifestyle

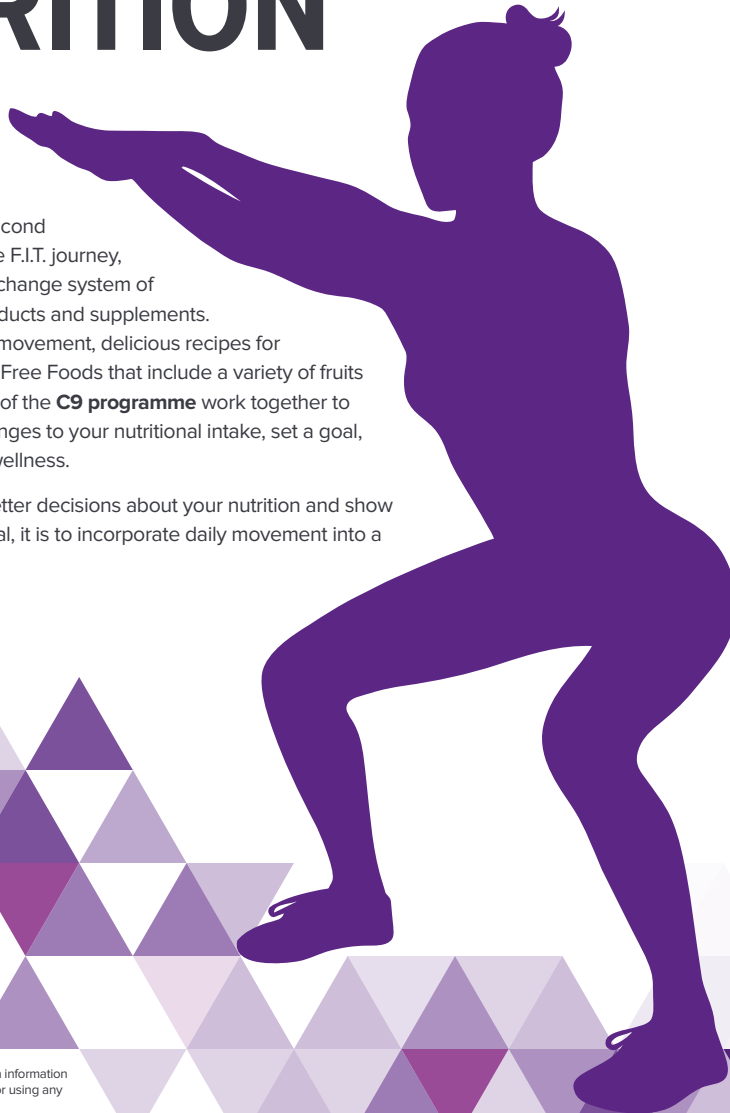


FOREVER

TRANSFORM YOUR NUTRITION

Forever's easy-to-follow **C9 programme** helps you jump-start your journey to a healthier you. As the second step for many people on the F.I.T. journey, **C9** is a nine-day nutritional change system of five powerful nutritional products and supplements. Combining these with light movement, delicious recipes for reduced-calorie meals, and Free Foods that include a variety of fruits and vegetables, all aspects of the **C9 programme** work together to help you make positive changes to your nutritional intake, set a goal, and experience improved wellness.

C9 will train you to make better decisions about your nutrition and show you how easy, and beneficial, it is to incorporate daily movement into a new, healthier lifestyle.



PILLARS OF THE PROGRAMME



Set a goal



Guided food and supplement intake



Proper hydration



Body awareness



Healthy recipes



Light movement



Sharing or posting about your experience



Celebrating your victory

Please consult your doctor for more in-depth information before beginning any exercise programme or using any food supplements.

Please note that the **F.I.T. Programme** should not be followed during pregnancy or when breastfeeding and is not suitable for children. This programme may not be suitable if you are obese or underweight. Check your BMI and consult your doctor before changing your diet and exercise regime.

WHAT YOUR C9 SYSTEM INCLUDES



Forever's Aloe Vera Gel Drinks

2X 1-litre

Our aloe drinking gels boast up to 99.7% pure aloe vera and are high in vitamin C to contribute to a normal energy-yielding metabolism. Aloe is a brilliant digestive aid that also helps support immune function.



Forever Fiber

9 packets

Forever Fiber is designed for digestive health and is high in fibre and low in saturated fat.



Forever Therm

18 tablets

Forever Therm is formulated with vitamins to provide supplemented support whilst achieving your diet and lifestyle goals.



Forever Garcinia Plus

54 softgels

Forever Garcinia Plus contains the prized Asian culinary fruit Garcinia. It is high in chromium which helps with healthy macronutrient metabolism and also contributes to the maintenance of normal blood glucose levels.



Forever Lite Ultra

1X serving pouch

This shake mix offers an excellent source of vitamins, minerals and protein.

SET YOURSELF UP FOR SUCCESS



The first step toward success is preparation. Let's go through some key steps that will help you through your **C9** journey.

QUICK TIPS

- 1) Weigh and measure yourself.** On the day you start **C9**, record your measurements* in this guide (on page 9) upon waking up and before eating. Then, on the day after **C9**, remeasure yourself upon waking up before eating and note it on the same page.
- 2) Record your daily movement, food intake, and how you feel while on the programme in this C9 guide or the C9 workbook.** Accountability will help you stay on track with the programme. More details about tracking movement and food intake can be found on the following pages.
- 3) Drink plenty of water.** Drinking eight glasses of water per day can help you feel fuller, and flush out toxins while supporting healthy skin and optimal health.
- 4) Be mindful of your salt intake.** Salt contributes to fluid retention. Instead, season food with herbs and spices that add a boost of flavour, including ginger, garlic, basil, cinnamon, rosemary, thyme and turmeric.

CUT THESE DURING C9

- + Alcohol and caffeine
- + Soda, carbonated beverages and "sugar-free" drinks
- + Processed foods including prepared or canned meals and fast-food restaurants
- + These dairy products: milk, yogurt, butter and ice-cream
- + Added sugars: cane, corn syrup, maple syrup and honey
- + Fats: avoid anything partially hydrogenated, vegetable oil, margarine, and trans fats which are frequently hiding in packaged or processed foods like crisps and cakes
- + Non-lean meats (chicken, turkey and fish are OK)
- + Grains: oats, quinoa, pasta, bread, cereal (wild rice and whole grain couscous are OK)

Find a robust list of do's and don'ts on the next page.

**tape measure not included.*

✓ DO

Begin **C9** when you have a normal schedule that doesn't involve heavy stress, travel or excessive physical exertion.

Take the time to get all the appropriate food you'll need and clear out what doesn't serve you or what may tempt you.

Let others know what you are doing and that you will appreciate the support.

Reach out to those in your life with your successes and struggles.

Plan ahead! Make sure you have all your supplements and food prepared for where you'll be on any given day. Prepare **C9 programme**-approved recipes in advance if needed.

Commit to the full nine days.

Use any of the programme-approved healthy food options as listed.

Consult your doctor if you have any concerns before participating and continue taking all required medication you are currently using.

Hold off on taking Forever nutritional products other than the ones included with **C9** while on the **C9 programme**.

Repeat **C9** twice a year.

Recognise and celebrate small change. Be observant and discover what you did learn. Applying what you've learned **AFTER C9** is where the real work begins.

Practice good sleep discipline: no screens in the bedroom, keep the room dark and cool, take time to wind down, have a consistent bedtime, and strive for eight hours of sleep.

Do light movement daily.

✗ DON'T

Wait for the perfect time when you feel motivated. Motivation burns bright once you're in the process and experiencing success!

Substitute food and beverages. If you want optimal results, stick to the plan.

Surround yourself with those that are unsupportive and negative.

Wait to share until something epic happens.

Throw this together on the fly. Success will be so much easier, if you've taken the time to prepare everything you need in advance.

Do it for just a day or two, or take breaks in between — consistency is key.

Make your own modifications. No alcohol, processed foods, hydrogenated or partially hydrogenated oils, or caffeine.

Ignore any medication or health issues that need to be addressed.

Continue supplementing with any Forever products except for those that are part of the **C9** programme.

Repeat more than twice per year.

Worry if you didn't achieve your goal the first time.

Take your work, worries and stress to your bedroom.

Exert yourself with strenuous exercise.

Food supplements are not foods. They are designed to provide support while you reach your lifestyle goals. They do not contribute to weight loss in isolation without being part of a calorie-controlled diet and exercise regime.

DID YOU DO DX4 BEFORE THIS PROGRAMME?

If so, skip the schedule on the opposite page and continue to pages 12 and 13. You can track your daily progress from page 18.



DAYS 1 & 2 SCHEDULE



The first two days of the **C9 Programme** are designed to reset your body and your mind.



Increasing your water intake is important.



Free foods can be enjoyed in moderation to help curb hunger. A list of free foods can be found on page 35.

Committing to the programme is crucial, and the first two days are the toughest. Keep your goals in mind and know that the difficulty is only temporary.

MORNING

2X Forever Garcinia Plus softgels with a minimum 240ml of water

⌚ Wait 30 minutes

120ml of a Forever Aloe Vera Gel drink

1X Forever Therm tablet with a minimum 240ml of water



MID-MORNING

1X packet Forever Fiber with a minimum 240-300ml of water

Be sure to take **Forever Fiber** separately as fibre can bind to some nutrients, impacting their absorption by your body.

NOON

2X Forever Garcinia Plus softgels with a minimum 240ml of water

⌚ Wait 30 minutes

120ml of a Forever Aloe Vera Gel drink

1X scoop Forever Lite Ultra mixed with 300ml of water, almond milk, light soy milk, or coconut milk*

1X Forever Therm tablet with a minimum 240ml of water



EARLY-EVENING

2X Forever Garcinia Plus softgels with a minimum 240ml of water

⌚ Wait 30 minutes

120ml of a Forever Aloe Vera Gel drink

EVENING

120ml of a Forever Aloe Vera Gel drink

* The protein content will vary depending on which milk you use. If mixing with water, each serving will provide 13g of protein, this can be increased significantly depending on your choice of milk so always read the label.

DID YOU DO DX4 BEFORE THIS PROGRAMME?

If so, follow the schedule on the opposite page for days 1-9. A full schedule can be found on pages 20-28. You can track your daily progress from page 20.



DAYS 3-9 SCHEDULE



Your weight may fluctuate from day to day. Remember to only weigh yourself on days 1 and 10.



On days 3-9 (or days 1-9 if you've completed DX4 prior), women will consume around 1,000 calories per day and men will consume around 1,200 calories per day.



Remember that you can enjoy any fruits and vegetables listed on page 35 (in moderation) throughout the **C9 programme**.

Regardless of what the scale says on **Day 10**, you may also begin to see **positive changes in your body** such as a flatter stomach and a greater feeling of wellbeing.

MORNING

2X Forever Garcinia Plus softgels with a minimum 240ml of water

⌚ Wait 30 minutes

120ml of a Forever Aloe Vera Gel drink

1X Forever Therm tablet with a minimum 240ml of water



1X scoop Forever Lite Ultra Mixed with 300ml of water, almond milk, light soy milk, or coconut milk

MID-MORNING

1X packet Forever Fiber with a minimum 240-300ml of water

Be sure to take **Forever Fiber** separately as fibre can bind to some nutrients, impacting their absorption by your body.

NOON

2X Forever Garcinia Plus softgels with a minimum 240ml of water

⌚ Wait 30 minutes

1X scoop Forever Lite Ultra** mixed with 300ml of water, almond milk, light soy milk, or coconut milk

On day nine, introduce a 300-calorie meal at noon in place of a **Forever Lite Ultra** shake. This will help you transition into **F15**.

1X Forever Therm tablet with a minimum 240ml of water



EARLY-EVENING

2X Forever Garcinia Plus softgels with a minimum 240ml of water

⌚ Wait 30 minutes

Eat up to a 600-calorie meal for dinner. You have the freedom to choose which option works for your lifestyle.

Men can either have an additional shake or an additional 200 calories such as 85g lean protein in their meal on days 3-9 to reach up to 1,200 calories per day. **(Additional shake must be purchased from your Forever Business Owner)**

EVENING

A minimum 240ml of water

** If doing **DX4** first, you can take a mixture of **Forever Plant Protein** and **Forever Lite Ultra** for more variety. Additional **Forever Lite Ultra** and **Forever Plant Protein** can be purchased from your Forever Business Owner.

LIGHT MOVEMENT

During **C9**, it's best to focus on low-intensity exercises rather than medium or high-intensity workouts. Take a 30-minute walk at a slow to moderate pace, engage in gentle stretching, or take a low-key yoga class designed for beginners. You can also do simple body weight exercises such as squats, planks, side planks, lunges, pushups, bird dog, and dead bugs. These activities will not only stimulate your metabolism, but they will also help you stay centered and calm as you begin your transformation.

LOW-INTENSITY MOVEMENT IDEAS:

- + WALK
- + MOBILITY WORK
- + YOGA
- + ELLIPTICAL MACHINE (LOW INTENSITY)
- + DANCING (LOW INTENSITY)
- + TREADMILL (WALKING PACE WITH LOW INTENSITY)
- + STRETCHING
- + BODY WEIGHT EXERCISES



*You should check with a doctor if you have debilitating fatigue lasting more than a few hours or notice any symptoms that might require medical attention during this programme.

OTHER ACTIVITIES

Along with 30 minutes of light movement, you should also focus on what you are doing with the remaining hours of the day. The energy you expend outside of exercise, sleeping and eating is called NEAT, which stands for Non-Exercise Activity Thermogenesis. This accounts for cleaning, gardening, folding laundry, shopping, travelling and even fidgeting. NEAT helps improve basal metabolic rate and is a much bigger contributor to energy expenditure than workouts because it happens continuously throughout the entire day.

Think about the ways you currently utilise NEAT in your life: walking to work, parking further away, taking the stairs, standing every 30 minutes, walking work meetings, etc.

The goal is to increase NEAT — especially since, because of technology, it has become easy to operate many facets of life from a chair. A simple way to do this is to make sure that you stand up and move for 3 minutes every 30 minutes.

HERE ARE A FEW SUGGESTIONS OF HOW TO IMPLEMENT 3 EVERY 30:

- + TAKE A BATHROOM BREAK
- + TAKE YOUR PHONE CALLS WHILE STANDING
- + GET A STAND-UP DESK
- + PRACTICE A FEW SIMPLE STRETCHES
- + PERFORM SOME BODY WEIGHT SQUATS, LUNGES, PUSHUPS AND PLANKS



YOUR DAILY PLANNER



Our research shows that people who record what they eat and how much they exercise lose more weight. Plus, those that keep a daily planner are two to three times more likely to stick with a programme.

The following pages will provide a place for you to do check off your daily **C9** supplements and document your food and water intake, your daily movement, how well you sleep, and how you feel. Doing this will give you great insight into your progress and provide a good reference in the future as you continue your health and weight management journey.





START HERE IF YOU DIDN'T COMPLETE THE DX4 PROGRAMME BEFORE STARTING THE C9

If you did complete the **DX4** programme right before **C9**, start your **C9** programme on page 20.

C9 CHECKLIST DAY 1

Check the boxes below when completing your **C9** Checklist for Day 1.

| | |
|--|---|
| 30-Minute Movement | 5-Minute Stretch |
| NEAT Activities | 8 Glasses of Water |
| Morning | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 120ml of a Forever Aloe Vera Gel drink / 1X Forever Therm tablet with Free Food |
| Mid-morning | 1X Forever Fiber packet |
| ⚠ Be sure to take Forever Fiber separately as fibre can bind to some nutrients, impacting its absorption by your body. | |
| Noon | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 120ml of a Forever Aloe Vera Gel drink / 1x scoop Forever Lite Ultra / 1X Forever Therm tablet with Free Food |
| Early-evening | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 120ml of a Forever Aloe Vera Gel drink |
| Evening | 120ml of a Forever Aloe Vera Gel drink |

DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

For additional space use your **C9** workbook.

C9 CHECKLIST DAY 2

Check the boxes below when completing your **C9** Checklist for Day 2.

| | |
|--|---|
| 30-Minute Movement | 5-Minute Stretch |
| NEAT Activities | 8 Glasses of Water |
| Morning | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 120ml of a Forever Aloe Vera Gel drink / 1X Forever Therm tablet with Free Food |
| Mid-morning | 1X Forever Fiber packet |
| ⚠ Be sure to take Forever Fiber separately as fibre can bind to some nutrients, impacting its absorption by your body. | |
| Noon | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 120ml of a Forever Aloe Vera Gel drink / 1x scoop Forever Lite Ultra / 1X Forever Therm tablet with Free Food |
| Early-evening | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 120ml of a Forever Aloe Vera Gel drink |
| Evening | 120ml of a Forever Aloe Vera Gel drink |

DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

For additional space use your **C9** workbook.



START HERE IF YOU DID COMPLETE THE DX4 PROGRAMME BEFORE STARTING THIS C9

If you didn't complete the **DX4** programme before **C9**, go back to page 18 and start there.

C9 CHECKLIST DAY 1

Check the boxes below when completing your **C9** Checklist for Day 1.

| | |
|---|---|
| 30-Minute Movement | 5-Minute Stretch |
| NEAT Activities | 8 Glasses of Water |
| Morning | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 120ml of a Forever Aloe Vera Gel drink / 1X scoop Forever Lite Ultra / 1X Forever Therm tablet with Free Food |
| Mid-morning | 1X Forever Fiber packet |
| ⚠ Be sure to take Forever Fiber separately as fibre can bind to some nutrients, impacting its absorption by your body. | |
| Noon | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 1x scoop Forever Lite Ultra or Forever Plant Protein / 1X Forever Therm tablet with Free Food |
| Early-evening | 2X Forever Garcinia Plus softgels / Wait 30 minutes / Eat up to a 600 calorie meal |
| ⚠ Men can either have an additional shake or an additional 200 calories such as 85g lean protein in their meal on days 3-9 to reach up to 1,200 calories per day. (Additional shake must be purchased from your Forever Business Owner) | |
| Evening | A minimum 240ml of water |

DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

For additional space use your C9 workbook.

If doing **DX4** first, you can take a mixture of **Forever Plant Protein** and **Forever Lite Ultra** for more variety. Additional **Forever Lite Ultra** and **Forever Plant Protein** can be purchased from your Forever Business Owner.

C9 CHECKLIST DAY 2

Check the boxes below when completing your **C9** Checklist for Day 2.

| | |
|---|---|
| 30-Minute Movement | 5-Minute Stretch |
| NEAT Activities | 8 Glasses of Water |
| Morning | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 120ml of a Forever Aloe Vera Gel drink / 1X scoop Forever Lite Ultra / 1X Forever Therm tablet with Free Food |
| Mid-morning | 1X Forever Fiber packet |
| ⚠ Be sure to take Forever Fiber separately as fibre can bind to some nutrients, impacting its absorption by your body. | |
| Noon | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 1x scoop Forever Lite Ultra or Forever Plant Protein / 1X Forever Therm tablet with Free Food |
| Early-evening | 2X Forever Garcinia Plus softgels / Wait 30 minutes / Eat up to a 600 calorie meal |
| ⚠ Men can either have an additional shake or an additional 200 calories such as 85g lean protein in their meal on days 3-9 to reach up to 1,200 calories per day. (Additional shake must be purchased from your Forever Business Owner) | |
| Evening | A minimum 240ml of water |

DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

For additional space use your **C9** workbook.

If doing **DX4** first, you can take a mixture of **Forever Plant Protein** and **Forever Lite Ultra** for more variety. Additional **Forever Lite Ultra** and **Forever Plant Protein** can be purchased from your Forever Business Owner.

C9 CHECKLIST DAY 7

Check the boxes below when completing your C9 Checklist for Day 7.

| | |
|--|---|
| 30-Minute Movement | 5-Minute Stretch |
| NEAT Activities | 8 Glasses of Water |
| Morning | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 120ml of a Forever Aloe Vera Gel drink / 1X scoop Forever Lite Ultra / 1X Forever Therm tablet with Free Food |
| Mid-morning | 1X Forever Fiber packet |
| ⚠ Be sure to take Forever Fiber separately as fibre can bind to some nutrients, impacting its absorption by your body. | |
| Noon | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 1X scoop Forever Lite Ultra or Forever Plant Protein* / 1X Forever Therm tablet with Free Food |
| Early-evening | 2X Forever Garcinia Plus softgels / Wait 30 minutes / Eat up to a 600 calorie meal |
| ⚠ Men can either have an additional shake or an additional 200 calories such as 85g lean protein in their meal on days 3-9 to reach up to 1,200 calories per day. (Additional shake must be purchased from your Forever Business Owner) | |
| Evening | A minimum 240ml of water |

DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

For additional space use your **C9** workbook.

If doing **DX4** first, you can take a mixture of **Forever Plant Protein** and **Forever Lite Ultra** for more variety. Additional **Forever Lite Ultra** and **Forever Plant Protein** can be purchased from your Forever Business Owner.

C9 CHECKLIST DAY 8

Check the boxes below when completing your **C9** Checklist for Day 8.

| | |
|--|---|
| 30-Minute Movement | 5-Minute Stretch |
| NEAT Activities | 8 Glasses of Water |
| Morning | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 120ml of a Forever Aloe Vera Gel drink / 1X scoop Forever Lite Ultra / 1X Forever Therm tablet with Free Food |
| Mid-morning | 1X Forever Fiber packet |
| ⚠ Be sure to take Forever Fiber separately as fibre can bind to some nutrients, impacting its absorption by your body. | |
| Noon | 2X Forever Garcinia Plus softgels / Wait 30 minutes / 1X scoop Forever Lite Ultra or Forever Plant Protein* / 1X Forever Therm tablet with Free Food |
| Early-evening | 2X Forever Garcinia Plus softgels / Wait 30 minutes / Eat up to a 600 calorie meal |
| ⚠ Men can either have an additional shake or an additional 200 calories such as 85g lean protein in their meal on days 3-9 to reach up to 1,200 calories per day. (Additional shake must be purchased from your Forever Business Owner) | |
| Evening | A minimum 240ml of water |

DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

For additional space use your **C9** workbook.

If doing **DX4** first, you can take a mixture of **Forever Plant Protein** and **Forever Lite Ultra** for more variety. Additional **Forever Lite Ultra** and **Forever Plant Protein** can be purchased from your Forever Business Owner.

C9 CHECKLIST DAY 9

Check the boxes below when completing your **C9** Checklist for Day 9.

30-Minute Movement **5-Minute Stretch**

NEAT Activities **8 Glasses of Water**

Morning 2X **Forever Garcinia Plus** softgels / Wait 30 minutes / 120ml of a **Forever Aloe Vera Gel** drink / 1X scoop **Forever Lite Ultra** / 1X **Forever Therm** tablet with Free Food

Mid-morning 1X **Forever Fiber** packet

⚠ Be sure to take **Forever Fiber** separately as fibre can bind to some nutrients, impacting its absorption by your body.

Noon 2X **Forever Garcinia Plus** softgels / Wait 30 minutes / 300-calorie meal / 1X **Forever Therm** tablet with Free Food

Early-evening 2X **Forever Garcinia Plus** softgels / Wait 30 minutes / Eat up to a 600-calorie meal

⚠ Men can either have an additional shake or an additional 200 calories such as 85g lean protein in their meal on days 3-9 to reach up to 1,200 calories per day. **(Additional shake must be purchased from your Forever Business Owner)**

Evening A minimum 240ml of water

DAILY NOTES

Record your movement, what you ate (including Free Foods), how you felt, and how you slept.

.....

.....

.....

.....

.....

.....

.....

.....

.....

For additional space use your **C9** workbook.

If doing **DX4** first, you can take a mixture of **Forever Plant Protein** and **Forever Lite Ultra** for more variety. Additional **Forever Lite Ultra** and **Forever Plant Protein** can be purchased from your Forever Business Owner.

YOU'VE COMPLETED THE C9 PROGRAMME: WHAT NOW?



Congratulations! You've successfully completed the **C9** programme. The day after you complete **C9**, go to page 9 and record your "after" measurements and weight to review your progress. Then, take some time to review the goal you set. Acknowledge yourself for committing to the programme and completing, or getting closer toward, your goal.

YOUR NEXT C9



C9 helps you reset your nutritional intake and move more mindfully. Doing this reset twice per year will help support your healthy lifestyle goals. And it starts with committing to what's next.

SELECT A TIME SIX MONTHS FROM NOW TO DO YOUR NEXT C9 PROGRAMME:



Pro tip: It helps to set a calendar reminder with an alert a few weeks in advance so you can prepare ahead of time and be sure you have all the **C9** products you need ready to go!

SHAKE RECIPES



These tasty recipes will add some variety to your **Forever Lite Ultra** shakes. Packed with protein, they are specially formulated to keep you feeling full and energised for hours. You can also use these shake ideas as a post-workout drink during **F15** and **Vital5**. They are a healthy and delicious way to stay full and indulge any time you need a nutrient-dense boost. Each recipe makes 1 serving.



LEAN POWER SHAKE

202
calories
per
serving

- 240ml unsweetened coconut milk
- 120g cup fresh spinach
- 95g frozen blueberries
- 1 scoop **Forever Lite Ultra** Chocolate
- 75g whole frozen strawberries
- 4-6 ice cubes

Combine all ingredients in a blender and mix until well blended.
Makes 415ml.

THE REFRESHER

240
calories
per
serving

- 3 celery stalks
- 1/2 squeezed lemon
- 1/4 avocado
- 60g parsley
- 1/2 green apple
- 1/8 tsp sea salt
- 250ml coconut water
- 1/8 tsp cayenne pepper
- 4-6 ice cubes
- 1 scoop **Forever Lite Ultra** Vanilla

Combine all ingredients in a blender and mix until well blended.
Makes approx. 470-590ml.

MINTY MELON

264
calories
per
serving

- 130g melon (cantaloupe or honeydew)
- 125ml water
- 1 tbsp almond butter
- 1 scoop **Forever Lite Ultra** Vanilla
- 1 tsp ground flax
- 15g fresh mint
- 75g ice

Combine all ingredients in a blender and mix until well blended.
Makes 450ml.

COOL AS A CUCUMBER

261
calories
per
serving

- 1 cored pear
- 1/2-inch piece fresh ginger root
- 1/2 cucumber
- 75g cup ice
- 1/2 squeezed lemon
- 250ml coconut water
- 5g fresh coriander
- 1 scoop **Forever Lite Ultra** Vanilla

Combine all ingredients in a blender and mix until well blended.
Makes approx. 470-590ml.

SWEET TART ANTIOXIDANT

326
calories
per
serving

- 240g spinach
- 250ml coconut water
- 67g kale
- 1/2 squeezed lime
- 100g frozen acai
- 95g frozen blueberries
- 1 scoop **Forever Lite Ultra** Vanilla

Combine all ingredients in a blender and mix until well blended.
Makes 270ml.

NUTTY CHOCOLATE BANANA

389
calories
per
serving

- 1 banana
- 250ml plant-based milk with no sugar added
- 2 tbsp powdered peanut butter (such as PB2)
- 1 scoop **Forever Lite Ultra** Chocolate
- 75g ice

Combine all ingredients in a blender and mix until well blended.
Makes 270ml.

MEALS TO MAKE



These quick, easy meal ideas add variety to your **C9 programme** during days 3-9. Each meal is approximately 600 calories and consists of high protein/low-carb foods to accelerate your metabolism. The balanced nutrients in each meal will also help keep you full and energised while supporting optimal health.

WARMING SWEET POTATO SOUP 300 calories per serving

- 5 medium-sized sweet potatoes
- 1 large onion
- 3 celery stalks
- 4 cloves garlic (chopped)
- 1 large beetroot (chopped)
- ½ small white cabbage
- 1.5ltr stock (beef, chicken or turkey)
- 500ml plant-based milk (hemp, coconut, etc.)
- 2 tsp coconut oil
- 1 tbsp chopped walnuts
- 1 tsp cinnamon
- 1 tsp turmeric

Wash and chop the vegetables into small pieces, then sauté in coconut oil for 5 minutes. Add the stock, cover and cook for 30 minutes or until tender. Remove the lid, add plant-based milk and reduce heat. Cook for 5 minutes. Use an immersion blender to purée soup. Garnish with toasted walnuts. Makes 4 servings. Each serving is approximately 400ml.

MEDITERRANEAN LENTIL SALAD WITH SALMON 400 calories per serving

- 4 wild salmon fillets
- 210g dried brown lentils
- 210g carrots
- 100g red onion
- 4 garlic cloves
- 1 bay leaf
- 1/2 tsp dried thyme
- 2 tbsp fresh lemon juice
- 100g celery
- 30g parsley
- 1 tbsp chopped fresh rosemary
- Pinch black pepper
- 3 tbsp olive oil

Preheat your oven to 200 degrees / gas mark 6, or use a grill. Season the salmon with 1 chopped clove of garlic and 1/2 tsp lemon juice. Grill or cook for 10 minutes.

For the salad, chop all the vegetables and herbs. Place the lentils, carrots, onion, garlic, celery, bay leaf and thyme in a saucepan and cover with water. Bring to a boil, then reduce the heat and simmer uncovered for 20 minutes. Test the lentils to make sure they're done, then drain. Add 1 1/2 tbsp of lemon juice, parsley, rosemary, black pepper and olive oil. Toss everything to combine and serve with the salmon on top. Makes 4 servings.

SAVOURY WAFFLE 387 calories per serving

- 2 whole eggs
- 2 egg whites
- 115g grated potatoes (sweet or white)
- 1 tsp chives
- 1 smashed garlic clove
- 120g chopped fresh spinach
- 2 tbsp salsa
- 1/4 avocado
- 1 tsp parmesan cheese
- 1 tsp olive oil
- Olive oil cooking spray

Heat waffle iron (alternatively, you can make this as a pancake in a skillet instead of a waffle maker). Mix 1 egg and the 2 egg whites with grated potatoes, chives, garlic and spinach. Lightly spray the waffle iron with olive oil cooking spray. Place half of the mixture into the iron and cook until lightly crisp. Repeat with remaining batter. Meanwhile, cook the remaining egg (poach, scramble or fry) with 1 tsp olive oil (if needed). Top the savoury waffle with the egg, salsa, avocado and parmesan cheese. Makes 1 serving.



During days 3-9, you'll be consuming about 1,000 calories per day. Men can add an additional 100 to 200 calories per day if needed by eating an extra 2 to 3 ounces of lean protein or by drinking one additional **Forever Lite Ultra** shake.

SESAME AHI TUNA WITH RICE 459 calories per serving

- Tuna**
 - 120g ahi tuna
 - 1 tsp olive oil
 - 140g wild rice
 - 70g shelled edamame
 - 85g steamed green vegetable (such as broccoli, courgette or green beans)
 - 1 tbsp homemade ginger sesame salad dressing (see recipe below)
 - Pinch of dry ginger and garlic
- Sesame Ginger Dressing**
 - 2 tbsp raw ginger, peeled and minced
 - 2 cloves crushed garlic
 - 2 tbsp low-sodium, gluten-free soy sauce (can substitute tamari or coconut aminos)
 - 1/4 cup rice vinegar
 - 1/4 cup avocado oil
 - 1 tsp toasted sesame oil
 - 1 tbsp almond butter (can substitute miso)
 - 2 tbsp stevia
 - 1 tsp sesame seeds

Ahi tuna directions: Prepare the rice according to the instructions. Coat the tuna with olive oil, then sprinkle it with ginger and garlic. Sear it in a very hot nonstick skillet or cast-iron skillet for 2 minutes on each side. You can cook longer if preferred (up to 3-4 minutes per side). Usually, ahi tuna is served seared on the outside and raw on the inside. Steam the edamame and vegetables in the microwave or on the stovetop. Top the veggies, fish and rice with the sesame dressing. Makes 1 serving.

Dressing directions: Whisk the ginger, garlic and almond butter together. Then slowly add the soy sauce, whisking to keep the mixture from separating. Gradually whisk in the avocado oil and sesame oil. Once the mixture is smooth, pour in the rice vinegar while whisking. Add the remaining ingredients (stevia and sesame seed) to the mixture. Shake before serving. Makes approx. 4 servings. Store in the refrigerator for up to one week.

MEALS TO MAKE (CONTINUED)

CURRIED CHICKEN

642 calories per serving

- 1 chicken breast
- 1 tsp coconut oil
- 80g whole grain couscous
- 40g chickpeas (cooked)
- 1 tbsp raisins
- 1 tbsp pine nuts
- 240g chopped fresh spinach
- 125ml chicken stock
- 1/4 tsp curry powder
- Pinch cumin
- Pinch cinnamon
- 1/2 tbsp water

Spread coconut oil on the chicken and season with curry powder, cumin and cinnamon. Bake in the oven at 180 degrees for 25 minutes. Bring the chicken stock to a boil and add the couscous. Let it sit for 1 minute, then fluff with a fork. Combine the chickpeas, spinach and raisins in a microwave safe dish with the water. Cook for 90 seconds. Mix the couscous with chickpeas, spinach and raisins, then top with chicken. Makes 1 serving.

BURRITO BOWL

600 calories per serving

- 200g brown rice
- 86g cooked black beans
- 1 grilled chicken breast (skinless and boneless)
- 15g chopped onion
- 4 tbsp salsa
- 40g diced avocado
- 1 tbsp coriander
- 1 lime wedge

Layer all ingredients a bowl in this order: rice, beans, chicken, onion, salsa, avocado and cilantro. Then, squeeze a lime wedge over everything. Makes 1 serving.

C9 requires commitment and willpower. Fortunately, most people find their hunger diminishes as the programme continues. But if you're truly hungry and need a little something extra, try these additional tips:



Drink more water. Ensure you are drinking enough throughout the programme



Utilise your Free Foods. Banish afternoon hunger with raw, cut-up veggies from the Free Foods list. If you need an evening snack, eat one serving of fruit from the Free Foods list.

FREE FOODS



The fruits and vegetables listed below can be consumed throughout the **C9 programme** to help curb cravings. These foods are low in calories and provide vitamins, minerals, phytonutrients and fibre.

1 SERVING PER DAY FOODS*:



28G/2TBSP

- Walnuts
- Pecans
- Pumpkin seeds
- Almonds
- Hemp seeds
- Flax seeds
- Pomegranate seeds



75G/5TBSP

- Blueberries
- Grapes
- Raspberries
- Blackberries
- Strawberries
- Cherries



WHOLE

- 1 grapefruit
- 1 apple
- 1 pear
- 1 peach
- 1 orange
- 1 banana
- 2 plums

Pick one serving from this list. All nuts and seeds should be raw without salt.

2 SERVINGS PER DAY FOODS:



75G/5TBSP

- Beets
- Carrots
- Brussels sprouts
- Winter squash
- Summer squash
- Kale
- Cabbage
- Asparagus (8 spears)
- Sugarsnap peas
- String beans



50G/4TBSP

- Sea vegetables



150G

- Cauliflower
- Broccoli

Pick two servings from this list. That could be one serving each of two different items.

UNLIMITED SERVINGS PER DAY FOODS:

- Rocket
- Spinach
- Lettuce (all varieties)
- Chicory
- Celery
- Cucumber
- Green onions

Eat as much of these as you want on days 3-9 (days 1-9 if you already did **DX4**).

*If you choose **Forever Aloe Berry Nectar** or **Forever Aloe Peaches** instead of **Forever Aloe Vera Gel**, do not consume the one serving foods from this page.



Vegetables should be eaten raw or lightly steamed without fats, oils or salt.

START YOUR YOUR F.I.T. JOURNEY

Take your F.I.T. journey even further with additional Forever programmes designed to help you meet your goals.



DX4

Reset your health in just four days with this body-balancing system. **DX4** balances physical health — using nutritional products and supplements plus clean-eating recipes — with mindfulness, goal setting and gratitude. All aspects of the programme are designed to work together to help you experience an enhanced mind-body connection and improved whole-body wellness. **DX4** can be completed quarterly and is an ideal precursor to doing **C9**.



F15

Build a healthy fitness foundation through this 15-day programme that balances nutrition with exercise for all levels. The workouts and nutritional guidance are complemented by nutritional products and supplements to support your ongoing commitment to a healthy lifestyle. Through **F15**, you'll change the way you think about food and exercise while building lean muscle. **F15** can be completed after **C9** to help you stay on course in achieving your goals.



Vital5

Support an ongoing healthy lifestyle with this set of five essential Forever products. Altogether, they work synergistically to bridge nutritional gaps, boost immunity, promote natural energy, aid in digestion, and provide key nutrients your body needs to function at its most optimally. You'll also receive an easy-to-follow supplement schedule along with optional exercises and lifestyle tips from the F.I.T. programme. **Vital5** can be done on an ongoing basis (except during **DX4**, **C9** and **F15**).

Visit foreverliving.com to get started on any of these programmes.

FAQs

How much weight can I expect to lose on C9?

The amount of weight you will lose during the **C9 programme** depends on your baseline factors, including your starting weight and what your lifestyle was like when you began the programme.

Is the C9 programme safe?

Yes. The programme is designed to be done for nine days only and you should not exceed this. If you have any medical conditions please consult your doctor before starting the **C9 programme**. The **C9 programme** should not be taken by anyone who has diabetes, kidney disease, epilepsy, heart disease or dementia, and it should not be followed during pregnancy or when breastfeeding. It is not suitable for children and people with a BMI of less than 25. People with a BMI of more than 30 should consult their doctor before using this programme. **Forever Therm** contains caffeine and **Forever Fiber** can cause gastrointestinal changes due to a sudden increase in fibre, drinking more water can help with the symptoms.

Will I feel hungry during C9?

You may feel hungry, especially during the first two days. This is normal. However, the sensation of hunger should subside. There is also a list of Free Foods on page 35 that can help curb hunger and should be enjoyed in moderation. Symptoms such as headaches, low energy and gastrointestinal changes are normal during the reset phase.

The first two days of the programme look tough! Do I have to follow them exactly as outline?

Yes. These first two days help reset your body and set the stage for days 3 through 9. Skipping days 1 and 2 can impact your final results during this phase of the programme.

Why do I need protein?

Protein is the basic building block of every cell in your body. In order to build or repair tissues and muscles, your body needs amino acids that can only be derived from protein. Research shows that protein is essential for successful weight management. Calorie restriction that does not include adequate amounts of protein can cause a loss of muscle mass before you begin to lose fat. **Forever Lite Ultra**, when combined with a healthy diet and exercise programme, can help support your weight management goals.

Why should I drink at least eight glasses of water per day?

About 72% of your body is made up of water, and you must constantly replenish this supply. Water contributes to the maintenance of normal regulation of the body's temperature. Water also contributes to the maintenance of normal physical and cognitive functions.

As long as I monitor my calorie intake to stay within the C9 programme, can I eat whatever foods I want?

One of the most important parts of changing your body is changing the way you think about food. For the best results, you should follow the programme exactly as outlined in this guide. Foods that are low in calories may not provide you with the correct balance of nutrients. **C9** focuses on nutrient-dense foods that not only aid in weight management but also help the body to feel and work as optimally as possible.

Why might I need to eliminate the one serving per day Free Foods?

If you choose **Forever Aloe Berry Nectar** or **Forever Aloe Peaches** as part of your **C9 programme**, eliminating the one serving per day Free Foods will compensate for the slight increase in carbs over **Forever Aloe Vera Gel**. Eliminating the one serving per day Free Foods will ensure you stay on track toward your health goals without going over the recommended to be compliant daily limit of sugar.

What do the F.I.T. food supplements do?

The food supplements in Forever's F.I.T. programme are designed to provide supplemented support:

ENERGY:

- Vitamins C, B2, B6 and B12 help to reduce tiredness and fatigue.
- Vitamins C, B6, B12 can all be found in **Forever Therm**.

METABOLIC SUPPORT:

- Niacin and pantothenic acid support normal energy yielding metabolism.
- Vitamin B6 assists with normal protein metabolism and the regulation of hormones.
- Riboflavin supports normal iron metabolism.
- Folic acid helps with healthy amino acid synthesis.
- **Forever Garcinia Plus** contains chromium which contributes to normal macronutrient metabolism.

ANTIOXIDANTS:

- Vitamin C for protection of cells from oxidative damage.
- Vitamin B2 contributes to protection of DNA, proteins and lipids from oxidative damage.

PERFORMANCE:

- Pantothenic acid for normal mental performance.
- **Forever Lite Ultra** contains protein which contributes to the maintenance of and growth in muscle mass.

IMMUNE SUPPORT:

- Vitamin C, B12 and folic acid helps support health immune function.
- Forever's aloe vera drinking gels contain up to 99.7% pure aloe. Aloe vera helps support immune function.

HEART HEALTH:

- Thiamine contributes to normal heart function.

DIGESTION:

- **Forever Fiber** is designed for digestive health since it's high in fibre and low in saturated fat.
- Forever's aloe vera drinking gels contain up to 99.7% pure aloe. Aloe vera is a brilliant digestive aid that aids the cleansing process.

NOTES





Ensuring the highest quality.

We own numerous patents for the stabilisation of aloe vera, which assures you of the highest quality aloe vera-based health and beauty products. Our aloe vera products were the first to receive the International Aloe Science Council Seal of Approval for consistency and purity. Many of the products also feature the Kosher and Halal seals of approval. Forever does not test its products on animals.

foreverliving.com

2506/A

Follow us on:



/foreverlivingproductsuk



foreveruk



OfficialForever



/FLPUKItD

