

Fat Flush®

Dr. Ann Louise™
Approved ✓

Smoothie
Shakedown™

* Shakedown up to 20 lbs
in just 2 weeks!



A turbo-charged
weight loss program
designed for *busy*
people on-the-go.

2 Fat Flush® Smoothie Shakedown

Shakedown up to 20 lbs in just 2 weeks!

{ Turbo-charged weight loss for busy people on-the-go } Under **\$15** a day, including food!

2 Week Meal Plan Daily Menu

✓ **Breakfast & Lunch**
Satisfying smoothie



Fat Flush Body Protein, flaxseed oil, water and berries

(see recipe on p. 5)

✓ **Dinner**
Hearty meal



Protein

4-6 oz lean protein grilled or broiled using herbs (no salt)

Veggies

unlimited veggies

Salad

1 large salad

Salad dressing

1-2 tablespoons fresh lemon juice or raw apple cider vinegar

(see approved foods on p. 6)

Variety is the spice of life—mix up your meals and have your smoothie for dinner!



“Let me be the first to officially welcome you to your Smoothie Shakedown experience! Whether you need to jumpstart weight loss, lose that final 15 pounds, or break a plateau, the Smoothie Shakedown will work for you. This easy food-wise guide will help you achieve your weight loss goals in no time.”

—Ann Louise Gittleman, PhD
Creator of the best-selling Fat Flush series



*** Featured in *First for Women* magazine!**



Daily

Fat Flush Kit supplements and water



Take the Fat Flush supplements according to directions.

Throughout the day, drink half your body weight in ounces of water—typically 10-12 8 oz glasses.



Approved Snacks

A third smoothie, veggies, or a serving of fruit (about 1 cup)



“It was time for a change when I weighed more than when I was

8 months pregnant!

I lost 6 lbs after the first day. Now I've lost over 10 lbs in just 5 days!”

—Misty, TX

Bloat Busting Tip

Flush out water weight!
Cran-water

Add 100% pure unsweetened cranberry juice to your daily water intake (1 oz juice to 8 oz water).



Fat Flush Body Protein

30 servings

20 GRAMS OF PROTEIN PER SERVING



Featuring hypoallergenic yellow pea and brown rice protein

Instant energy booster -

Stay fully sustained and energized for a good four hours

Complete protein source of essential amino acids

{ Sweetened with stevia and prebiotic inulin }



VEGAN



GLUTEN-FREE

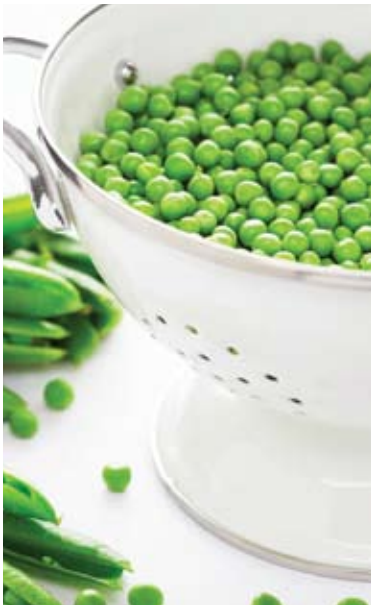


DAIRY-FREE



SUGAR-FREE

Shakedown Science Reset metabolism with plant protein



Benefits

- Curbs appetite
- Supports weight loss functions of the liver and thyroid
- Boosts metabolism
- Offsets acidity of sugar, carbonated drinks, processed foods, and a heavy meat diet
- Normalizes pH for optimum liver and thyroid function

* Low-carb dieters lost 50 percent more weight by getting most of their protein from plants compared to those who ate more meat (*New England Journal of Medicine*).

Fat Flush Kit Formulas

1 month supply

Weight Loss Formula

- Chromium and Acetyl L-Carnitine to help stabilize blood sugar, increase energy level and support healthy fat metabolism

Dieters' Multivitamin & Mineral

- Comprehensive detox multi

GLA-90

- Gamma linolenic acid from black currant seed oil to help stimulate metabolically active brown fat, reduce inflammation and keep skin moisturized



Smoothie Recipe

Fruit Smoothie

3 minutes prep time ■ Serves 1

8 ounces of water or cran-water

1 cup fresh or frozen fruit*

1 scoop Fat Flush Body Protein

1 tablespoon flaxseed oil

**1 tablespoon ground flax seeds
or chia seeds (optional)**

Ice cubes (optional)

Combine ingredients in a blender until smooth, then add seeds.

Enjoy!

*Approved fruit on p. 6

✓ Smoothie Tips

- Don't skip the oil—it's *essential* for long-lasting satiety (2 tablespoons per day max)
- Fish oil may be substituted for flaxseed oil



Choose from the following approved items.

UNI KEY Products

Fat Flush Body Protein,
Fat Flush Kit, flaxseed oil,
flax seeds, UNI KEY Whole
Chia Seeds

Protein

Beef, poultry, fish, tofu, lamb,
seafood

Salad

Variety of lettuces, cucumbers,
shredded carrots, olives (3
black), celery

Salad Dressing

Fresh lemon juice or raw apple
cider vinegar

Juice

100% unsweetened cranberry
juice

Fruit

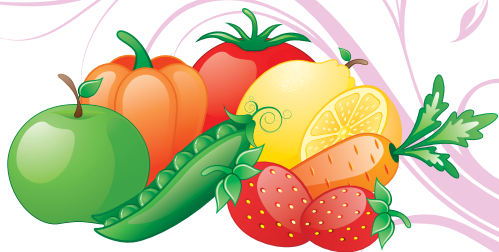
All berries, peaches, apples,
pears, nectarines, cherries,
plums

Spices

Dill, oregano, turmeric,
cayenne, mustard, cinnamon,
cilantro, parsley, garlic, onion
powder

Veggies

Arugula, asparagus, bamboo
shoots, bell peppers, broccoli,
Brussels sprouts, cabbage,
cauliflower, chives, collard
greens, daikon, eggplant, endive,
escarole, fennel, garlic, green
beans, Jerusalem artichoke,
jicama, kale, leeks, mushrooms,
mustard greens, okra, onions,
parsley, radicchio, radishes,
spaghetti squash, spinach,
sprouts, Swiss chard, tomatoes,
water chestnuts, watercress,
yellow squash, zucchini





Measure your Success

Take before and after pictures and measurements.

Before

Date _____ Weight _____
Measurements

Bust _____ Waist _____ Hips _____

Arms _____ Thighs _____ Tummy _____

After

Date _____ Weight _____
Measurements

Bust _____ Waist _____ Hips _____

Arms _____ Thighs _____ Tummy _____

Keep Track!

Fat Flush[®]

24/7 Support

Visit Dr. Ann Louise's Forum for diet, detox, and lifestyle support from thousands of experienced Fat Flushers worldwide.

Join today!

www.annlouiseforum.com

Dr. *Ann Louise*[™]

{FREE}



8 Fat Flush® Smoothie Shakedown

Find **FAQs** online at www.smoothieshakedown.com



Shakedown Tips

- Eat every 4 hours
- Avoid eating 2 hours before bedtime
- Light to moderate exercise is recommended daily

Not eliminating daily?

Add 1 tbsp ground flax or chia seeds to your smoothie.



Legal cheat! Enjoy 1 cup of coffee daily.

* Remember! Avoid alcohol, no sodas, no gum, no sugar, no artificial sweeteners, no extra salt (low blood pressure, then 1/4-1/2 tsp salt per day).

Don't fall off the wagon! Follow up with Fat Flush

Classic Fat Flush

Phase 1 for accelerated cleansing and weight loss

Phase 2 for ongoing weight loss

Phase 3 for lifetime weight maintenance

Fat Flush for Life

For a more relaxed seasonal approach to weight loss.

Visit www.fatflush.com for more information.



Start shakin' at www.smoothieshakedown.com



Order at www.unikeyhealth.com

Questions? Call UNI KEY at (800) 888-4353