



**F.I.T.**<sup>TM</sup> C9 F15 V5

Look Better. Feel Better.

**Foundation.  
Inspiration.  
Transformation.**

# F15

**ADVANCED 1 & 2**

**TAKE THE  
NEXT STEP**



**FOREVER**

# F15

## ADVANCED 1

### DO YOU WANT TO UP YOUR GAME AND TAKE ON A CHALLENGE?

Forever's F.I.T. programme will provide you with the **foundation** and **inspiration** needed to achieve your **transformation** goal. *F15 Advanced* forms part of this programme and this level is aimed at those who have already worked through the programme and built up a considerable level of fitness.

This hassle-free pack comes with all the products you need to complete a fifteen-day programme, and this booklet is designed to guide you through a routine that is both attainable and flexible. You'll learn intensive exercise regimes and more about supplement support, and you'll discover healthy recipes (P.42) and lifestyle tips. All this will push you to build a healthier, stronger and fitter you.

*F15 Advanced* has been split into two fifteen-day regimes so that you can choose the one that suits your lifestyle. They both follow the same supplement and meal schedule (P.7 and P.27), but the exercise regime does vary across the two plans.

Before you begin, look closely at each plan's suggested exercises (*F15 Advanced 1*: P.15. *F15 Advanced 2*: P.35) and consider which course would suit you before you begin. If you want to ease yourself in, we suggest you follow *F15 Advanced 1*.

Please note: if you want to complete both parts (*F15 Advanced 1* and *F15 Advanced 2*) you will need to purchase additional products.

**TAKE EACH PRODUCT AS DIRECTED IN THE SUPPLEMENT SCHEDULE FOR MAXIMUM RESULTS!**

#### FOREVER ALOE VERA GEL

*Forever Aloe Vera Gel* is a digestive aid.



#### FOREVER FIBER

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



#### FOREVER THERM

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



#### FOREVER GARCINIA PLUS

*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

*Forever Lite Ultra* is available in chocolate and vanilla flavours and provides 24g of protein per serving, plus many other vitamins and minerals.



## BE MINDFUL OF YOUR HEALTH

Please note that the F.I.T. programme (*C9* and *F15*) should not be taken by anyone who has diabetes, kidney disease, epilepsy, heart disease or dementia. It should not be followed during pregnancy or when breastfeeding, and it is not suitable for children.

If you have any medical condition or are taking medication, please consult your doctor before starting the programme.

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.

Please refer to the foods supplement kit packaging for further information on usage.

# LET'S GET STARTED.

FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.

1

## **WEIGH AND MEASURE YOURSELF BEFORE YOU BEGIN.**

Record your measurements in this booklet and calculate the difference at the end of the *F15* programme.

2

## **RECORD YOUR DAILY EXERCISE, FOOD INTAKE, AND HOW YOU FEEL WHILE ON *F15*.**

Accountability will help prevent you from deviating from the programme.

3

## **DRINK PLENTY OF WATER.**

It is essential to keep yourself hydrated, particularly during high impact exercise. Approximately 3 litres a day for men and 2 – 2½ litres a day for women.

4

## **PUT DOWN THE SALTSHAKER.**

Salt contributes to fluid retention. Flavour foods with herbs and spices instead.

5

## **AVOID FIZZY DRINKS AND CARBONATED BEVERAGES.**

Carbonation promotes bloating. Drinking fizzy drinks also adds unwanted calories and sugar.

## KNOW THAT YOU CAN DO THIS.



**Forever Aloe Vera Gel**  
2X 1 litre bottles

**Forever Lite Ultra**  
1X pouch (15 servings)

**Forever Garcinia Plus**  
90 softgels

**What your F15 pack includes:**

**Forever Therm**  
30 tablets

**Forever Fiber**  
15 packets

**F.I.T. Shaker**

# SET YOUR GOALS.

Set realistic goals for yourself during *F15 ADVANCED* and keep them in mind throughout the programme. They can be anything from bench-pressing a new personal best or beating your own record in a marathon.

**CLEAR GOALS WILL HELP YOU STAY MOTIVATED AS YOU MOVE FORWARD.**

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# BODY WEIGHT & MEASUREMENTS.

### HOW TO MEASURE:

**CHEST** / Measure under your armpits around the front of your chest with your arms relaxed at your sides.

**BICEPS** / Measure half way between your armpit and elbow with your arm relaxed at your side.

**WAIST** / Measure your natural waist – approximately 2" above your hips.

**HIPS** / Measure around the widest part of the hips and buttocks.

**THIGHS** / Measure at the widest point of the thigh including the highest point on your inner thigh.

**CALVES** / Measure the thickest part of your calf, typically about half way between the knee and the ankle, while your calves are relaxed.

### BEFORE F15 ADVANCED MEASUREMENTS:

	CHEST		HIPS
	BICEPS		THIGHS
	WAIST		CALVES
			WEIGHT

### AFTER F15 ADVANCED 1 MEASUREMENTS:








	CHEST		HIPS
	BICEPS		THIGHS
	WAIST		CALVES
			WEIGHT

### AFTER F15 ADVANCED 2 MEASUREMENTS:

	CHEST		HIPS
	BICEPS		THIGHS
	WAIST		CALVES
			WEIGHT

# ADVANCED 1 SCHEDULE.

FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE *F15 ADVANCED 1* FIFTEEN-DAY PROGRAMME.

Morning	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before taking <i>Forever Aloe Vera Gel</i></p>	<p>120ml <i>Forever Aloe Vera Gel</i></p> <p>With a minimum of 240ml of water.</p>	<p>1X <i>Forever Therm</i> tablet*</p> <p>*Take with food.</p>	 <p>Breakfast</p>
Mid-morning	<p>1X packet <i>Forever Fiber</i></p> <p>Mixed with 240-300ml of water or other beverage.</p> <p>This can be consumed at any time of the day.</p>	<p>Be sure to take <i>Forever Fiber</i> separately from your daily supplements. Fibre can bind to some nutrients, impacting its absorption by your body.</p>	 <p>Snack</p> <p>This can be consumed at any time of the day.</p>		
Noon	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before having your meal.</p>	<p>1X <i>Forever Therm</i> tablet*</p> <p>*Take with food.</p>	 <p>Lunch</p>	
Early evening	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before having your meal.</p>	 <p>Dinner</p>		
Night	A minimum of 240ml of water				

You can have your *Forever Lite Ultra* shake at any time of the day to suit your lifestyle.

### F.I.T. TIP

A great way to drink your daily aloe is to mix it with *ARGI+* (sold separately). *ARGI+* provides 5g of L-Arginine per serving plus vitamin C, which contributes to the reduction of tiredness and fatigue. Give your body the energy boost it needs to keep going all day long!

Turn to P.15 for the recommended workout schedule.

Mix 120g of *Forever Aloe Vera Gel*, 1 scoop of *ARGI+* and water to taste. Shake with ice for a delicious way to enjoy the benefits of aloe.

FOOD SUPPLEMENTS ARE NOT FOODS; THEY ARE DESIGNED TO SUPPORT YOU IN REACHING YOUR LIFESTYLE GOALS. THEY DO NOT CONTRIBUTE TO WEIGHT LOSS IN ISOLATION WITHOUT BEING PART OF A CALORIE-CONTROLLED DIET AND EXERCISE REGIME.

07

Please note: If you are lactose intolerant or you want to spice up your shake, why not try the *Cherry Ginger Zinger* shake on P.11.

08

# POST-WORKOUT RECOVERY.



ENJOY A FOREVER LITE ULTRA SHAKE WITH FRUIT 30-60 MINUTES AFTER YOUR WORKOUT FOR AN OPTIMAL COMBINATION OF CARBOHYDRATES AND PROTEIN TO KEEP YOU MOVING FORWARD.

## DID YOU KNOW THAT WHAT YOU EAT IS SOMETIMES AS IMPORTANT AS WHEN YOU EAT IT?

A common mistake that many people make as they increase activity or their workouts become more intense is failing to support their body properly with the nutrition it needs.

## REPLENISHING YOUR BODY AFTER A WORKOUT IS ESSENTIAL FOR MUSCLE RECOVERY AND TO HELP YOU ACHIEVE MAXIMUM RESULTS.

Experts suggest good recovery is achieved by eating 30-60 minutes after exercise as this supports muscle growth and repair.

## IDEAL POST-WORKOUT NUTRITION SHOULD INCLUDE BOTH A CARBOHYDRATE AND A PROTEIN.

Look for complex carbohydrates like green veg, starchy carbs like potatoes, whole grains and oatmeal; all these help with healthy blood sugar. Try to avoid simple (refined) carbs like pastry and white bread.

## WHEN COMBINED WITH CARBOHYDRATES, PROTEIN MAXIMISES MUSCLE REPAIR AND CAN HELP REDUCE SORENESS.

Foods such as milk, soy, chicken, fish, quinoa and eggs can provide a valuable source of protein for post-workout recovery.

## PLEASE NOTE:

Eating less than your BMR and/or less than 700kcal below your AMR regularly will cause your body to think it is going into starvation mode. This will lower your metabolism and your body will use lean muscle instead of fat as fuel.

# BASAL METABOLIC RATE (BMR) AND ACTIVE METABOLIC RATE (AMR).

Everybody's body is different, and for our bodies to function correctly on a daily basis (even while sleeping) we need to 'fuel' it. We do this by consuming calories, but first it is important to work out how many calories you require – you can do this by working out your BMR and AMR.

Basal metabolic rate (BMR) is the energy required to maintain the body's normal function when at rest (this will vary depending on your gender, weight and age). It contributes to around 75% of the total energy expenditure and is determined in part by the amount of muscle in the body; this is why we aim to have a good amount of muscle to fat ratio. When muscle is lost, for example through extreme starvation diets, BMR will drop. This would ultimately mean that a lower calorie (kcal) requirement is needed.

Your AMR is your active metabolic rate, and the one you can influence the most; the more active you are, the more energy you will use.

## MEASURING YOUR BMR.

### STEP ONE:

You can calculate yours easily using the calculator in the top right of the screen on [www.foreverfituk.co.uk](http://www.foreverfituk.co.uk)

### STEP TWO:

Click the top right purple hexagon that says 'calculator' then click the top right green hexagon that says 'BMR & AMR'.

### STEP THREE:

Put in your weight (in kilos), height (in cm), age and gender. This will give you your BMR.

## MEASURING YOUR AMR.

This programme requires intense exercise and therefore you should select 'Heavy' when working out your AMR:

To lose weight = eat less than your AMR but above your BMR

To maintain weight = eat the same amount of calories as your AMR

To gain weight = consume more calories than your AMR

# FOREVER LITE ULTRA SHAKE RECIPES.

These tasty recipes will add some variety to your *Forever Lite Ultra* shakes. Packed with protein, these shakes are specially formulated with antioxidant vitamin C to keep you feeling energised. Vitamin C helps to reduce tiredness and fatigue as well contributing to the protection of cells from oxidative damage. In the **F15 ADVANCED** programme, drink your shake after your workout or for a mid-day boost.

Remember to keep an eye on how many calories you're consuming. If you choose a high-calorie shake, you will need to increase your exercise levels.

	+ WOMEN	+ MEN
<b>CHERRY GINGER ZINGER</b>	1 scoop <i>Forever Lite Ultra</i> / 236ml unsweetened coconut milk / 125g fat-free plain Greek yoghurt / 77g cherries / 4g ginger / 7g <i>Forever Bee Honey</i> / 4-6 ice cubes <b>(Approx. 274kcal)</b>	1 scoop <i>Forever Lite Ultra</i> / 236ml unsweetened coconut milk / 166g plain Greek yoghurt / 115g cherries / 4g ginger / 10.5g <i>Forever Bee Honey</i> / 4-6 ice cubes <b>(Approx. 447kcal)</b>
<b>PEACHES &amp; CREAM</b>	1 scoop <i>Forever Lite Ultra</i> / 237ml unsweetened almond milk / 225g peaches / ½ teaspoon cinnamon / 14g walnut pieces / 4-6 ice cubes <b>(Approx. 295kcal)</b>	1 scoop <i>Forever Lite Ultra</i> / 296ml unsweetened almond milk / 338g peaches / ½ teaspoon cinnamon / 28g walnut pieces / 4-6 ice cubes <b>(Approx. 452kcal)</b>
<b>GREEN GOODNESS</b>	1 scoop <i>Forever Lite Ultra</i> / 118ml unsweetened soy milk / 114g kale leaves / 115g spinach / 50g banana / 7.5g flax seeds <b>(Approx. 318kcal)</b>	1 scoop <i>Forever Lite Ultra</i> / 177ml unsweetened soy milk / 171g kale leaves / 225g spinach / 75g banana / 11g flax seeds <b>(Approx. 476kcal)</b>
<b>BLUEBERRY MUFFIN</b>	1 scoop <i>Forever Lite Ultra</i> / 177ml skimmed milk or alternative / 83g fat-free plain Greek yoghurt / 50g blueberries / 15g old fashioned oats / pinch of cinnamon / 0.6ml vanilla extract / 12.5g granola for topping <b>(Approx. 320kcal)</b>	1 scoop <i>Forever Lite Ultra</i> / 177ml skimmed milk or alternative / 125g fat-free plain Greek yoghurt / 75g blueberries / 21g old fashioned oats / pinch of cinnamon / 0.6ml vanilla extract / 25g granola for topping <b>(Approx. 489kcal)</b>
<b>CHOCOLATE RASPBERRY DELIGHT</b>	1 scoop <i>Forever Lite Ultra</i> / 236ml unsweetened coconut milk / 130g fresh or frozen raspberries / 3.7g cocoa powder / 15g almond butter / 17g cacao nibs (optional topping) / 4-6 ice cubes <b>(Approx. 305kcal)</b>	1 scoop <i>Forever Lite Ultra</i> / 236ml unsweetened coconut milk / 195ml fresh or frozen raspberries / 7.4g cocoa powder / 22g almond butter / 17g cacao nibs (optional topping) / 4-6 ice cubes <b>(Approx. 470kcal)</b>
<b>STRAWBERRY SHORTCAKE</b>	1 scoop <i>Forever Lite Ultra</i> / 180g fat-free plain Greek yoghurt / 133g strawberries / 15g old fashioned oats / 0.6ml vanilla extract / 4-6 ice cubes <b>(Approx. 278kcal)</b>	1 scoop <i>Forever Lite Ultra</i> / 360g fat-free plain Greek yoghurt / 166g strawberries / 21g old fashioned oats / 0.6ml vanilla extract / 4-6 ice cubes <b>(Approx. 440kcal)</b>
<b>APPLE CRISP</b>	1 scoop <i>Forever Lite Ultra</i> / 177ml unsweetened soy milk / 57g unsweetened apple sauce / 113g apple, chopped / pinch of cinnamon and nutmeg / 17g dates / 3g chia seeds / 4-6 ice cubes <b>(Approx. 300kcal)</b>	1 scoop <i>Forever Lite Ultra</i> / 296ml unsweetened soy milk / 113g unsweetened apple sauce / 133g apple, chopped / pinch of cinnamon and nutmeg / 34g dates / 6g chia seeds / 4-6 ice cubes <b>(Approx. 461kcal)</b>

## F.I.T. TIP

Create your own shake by combining 1 scoop of *Forever Lite Ultra* with 240-300ml of skimmed, almond, coconut, soy or rice milk, 90g-180g of fruits and vegetables, 1 tablespoon of healthy fats like chia seeds, flax seeds, nut butter, avocado or coconut oil, and ice, water or green tea. Blend together and serve.

Feel free to substitute the milk in these recipes with skimmed, rice milk, unsweetened almond milk, unsweetened coconut milk or unsweetened soy milk.

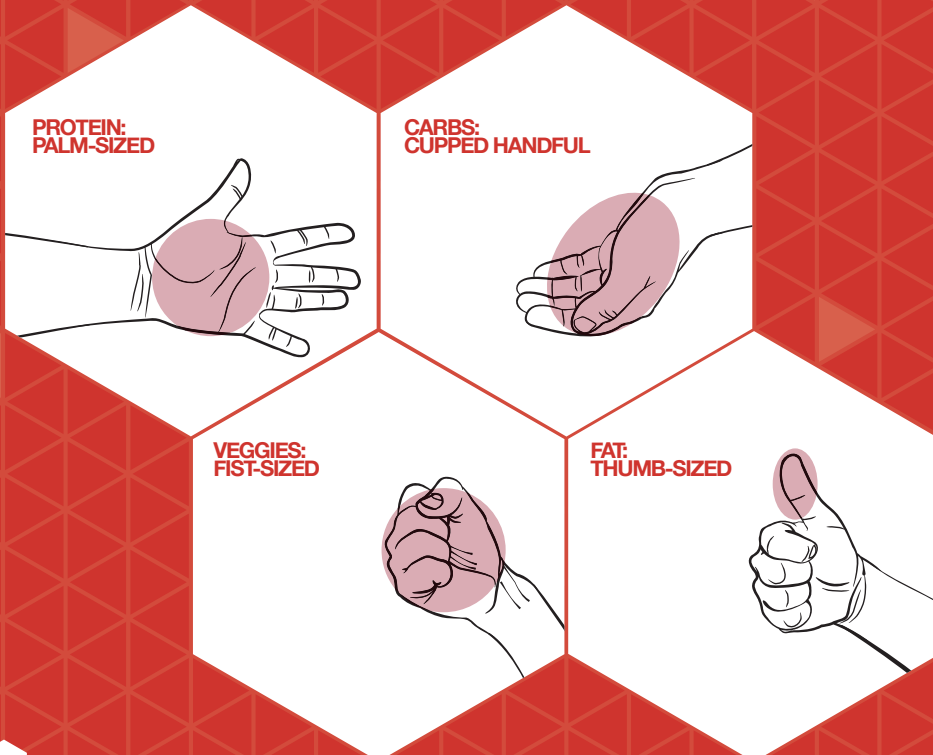
Creating your own shake can be fun but it is important to keep an eye on the calories that you're putting in. We recommend 300kcal for women and 450kcal for men so keep this in mind when combining ingredients.

**HAVE A GREAT RECIPE?  
SHARE IT WITH US AT  
[facebook.com/foreveruk](https://www.facebook.com/foreveruk)**

# PORTIONS IN THE PALM OF YOUR HAND.

**CALORIE-COUNTING AND MEASURING FOOD IS A NECESSARY COMPONENT WHEN DEVELOPING A NUTRITION STRATEGY. IN THE PROCESS OF MEASURING AND WEIGHING FOOD, YOU BUILD AN AWARENESS THAT AIDS IN MINDFUL DECISION MAKING ABOUT WHEN, WHY AND WHAT YOU EAT.**

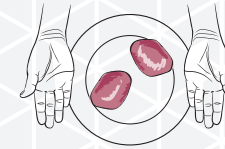
Mindful eating becomes a lifelong habit when you recognise healthy behaviours and make them part of an ongoing routine. Instead of counting calories, the *F15 ADVANCED* programme will teach you how to measure your portions based on the size of your hand, ensuring you get the correct nutrition for the size of your body.



## FOR BREAKFAST, LUNCH AND DINNER, USE THIS GUIDE TO BUILD A BETTER PLATE.

### FOR MEN

2 PALMS OF PROTEIN



2 CUPPED HANDFULS OF CARBS



2 FISTS OF VEGETABLES



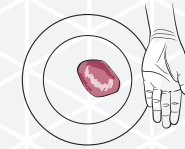
2 THUMBS OF HEALTHY FAT



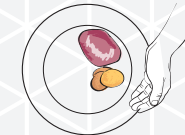
Please note that the above is a guide only.

### FOR WOMEN

1 PALM OF PROTEIN



1 CUPPED HANDFUL OF CARBS



1 FIST OF VEGETABLES



1 THUMB OF HEALTHY FAT



## FOR EXAMPLES OF EACH TYPE OF FOOD, VISIT P.44-45.

Please turn to **P.10** and work out your **BMR** and **AMR** before preparing your meals.

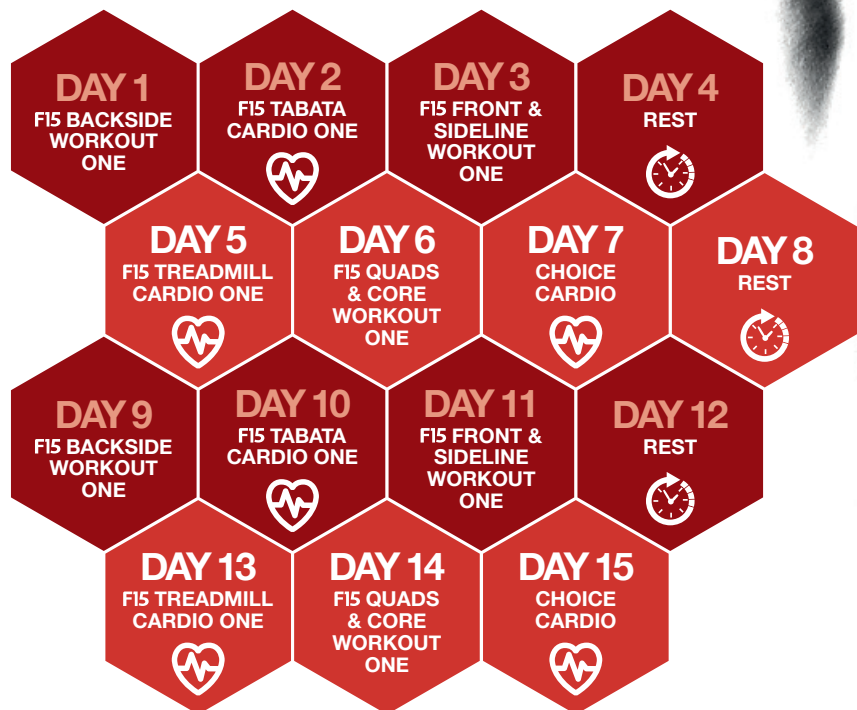
### F.I.T. TIP

It's important to support all parts of a healthy lifestyle to help you look better and feel better. You can follow the workout schedule exactly and not recognise that your less than perfect diet can actually be keeping you from seeing a change.

Make sure that you are supporting your lifestyle with healthy nutrition, challenging yourself to get stronger and following the *F15 ADVANCED* supplement schedule on **P.7** to see maximum results.



# F15 ADVANCED 1 WORKOUT SCHEDULE.



## LET'S GET MOVING.

Lasting change comes from pairing optimal nutrition and supplements designed to fuel your body with exercise that can help you burn calories and build lean muscle.

The **F15 ADVANCED** programme combines three targeted bodyweight workouts with two cardio workouts to get you moving.

## CRANK UP THE CARDIO.

By this point in your fitness journey, you understand the importance of cardiovascular exercise as part of your healthy weight management strategy.

Cardio exercises can help boost metabolism, support a healthy heart and help you recover more quickly after strenuous exercise.

During the **F15 ADVANCED 1** programme, commit to doing three days of cardio activity per week. These sessions should be spent challenging yourself to get the most out of your workout. If they're too easy, you're not working hard enough.

### F.I.T. TIP

Ensure you eat 30 minutes to 2 hours before a workout. Why don't you enjoy a small snack that includes protein and carbohydrates before you hit the gym for optimal results? For snack recipes visit **P.42**.

### RECOMMENDED CARDIO EXERCISES INCLUDE:

Walking, jogging, climbing stairs, elliptical, rowing, swimming, yoga, biking, hiking, aerobics, dancing and kickboxing

# WARM UP.

## YOUR BODY IS A MACHINE.

It's important to prep before you throw yourself into a workout. Warming up allows your joints to move through their full range of motion and can help to improve the quality of your workout while reducing your chances of injury. Think of it as a dress rehearsal for the main event. Use this warm up before each exercise in the **F15 ADVANCED** programme.

SUMO SQUAT  
AND REACH  
8X

STEP-TOUCH  
16X

ALTERNATE  
KNEE LIFTS  
16X

BUTT-  
KICKERS  
16X

KNEE LIFT  
TO REVERSE  
LUNGE  
16X

LATERAL  
LUNGES  
16X

JUMPING  
JACKS  
20X

SUMO  
SQUATS  
8X

STANDING  
REACHES  
16X

LATERAL  
SUPPORTED  
LUNGES  
16X

LUNGE  
WITH QUAD  
STRETCH  
RIGHT  
16X

HAMSTRING  
STRETCH  
LEFT  
16X

LUNGE  
WITH QUAD  
STRETCH  
LEFT  
16X

HAMSTRING  
STRETCH  
RIGHT  
16X

CHEST  
OPENERS  
8X

SHOULDER  
CIRCLES  
8X

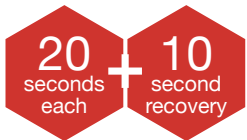


TO SEE VIDEOS OF  
ALL WARM UPS AND  
EXERCISES, VISIT:  
[FOREVERFIT15.COM](http://FOREVERFIT15.COM)

# F15 TABATA CARDIO ONE

This cardio challenge introduces Tabata-style exercises. Tabata-style exercises pair short, high-intensity intervals of activity with quick rest periods. For this workout, these exercises will be performed in a circuit format.

Perform each exercise for **20 seconds** at maximum intensity and rest for **10 seconds**. Once you have finished all eight exercises, recover for **60 seconds** and start again with a goal of completing eight rounds total.



- + Air squats
- + Pushups
- + Skaters
- + Plank with jack legs
- + Front kick to reverse lunges left
- + Tricep pushups
- + Front kick to reverse lunges right
- + Plank to squat thrust



## F.I.T. TIP

High-intensity exercises like the **F15 ADVANCED** cardio workouts allow you to maximise your results in less time than a traditional cardio workout.

# F15 TREADMILL CARDIO ONE

This cardio workout allows you to build endurance, power and speed by leveraging intervals of walking, jogging and running.

Walk at a 1% treadmill incline for **60 seconds** before increasing your speed to a comfortable jog at a 2% treadmill incline for **60 seconds**. Finally, increase the speed to a fast run for **60 seconds**. Repeat six-to-ten times with no rest in between to complete the workout.



Repeat **6-10 times** for full workout!

## F.I.T. TIP

This workout can be completed without a treadmill if you don't have access to one. Determine a route that you can complete in one 3-minute round, then challenge yourself to finish each round faster than the one before it while increasing your intensity.

# CHOICE CARDIO.

Your final cardio workout each week is your choice. If you feel like your muscles are tight, try restorative yoga. Looking for something new? Try a Zumba or kickboxing class. The options for cardio are endless. Create and discover a cardio routine you enjoy to build lifelong habits.

Each choice cardio workout should be **30-60 minutes** and ideally performed without interruption.

# F15 BACK, BICEPS & GLUTES WORKOUT ONE

## EQUIPMENT REQUIRED: DUMBBELLS

This workout offers a series of ten targeted exercises that support the backside of your body like your glutes, hamstrings and back, but also includes biceps. Perform two exercises back-to-back. Repeat this for two-to-three sets before recovering for **30-60 seconds** and moving on to the next exercise combo.

Once you have finished all ten exercises, recover for **30-60 seconds** and begin your cool down.

2 sequential exercises + 30-60 second recovery x 2-3 sets = MOVE ON TO NEXT 2 EXERCISES

- + Deadlifts 16x
- + Mid-back rows 16x
- + Rest 30-60 seconds
- + Swings 16x
- + Bicep scoop and squeeze 16x
- + Rest 30-60 seconds
- + Deep lunges 16x per side
- + Lawn mower pulls 16x per side
- + Rest 30-60 seconds
- + Goblet squats 16x
- + Lateral bicep curls 16x
- + Rest 30-60 seconds
- + Superman 16x
- + Renegade rows 16x

Rest 30-60 seconds

### F.I.T. TIP

Start with weights that begin to make your muscles feel fatigued at the end of the exercise repetitions in each round. Can't complete a round of exercise? Try again with lighter weights. Completing each round with ease? It's time to challenge yourself with heavier weights.

# F15 FRONT & SIDELINE WORKOUT ONE

## EQUIPMENT REQUIRED: DUMBBELLS, RESISTANCE BANDS, CHAIR

This workout offers a series of twelve targeted exercises that support the front and sides of your body including your chest, shoulders, triceps and obliques. Perform three exercises back-to-back for two-to-three sets before recovering for **60 seconds** and moving on to the next exercise trio.

Once you have finished all twelve exercises, recover for **60 seconds** and begin your cool down.

3 sequential exercises + 60 second recovery x 2-3 sets = MOVE ON TO NEXT 3 EXERCISES

### F.I.T. TIP

Exercising away from home? Get creative. A park bench or anything that's steady and a few feet off the ground can substitute when doing dips and other exercises that call for a chair.

- + Chest press 16x
- + Core at 45 16x per side
- + Skull crushers 16x
- + Rest 60 seconds
- + Pushups 16x
- + Triangle abs 16x
- + French press 16x per side
- + Rest 60 seconds
- + Lateral deltoid lifts 16x
- + Hip drops 16x
- + Kickbacks 16x
- + Rest 60 seconds
- + Military press 16x
- + Woodchops 16x per side
- + Dips 16x

Rest 30-60 seconds

# F15 QUADS & CORE WORKOUT ONE

**EQUIPMENT REQUIRED:**  
DUMBBELLS, RESISTANCE BANDS, CHAIR

This workout offers a series of ten targeted exercises that support your quads and core. Perform two exercises back-to-back for two-to-three sets before recovering for **30-60 seconds** and moving on to the next exercise combo.

Once you have finished all ten exercises, recover for **30-60 seconds** and begin your cool down.



- |                                    |               |
|------------------------------------|---------------|
| + Banded lunge step ups            | 16x per side  |
| + Boat                             | 16x           |
| + Rest                             | 30-60 seconds |
| + Prisoner squats                  | 16x           |
| + Roll-ups                         | 16x           |
| + Rest                             | 30-60 seconds |
| + Banded 180 squats                | 16x           |
| + Standing alternating toe touches | 16x           |
| + Rest                             | 30-60 seconds |
| + Static slow lunges               | 8x per side   |
| + Spiderman mountain climbers      | 16x           |
| + Rest                             | 30-60 seconds |
| + Pulsing squats                   | 32x           |
| + Standing oblique crunches        | 16x per side  |

Rest 30-60 seconds

**CONGRATULATIONS  
ON COMPLETING  
FOREVER F15  
ADVANCED 1!**

**KEEP MOVING!  
F15 ADVANCED 2 IS THE  
NEXT STEP ON YOUR  
JOURNEY TO LOOKING  
AND FEELING BETTER.**

Don't forget to record your weight and measurements on **P.6** to track your progress. This is always a great time to re-evaluate your goals and make sure you're pushing for what you want.

**ALREADY MET ONE  
OF YOUR GOALS?  
AMAZING WORK!**

Consider the progress you're making and the changes you're seeing in your body and set a new goal to challenge yourself!



# F15

## ADVANCED 2

# TAKE THE NEXT STEP.








In *F15 ADVANCED 1*, we introduced new ways to measure portions and new, targeted workouts. Take that knowledge to the next level with *F15 ADVANCED 2*.

If you haven't already, make sure you record your weight and measurements on **P.6** and take progress photos to track your results. Review your goals and focus on what you'll need to do during the *F15 ADVANCED 2* programme to get there.

**FEELING  
MOTIVATED?  
LET'S GET  
MOVING!**

# ADVANCED 2 SCHEDULE.

FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE *F15 ADVANCED 2* FIFTEEN-DAY PROGRAMME.

Morning	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before taking <i>Forever Aloe Vera Gel</i></p>	<p>120ml <i>Forever Aloe Vera Gel</i></p> <p>With a minimum of 240ml of water.</p> <p>1X <i>Forever Therm</i> tablet*</p> <p>*Take with food.</p>	 <p>Breakfast</p>
Mid-morning	<p>1X packet <i>Forever Fiber</i></p> <p>Mixed with 240-300ml of water or other beverage.</p> <p>This can be consumed at any time of the day.</p>	<p>Be sure to take <i>Forever Fiber</i> separately from your daily supplements. Fibre can bind to some nutrients, impacting its absorption by your body.</p>	 <p>Snack</p> <p>This can be consumed at any time of the day.</p>	
Noon	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before having your meal.</p>	<p>1X <i>Forever Therm</i> tablet*</p> <p>*Take with food.</p>	 <p>Lunch</p>
Early evening	2X Forever Garcinia Plus softgels	 <p>Wait 30 minutes</p> <p>Before having your meal.</p>	 <p>Dinner</p>	
Night	A minimum of 240ml of water			

You can have your *Forever Lite Ultra* shake at any time of the day to suit your lifestyle.

Turn to P.35 for the recommended workout schedule.

FOOD SUPPLEMENTS ARE NOT FOODS; THEY ARE DESIGNED TO SUPPORT YOU IN REACHING YOUR LIFESTYLE GOALS. THEY DO NOT CONTRIBUTE TO WEIGHT LOSS IN ISOLATION WITHOUT BEING PART OF A CALORIE-CONTROLLED DIET AND EXERCISE REGIME.

# DEBUNKING LABEL MYTHS.

By now you've learned how to navigate many of the common pitfalls of weight management, but did you know that there are also some common misconceptions that could be holding you back?

## + LOW-FAT AND FAT-FREE FOODS

You may think that reaching for fat-free or low-fat foods can help keep your progress on the right track. The truth is that hidden ingredients in these foods such as added sugar, thickeners, salt, etc. (typically added to improve taste) can actually work against the progress you've been making.

Your body needs fat. Choose foods with healthy fats and enjoy in moderation as part of your regular meals and snacks.

## + THE IMPORTANCE OF CALORIE-COUNTING

In **F15 ADVANCED 1**, we introduced a new way to measure your portions. While paying attention to portions is important, counting calories is just as important: not all calories are created equal.

Besides just counting calories, be sure to choose whole foods, proteins, whole grains, fruits and vegetables, as well as healthy fats and carbohydrates to ensure you're getting the nutrients you need.

## + CUT THE CARBS

There is a lot of information available about the negative effects carbohydrates can have on a healthy diet. In fact, there are some diets that advocate eliminating carbohydrates all together. Make sure you are choosing healthy, filling carbohydrates that will support muscle recovery, energy and be part of your balanced diet.

For a list of healthy fats and carbohydrates, visit **P.44-45**.

# HEALTHY EATING ON THE GO.

As much as you plan for your healthy lifestyle by preparing menus or meals in advance and making time to work out, there are times when planning becomes more difficult like meals out, parties or other social engagements.

The good news is, a bit of planning can make sure these fun outings don't derail your progress.

## + CHECK OUT THE MENU

Most restaurants post their menu online allowing you to preview the menu offerings. Find menu items that appeal to you and are within your portions and food types. When you plan what you're eating before you arrive, you're more likely to stick to healthy choices rather than picking something unhealthy because it sounds good in the moment.

## + DON'T BE AFRAID TO ASK

Your server should be able to tell you how any menu item is prepared. If they are unsure, have them check with the chef to ensure those delicious grilled vegetables aren't sautéed in butter or other surprises that you may not be expecting. Don't be afraid to ask for a side salad instead of a fattening side dish. Many restaurants will do this at no additional charge.

## + OFFER TO BRING SOMETHING

Are you going to a gathering at a friend's or family member's house and worried about what will be on the menu? Offer to bring a healthy dish yourself. This ensures that there will be something you can fill up on and then you can enjoy other options in moderation.

**F.I.T. TIP**  
**GET CREATIVE.** There are many ways to still enjoy travelling, meals out and all kinds of social settings without compromising your healthy routine.

Please turn to **P.10** and work out your BMR and AMR before preparing your meals.



# BODY TYPE NUTRITION.

In **F15 ADVANCED 1**, we talked about using your hand to determine the right portion sizes for you. In **F15 ADVANCED 2**, we're going to take that to the next level to help you maximise eating for your body type.

Identifying your body type can help you fine-tune your diet in order to take that last step in your health and fitness goals. Your body type reveals more than just what physical category your body falls into. It can also reveal what fitness activities will be best for improving your body composition.

**IT'S IMPORTANT TO RECOGNISE THAT MOST PEOPLE DON'T FIT PERFECTLY INTO ONE BODY TYPE, BUT MAKE UP DIFFERENT ASPECTS OF EACH. THERE ARE THREE BODY TYPES: ECTOMORPHS, ENDOMORPHS AND MESOMORPHS.**

## ECTOMORPHS

Ectomorphs typically have a thin appearance, small joints and a fast metabolism. They can get full easily and often have a hard time putting on weight or muscle.

### DIET RECOMMENDATIONS

Ectomorphs can benefit from moderate protein, higher carbohydrates and lower fat. Here are the portion recommendations for ectomorphs:



#### Meals:

##### MEN

**2 palms** lean protein  
**2 fists** vegetables  
**3 cupped hands** carbohydrates  
**1 thumb** fat

##### WOMEN

**1 palm** lean protein  
**1 fist** vegetables  
**2 cupped hands** carbohydrates  
**½ thumb** fat

#### Snacks:

##### MEN

**1 cupped hand** carbohydrates  
**1 palm** protein or  
**1 thumb** fat

##### WOMEN

**½ cupped hand** carbohydrates  
**½ palm** protein or  
**½ thumb** fat

Use the portion guide on P.13 with the foods listed on P.44-45.

Alternatively use the snack recipes listed on P.42-43.

Choose proteins, produce, carbohydrates and fats from the tables on P.44-45.



### TRAINING TIPS

Ectomorphs can benefit by training with less repetitions of an exercise but heavier weights, longer recovery time between sets (to compensate for the heavier weight), and short intervals of high-intensity training instead of lengthy cardio workouts.

## ENDOMORPHS

Endomorphs typically have a higher fat accumulation, larger joints and a slower metabolism. They are frequently hungry, have low muscle definition, fatigue easily and have a hard time losing weight.



### DIET RECOMMENDATIONS

Endomorphs can benefit from higher protein and fat with smaller amounts of controlled carbohydrates. Here are the portion recommendations for endomorphs:

#### Meals:

##### MEN

**2 palms** lean protein  
**2 fists** vegetables  
**1 cupped hand** carbohydrates  
**3 thumbs** fat

##### WOMEN

**1 palm** lean protein  
**1 fist** vegetables  
**½ cupped hand** carbohydrates  
**2 thumbs** fat

#### Snacks:

##### MEN

**1 palm** protein or  
**2 thumbs** fat

##### WOMEN

**1 palm** protein or  
**1 thumb** fat

Use the portion guide on P.13 with the foods listed on P.44-45.



### TRAINING TIPS

Endomorphs can benefit by training with the recommended repetitions of an exercise but heavier weights, shorter recovery time between sets and short intervals of high-intensity training in addition to full cardio workouts.

## MESOMORPHS

Mesomorphs typically have a symmetrical appearance, low body fat and seem to burn fat easily. They have an athletic frame, often a flat stomach and can put on muscle easily.



### DIET RECOMMENDATIONS

Mesomorphs can benefit from a mixed diet with a good balance of protein, carbohydrates and fats. Here are the portion recommendations for mesomorphs:

#### Meals:

##### MEN

**2 palms** lean protein  
**2 fists** vegetables  
**2 cupped hands** carbohydrates  
**2 thumbs** fat

##### WOMEN

**1 palm** lean protein  
**1 fist** vegetables  
**1 cupped hand** carbohydrates  
**1 thumb** fat

#### Snacks:

##### MEN

**1 palm** lean protein or  
**2 thumbs** fat  
**1 cupped hand** carbohydrates

##### WOMEN

**1 palm** lean protein or  
**1 thumb** fat  
**½ cupped hand** carbohydrates

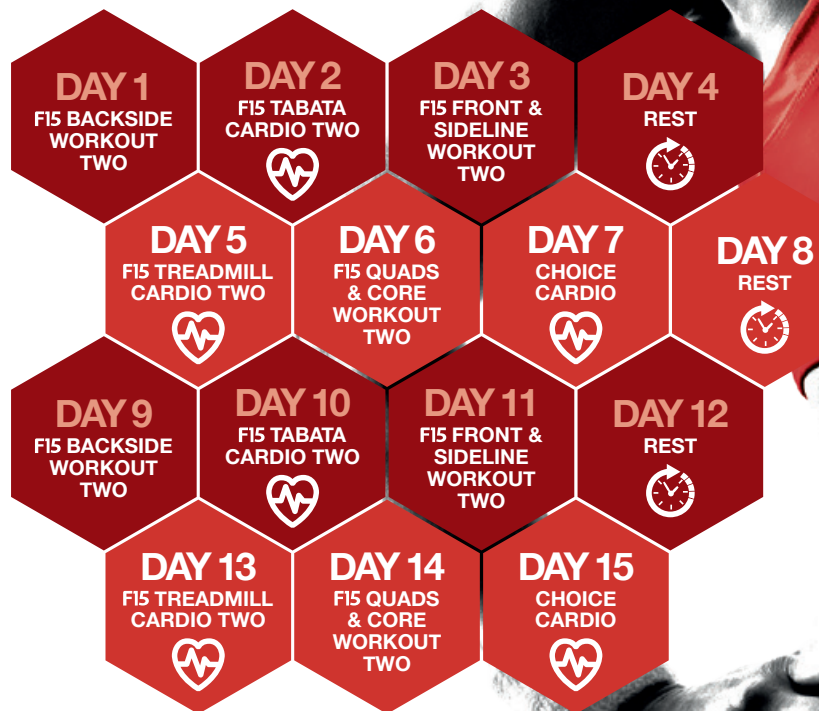
Use the portion guide on P.13 with the foods listed on P.44-45.



### TRAINING TIPS

Mesomorphs can benefit by training with a moderate amount of repetitions and recovery time in addition to a healthy mix of cardiovascular exercises.

# F15 ADVANCED 2 WORKOUT SCHEDULE.



## TAKE YOUR FITNESS TO THE NEXT LEVEL.

The **F15 ADVANCED 2** programme builds on the targeted bodyweight workouts, Tabata-style exercises and treadmill cardio workouts to get you moving.

## WARM UP.

In **F15 ADVANCED 1**, we reviewed the importance of warming up to give you the best quality workout and lowest possible risk for injury. Use these foundational moves before each **F15 ADVANCED 2** workout to get started. Need a refresher? Review the warm up exercises on **P.17** or watch the video at [foreverfit15.com](http://foreverfit15.com).

## NEXT LEVEL CARDIO.

The **F15 ADVANCED 2** programme builds on the Tabata and treadmill cardio workouts you learned in **F15 ADVANCED 1**. During the **F15 ADVANCED 2** programme, commit to doing three days of cardio activity per week. These sessions should be spent challenging yourself to get the most out of your workout. If they're too easy, you're not working hard enough.

# F15 TABATA CARDIO TWO

This cardio challenge builds on the Tabata-style exercises from **F15 ADVANCED 1**. For this workout, these exercises will be performed in a traditional repeated Tabata format.

Perform each exercise for **20 seconds** at maximum intensity and rest for **10 seconds**. Repeat each exercise eight times. Once you have finished all eight rounds, recover for **60 seconds** and move on to the next exercise.

**F.I.T. TIP**  
If you are struggling to complete eight rounds of an exercise in a row before moving on to the next, try switching to a lighter weight and building up your resistance.



- + Air squats 20 seconds max/10 second rest 8x
- + Rest 60 seconds
- + Pushups 20 seconds max/10 second rest 8x
- + Rest 60 seconds
- + Skaters 20 seconds max/10 second rest 8x
- + Rest 60 seconds
- + Plank with jack legs 20 seconds max/10 second rest 8x
- + Rest 60 seconds
- + Front kick to reverse lunges left 20 seconds max/10 second rest 8x
- + Rest 60 seconds
- + Tricep pushups 20 seconds max/10 second rest 8x
- + Rest 60 seconds
- + Front kick to reverse lunges right 20 seconds max/10 second rest 8x
- + Rest 60 seconds
- + Plank to squat thrust 20 seconds max/10 second rest 8x

# F15 TREADMILL CARDIO TWO

This cardio workout uses a climbing sequence on a treadmill to build endurance, power and muscle by leveraging intervals of walking and running at different inclines.

Choose a speed that challenges you and work to increase your speed throughout the workout.

- + Walk 2% incline 2 minutes
- + Run 1% incline 2 minutes
- + Walk 0% incline 1 minute
- + Walk 4% incline 2 minutes
- + Run 1% incline 2 minutes
- + Walk 0% incline 1 minute
- + Walk 6% incline 2 minutes
- + Run 1% incline 2 minutes
- + Walk 0% incline 1 minute
- + Walk 8% incline 2 minutes
- + Run 1% incline 2 minutes
- + Walk 0% incline 1 minute
- + Walk 10% incline 2 minutes
- + Run 1% incline 2 minutes
- + Walk 0% incline 1 minute

## CHOICE CARDIO.

Your final cardio workout each week is your choice. If you feel like your muscles are tight, try restorative yoga.

Looking for something new?

Try a Zumba or kickboxing class. The options for cardio are endless. Create and discover a cardio routine you enjoy to build lifelong habits.

Each choice cardio workout should be **30-60 minutes** and ideally performed without interruption.

# F15 BACK, BICEPS & GLUTES WORKOUT TWO

## EQUIPMENT REQUIRED: KETTLEBELL

This workout offers a series of ten targeted exercises that support the backside of your body like your glutes, hamstrings and back, but also includes biceps. This workout contains both counted reps and timed reps. Perform two exercises back-to-back before recovering for **30-60 seconds** and moving on to the next exercise combo.

Once you have finished all ten exercises, recover for **30-60 seconds** and begin your cool down.



- + Deadlifts 16x
- + Upright rows 30 seconds
- + Rest 30-60 seconds
- + Bicep curls 16x
- + Swings 30 seconds
- + Rest 30-60 seconds
- + Deep lunge with lawn mower pulls left 16x
- + Thread the lunge left 30 seconds
- + Rest 30-60 seconds
- + Deep lunge with lawn mower pulls right 16x
- + Thread the lunge right 30 seconds
- + Rest 30-60 seconds
- + Goblet squats to press 16x
- + Alternating swings 30 seconds

Rest 30-60 seconds

# F15 FRONT & SIDELINE WORKOUT TWO

## EQUIPMENT REQUIRED: DUMBBELLS, RESISTANCE BANDS, CHAIR, STABILITY BALL

This workout builds on the **F15 ADVANCED 1** workout with slight modifications and the addition of a stability ball to engage the core. Challenge yourself with a series of twelve targeted exercises that support the front and sides of your body, including your chest, shoulders, triceps and obliques. Perform three exercises back-to-back before recovering for **60 seconds** and moving on to the next exercise trio.

Once you have finished all twelve exercises, recover for **60 seconds** and begin your cool down.



- + Chest press 16x
- + Core at 45 16x per side
- + Skull crushers 16x
- + Rest 60 seconds
- + Pushups 16x
- + Triangle abs 8x per side
- + Core roll outs 16x
- + Rest 60 seconds
- + Side planks with shoulder raise 16x per side
- + Ball pass 16x
- + Side lying tricep press 16x per side
- + Rest 60 seconds
- + Clean and press 16x per side
- + Side plank with ball 16x per side
- + Dips to reverse plank 16x

Rest 30-60 seconds

# F15 QUADS & CORE WORKOUT TWO

**EQUIPMENT REQUIRED:**  
DUMBBELLS, RESISTANCE BANDS, CHAIR

This workout offers a series of fifteen targeted exercises that support your quads and core with added **45-second** plyometric intervals. This workout contains both counted reps and timed reps. Perform three exercises with an interval back-to-back before recovering for **30-60 seconds** and moving on to the next exercise trio.

Once you have finished all fifteen exercises, recover for **30-60 seconds** and begin your cool down.

3 sequential exercises + 30-60 second recovery x 2-3 sets = MOVE ON TO NEXT 3 EXERCISES

- + Banded lunge step ups 16x per side
- + Plyometric lunges 45 seconds
- + Boat 16x
- + Rest 30-60 seconds
- + Prisoner squats 16x
- + Tuck jumps or high knees 45 seconds
- + Roll ups 16x
- + Rest 30-60 seconds
- + Banded 180 squats 16x
- + 180 Jumps 45 seconds
- + Standing alternating toe touches 16x
- + Rest 30-60 seconds
- + Static slow lunges 8x per side
- + Sprinter starts 45 seconds
- + Spiderman mountain climbers 16x
- + Rest 30-60 seconds
- + Pulsing squats 32x
- + Jack stars 45 seconds
- + Standing oblique crunches 16x per side

Rest 60 seconds



## SNACK.

A well-balanced snack can help you feel full, fight cravings and keep you energised throughout the day. Make sure your snack includes at least two food items and pairs a carbohydrate with a protein and/or a healthy fat to promote balance.

### SOUP

Women - (Approx. 220kcal)	Men - (Approx. 330kcal)
180g tomato soup 1 small wholemeal roll	250g tomato soup 1 large wholemeal roll

### OATCAKES

Women - (Approx. 187kcal)	Men - (Approx. 281kcal)
1 tablespoon peanut butter 2 oatcakes	1½ tablespoons peanut butter 3 oatcakes

### FRUIT AND NUT MIX

Women - (Approx. 204kcal)	Men - (Approx. 325kcal)
1 tablespoon raisins 5 walnut halves 7 almonds	1 tablespoon raisins 8 walnut halves 14 almonds

### DIP

Women - (Approx. 204kcal)	Men - (Approx. 306kcal)
60g houmous Selection of raw veg	90g houmous Selection of raw veg

### FOREVER PRO X<sup>2</sup> DESSERT

Women - (Approx. 198kcal)	Men - (Approx. 283kcal)
150g low-fat Greek or soya yoghurt ½ Forever PRO X <sup>2</sup> bar	150g low-fat Greek or soya yoghurt 1 Forever PRO X <sup>2</sup> bar

Crumble the bar into the yoghurt, mix well and enjoy!

### VEGETABLE SUSHI

Women - (Approx. 198kcal)	Men - (Approx. 283kcal)
4 pieces of sushi 1 oatcake	5 pieces of sushi 2 oatcakes

### AVOCADO AND EGG TOAST

Women - (Approx. 234kcal)	Men - (Approx. 310kcal)
1 slice whole grain bread ¼ avocado, smashed 1 hard-boiled egg	1 slice whole grain bread ¼ avocado, smashed 2 hard-boiled eggs

Toast whole grain bread. Spread smashed avocado on top. Hard-boiled eggs can be chopped up and added on top or enjoyed on the side.

### CHEESY POPCORN

Women – (Approx. 197kcal) Men – (Approx. 282kcal)

**30g** popcorn, cooked  
**1½ tablespoons** dried parmesan  
**1 teaspoon** olive oil

**48g** popcorn, cooked  
**2 tablespoons** dried parmesan  
**1 teaspoon** olive oil

Put all ingredients in a plastic bag and shake; serve in a bowl.

### CARROT AND CORIANDER SOUP

Women – (Approx. 206kcal) Men – (Approx. 312kcal)

**400g** tin of light carrot and coriander soup  
**1 slice** wholemeal toast  
**1 teaspoon** butter

**400g** tin of light carrot and coriander soup  
**2 slices** wholemeal toast  
**2 teaspoons** butter

Serve hot with buttered toast.

### PLOUGHMAN'S ON A STICK

Women – (Approx. 183kcal) Men – (Approx. 293kcal)

**2 thin slices** of lean ham, visible fat removed  
**4 silverskin** (pickled) onions, drained  
**25g** Edam cheese  
**1** apple

**3 thin slices** of lean ham, visible fat removed  
**6 silverskin** (pickled) onions, drained  
**50g** Edam cheese  
**1** apple

Cut each slice of ham into three long strips and roll up each strip tightly. Thread the rolled-up ham strips on to skewers or cocktail sticks along with the pickled onions. Add chunks of cheese and eat with the apple.

### TOMATO AND FETA CHEESE ON OAT CAKES

Women – (Approx. 204kcal) Men – (Approx. 302kcal)

**2** oatcakes  
**40g** crumbled feta cheese  
**1** sliced tomato  
**Sprinkle** dried mixed herbs

**3** oatcakes  
**60g** crumbled feta cheese  
**1** sliced tomato  
**Sprinkle** dried mixed herbs

Layer the tomato on the oatcakes and top with cheese. Sprinkle with the mixed herbs.

### BANANA RICE CAKES

Women – (Approx. 191kcal) Men – (Approx. 277kcal)

**2** brown rice cakes  
**1 tablespoon** peanut butter  
**½ small** banana

**2** brown rice cakes  
**1½ tablespoon** peanut butter  
**1 small** banana

Spread the rice cakes with the peanut butter. Top with sliced banana.

### COOKIE AND LATTE

Women – (Approx. 188kcal) Men – (Approx. 273kcal)

**200ml** semi-skimmed milk  
**1 teaspoon** coffee granules  
**½ Forever Pro X2 bar**, chocolate

**200ml** semi-skimmed milk  
**1 teaspoon** coffee granules  
**1 Forever Pro X2 bar**, chocolate

Add a teaspoon of water to the coffee and mix into a paste, stirring vigorously. Add the hot milk. Enjoy with the cookie.

### HONEY-ROASTED CHICKPEAS

Women – (Approx. 191kcal) Men – (Approx. 286kcal)

**100g** tinned chickpeas  
**1 teaspoon** coconut oil  
**1 teaspoon** Forever Bee Honey  
**Pinch** of cinnamon  
**Pinch** of nutmeg

**150g** tinned chickpeas  
**1½ teaspoons** coconut oil  
**1½ teaspoon** Forever Bee Honey  
**Pinch** of cinnamon  
**Pinch** of nutmeg

Drain and rinse the chickpeas in a colander. Place them on a towel to dry off. Spread chickpeas on a baking sheet in a single layer. Bake 160°C for approximately 45 minutes or until crispy. While the chickpeas are still hot, toss them in a bowl with the oil, honey, cinnamon, and nutmeg. Make more and store in an airtight container for a ready-to-go snack.

## PROTEIN.

For **women**, choose a palm-sized portion of any of the following proteins. For **men**, choose two palm-sized portions.

CATEGORY	TYPE
FISH	Salmon, halibut, cod, tuna
SHELLFISH	Prawn, crab, lobster
TURKEY	Turkey bacon Turkey fillet Turkey mince Sandwich meat
CHICKEN	Chicken breast
BEEF	Sirloin Lean ground beef
WILD GAME	Venison
EGG	Egg Egg substitute
DAIRY	Plain Greek yoghurt Cottage cheese Semi-skimmed or skimmed milk
VEGETARIAN	Lentils Tofu Meat-free alternatives Veggie burger Forever Lite Ultra Soy Quinoa

## CARBOHYDRATES.

For **women**, choose a cupped handful-sized portion of any of the following carbohydrates. For **men**, choose two cupped handful-sized portions.

CATEGORY	TYPE
GRAINS	Oats Rice (wild or brown) Couscous Bulgur wheat Barley Quinoa
BREAD	Whole grain bread Whole grain tortilla Corn tortilla
PASTA	Whole wheat pasta Pasta (quinoa, brown, rice)
LEGUMES	Black beans, chickpeas, pinto
FRUIT	Apple Apricot Berries Citrus Grapes Melons Peach Pear Plum Tropical fruits Tomatoes
STARCHY VEG	Potatoes Corn Peas Butternut squash, sweet potatoes, pumpkin

Please turn to **P.10** and work out your BMR and AMR before preparing your meals.

## PRODUCE.

For **women**, choose a fist-sized portion of any of the following vegetables. For **men**, choose two fist-sized portions.

CATEGORY	TYPE
VEGETABLES (fresh, frozen, raw or steamed)	Artichokes
	Carrots
	Asparagus
	Brussel sprouts
	Courgette
	Peppers
	Broccoli
	Cabbage
	Celery
	Cucumber
	Green beans
	Kale
	Lettuce (all types)
	Spinach
Cauliflower	

## FATS.

For **women**, choose a thumb-sized portion of any of the following fats. For **men**, choose two thumb-sized portions.

CATEGORY	TYPE
NUT	Nut butter (peanut, almond, cashew)
	Almond (whole and unsalted)
	Walnut (halves)
	Cashew (whole and unsalted)
FRUIT	Pistachio
	Avocado
	Coconut flakes (unsweetened)
SEED	Olives
	Pumpkin seeds
	Sunflower seeds
	Chia seeds
OIL	Flax seeds
	Olive oil
	Coconut oil
	Flax seed oil
DAIRY	Sunflower oil
	Cheese
	Dark chocolate (at least 70% cacao)

Please turn to **P.10** and work out your BMR and AMR before preparing your meals.



CONGRATULATIONS  
ON COMPLETING  
FOREVER F15  
ADVANCED 2!

YOU DID IT!

### WHAT'S NEXT?

**Vital5** combines five amazing Forever products that work together to bridge nutritional gaps and provide key nutrients your body needs. **Vital5** continues the healthy supplementation habits you learned in **F15** to keep you looking and feeling better!

Ask the Forever Business Owner who gave you this booklet about **Vital5** today.

**Not ready to move on?** Repeat the **F15 ADVANCED** programme until you achieve your maximum results.

Don't forget to record your weight and measurements on **P.6** to track your progress.

Share your success with **F15** on social using the hashtag **#IAmForeverFIT**. We can't wait to hear about your transformation and the goals you reached.



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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, Halal and Islamic Seals of Approval. Forever does not test its products on animals.

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