



# HOW TO TRANSFORM

## Reaching Success

Healthy and delicious day-to-day options you can follow to maintain your change.

### Macro nutrient eating plan\*\*

**Women's total daily calories: 1500 per day**  
45% from carbs  
30% from protein  
25% from fats

**Men's total daily calories: 2000 per day**  
45% from carbs  
30% from protein  
25% from fats

#### Eat more:

- Lean protein (beans, lentils, peas, fish, chicken, turkey, egg whites, etc.)
- Good fats (avocado, nuts/seeds, flax, Omega-3 from salmon, walnuts, etc.)
- Good carbs (greens, colorful peppers, tomatoes, apples, grapefruit, etc.)

#### Avoid:

- High fat dairy (butter, whole milk, processed meats, lard, cheese)
- Refined sugars and starches (corn syrup, bread, cereal)
- Fried foods (chicken, french fries, potato chips)

### Tips from Zurvita Coach Peter Nielsen on when to take Zurvita products:

- Take two Zurvita Cleanse 15-30 minutes before breakfast.
- Take Zurvita Protein as a mid-morning snack and after your workout.
- Take two Zeal or Zeal+ a day.\*
- Take two Zurvita Burn a day (mid-morning/lunch) with 10-12 oz. of water.
- Take three Zurvita Amino Acids before bedtime.\*

## Meal Plans

Healthy and delicious day-to-day options you can follow to maintain your change.

### Breakfast options

Zurvita Protein Shake

4 Egg White Omelette  
1/2 Cup of Berries  
or One Whole Apple

1 Cup Dry Oatmeal  
1 Cup Almond,  
Coconut or Rice Milk

### Mid-morning snack options

1 Low-Fat Yogurt

3/4 Cup Low-Fat  
Cottage Cheese

Zurvita Protein Shake  
with Water

### Lunch options

4 Oz. Lean Protein  
1 Green Salad with  
1 Tbs. Low-Fat  
Sugar and Salt  
Dressing

1 Can Tuna with  
Olive Oil  
2 Cups of Raw  
Vegetables  
1 Tbs. Fat-Free  
Dressing

### Mid-afternoon snack options

1/4 Cup of Nuts

Zurvita Protein Shake

2 Cups of Raw  
Vegetables  
1/2 Cup of Low-Fat  
Cottage Cheese  
or Hummus

### Dinner options

4 Oz. Lean Protein  
Steamed or Grilled  
1 Green Salad  
with 1 Tbs.  
Low-Fat Dressing

Zurvita Protein Shake

## Tools to Transform

Zurvita Coach Peter Nielsen recommends a combination of the Zurvita Transformation System and these carefully-crafted meal plans to transform yourself.



\*To maximize results, add Zurvita Amino Acids to your order.



\*You can choose between Zeal or Zeal+. \*\*Please note, men and women's meal plans and macro suggestions vary per person. Each body is different. Consult your nutritionist or physician for a specific plan for you.