



FOREVER®



INDIA

LOOK BETTER AND FEEL BETTER IN JUST 9 DAYS

The CLEAN 9 program can help to jumpstart your journey to a slimmer, healthier you. This effective, easy-to-follow cleansing program will give you the tools you need to start transforming your body today!

WHAT CAN YOU EXPECT OVER THE NEXT 9 DAYS?

YOU'LL NOT ONLY LOOK AND FEEL BETTER, YOU'LL ALSO BEGIN TO ELIMINATE STORED TOXINS THAT MAY BE KEEPING YOU FROM ABSORBING THE MAXIMUM NUTRIENTS IN YOUR FOOD. YOU'LL ALSO BEGIN TO FEEL LIGHTER AND MORE ENERGIZED AS YOU PROVE YOU CAN TAKE CONTROL OF YOUR APPETITE AND SEE YOUR BODY BEGIN TO CHANGE



**EACH PRODUCT IN CLEAN 9 IS CAREFULLY
SELECTED TO WORK TOGETHER
SYNERGISTICALLY.
TAKE EACH PRODUCT AS DIRECTED IN
THE SUPPLEMENT SCHEDULE FOR
MAXIMUM RESULTS!**

FOREVER ALOE VERA GEL TRI PAK™

helps cleanse the digestive system and maximize
absorption of nutrients



FOREVER FIBER™

provides a proprietary blend of 5g of water soluble
fiber that can help promote feelings of fullness



ARGI+™

L-Arginine is a potent amino acid that is converted
into nitric oxide in the body, to help support
circulation



FOREVER GARCINIA PLUS™

may help the body burn fat more
efficiently and help suppress appetite
by increasing serotonin levels



FOREVER LITE ULTRA™

shake mix is a rich source of
vitamins and minerals with 13g
of protein per serving



**Forever
Aloe Vera Gel™**
3 TriPaks

**Forever
Lite Ultra™**
1 Pouch

**Forever
Garcinia Plus™**
54 Softgels

**What your
CLEAN 9 Plan
includes:**

Argi+™
9 Stick Packs

Forever Fiber™
9 Stick Packs

**Motivation to
Look and Feel
Better**

FRUITS & VEGGIES

Fruits and vegetables listed below can be consumed throughout the **CLEAN 9** program to help curb cravings. These foods are low in calories and provide vitamins, minerals, phytonutrients and fiber.

One Serving Foods

Enjoy one serving of these fruits and vegetables each day.

Fruit/Vegetable	Serving Size	Fruit/Vegetable	Serving Size	Fruit/Vegetable	Serving Size
Apricot (Khubanee)	3	Cherries	½ cup	Plum (Aloobukhara)	1 medium
Apple (Seb)	1 medium	Figs (Anjeer)	2 small	Prunes (Ookha Aloobukhara)	2 medium
Broccoli	1 medium	Grapefruit (Chakotra)	½ medium	Dry Fig/ Raisins	2 medium
Grapes (Angoor)	¾ cup	Kiwi	1 medium	Soy Beans	¼ cup shelled
Black Grapes	¾ cup	Orange (Santara)	1 small	Strawberries	8 medium
Blackberry (Kale Shahtoot)	1 cup	Peach (Aadoo)	1 medium		
Blueberries	¾ cup	Pear (Nashpaati)	1 small		

Two Serving Foods

Enjoy two serving of these fruits and vegetables each day.

Fruit/Vegetable	Serving Size
Asparagus (Satavari)	8 spears
Cauliflower (Fool Gobhi)	½ head
Bell Pepper (Shimla Mirch)	1 medium
Snow or Snap Peas (Matar)	¾ cup
Tomato	1 medium

FRUITS AND VEGETABLES FROM THE ABOVE LIST CAN BE MIXED AND MATCHED WITH FOREVER LITE ULTRA™ AS A SHAKE/SMOOTHIE OR JUST HAVE IT RAW. DO NOT EXCEED THE PORTION SIZES SPECIFIED TO GET THE BEST RESULTS.

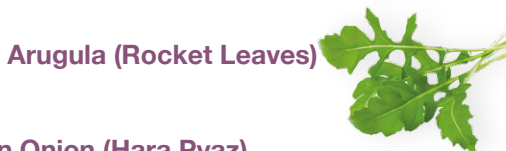
FREE FOODS

DAYS 1 to 9

Enjoy an unlimited amount of these green vegetables each day. These foods are so low in calories that there isn't a specified serving size for the CLEAN 9 program.



Green Onion (Hara Pyaz)



Arugula (Rocket Leaves)



Lettuce (Salad Leaf)
(All Varieties)



Broccoli (Green Cauliflower)



Cucumber (Kheera, Kakdi)



Celery (in Hindi it is called Shalari, Ajmud; Bandhuri or Chanu in Bengali; Bodiajmoda in Gujarati; Ajmoda in Marathi; Kernauli in Punjabi; Ajamoda in Sanskrit and Ajmada in Tamil)



Kale (similar to Cabbage)



Spinach (Paalak)



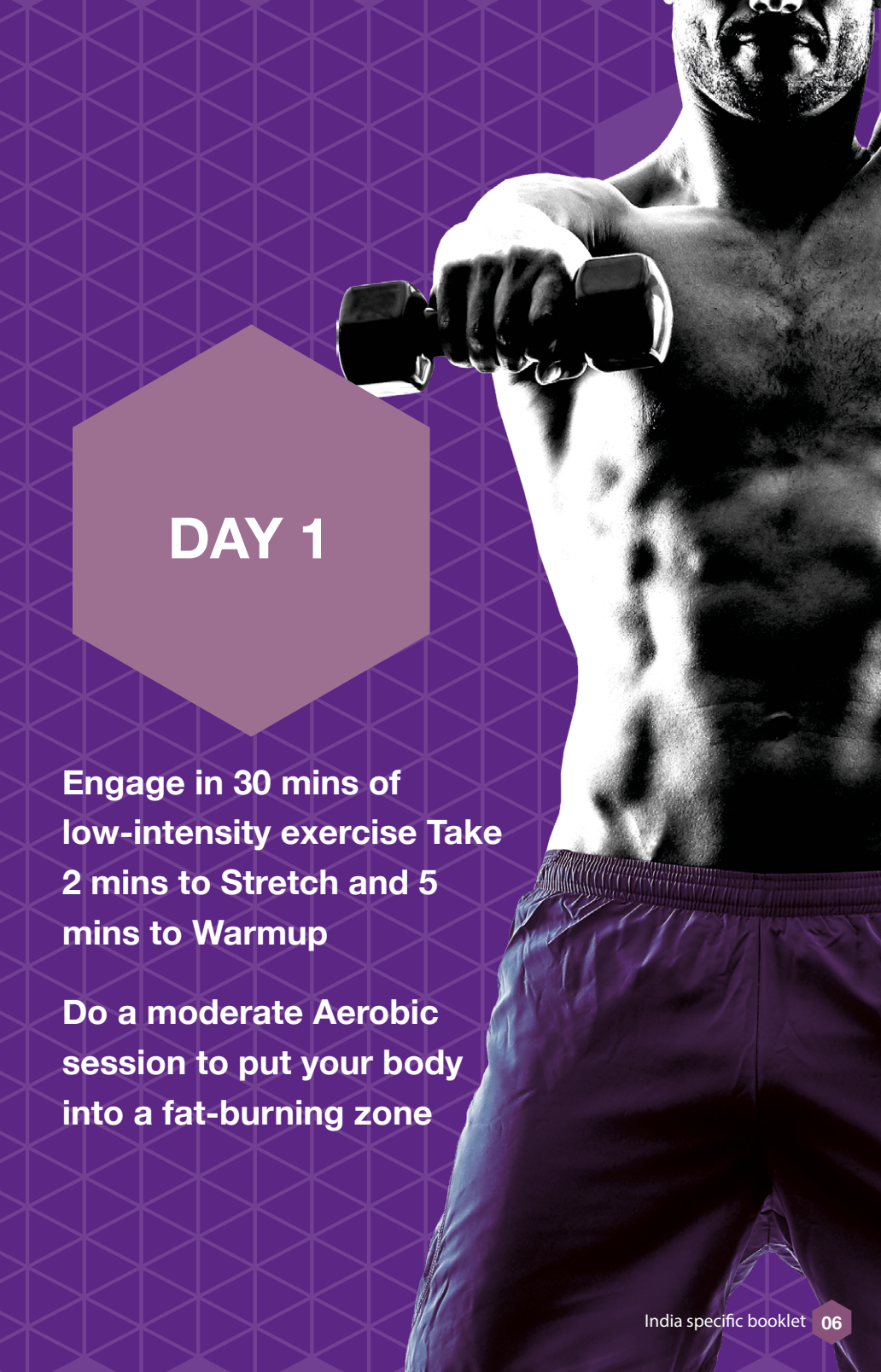
String Beans (Hari Saem)

**VEGETABLES SHOULD BE EATEN RAW OR LIGHTLY STEAMED
WITHOUT FATS OR OILS**

THE FIRST TWO DAYS OF THE CLEAN 9 PROGRAM ARE DESIGNED TO RESET YOUR BODY AND YOUR MIND

DAY 1

Breakfast	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Mix 1 stick pack of Argi+ with an Aloe Vera Gel Mini	Have 110ml of the Argi+ & Aloe Vera Gel mixture
Exercise	 Engage in 30 mins of low-intensity exercise	Take 2 mins to Stretch and 5 mins to Warmup	Recommendation: A moderate Aerobic session to put your body into a fat-burning zone	
Snacks	 Mix 1 stick pack of Forever Fiber with 240ml of water and gulp it down			
Lunch	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake 
Early Dinner	 Have 2 softgels of Forever Garcinia Plus with 240ml of water			
Late Evening	 Have 110ml of the Argi+ & Aloe Vera Gel mixture			



DAY 1

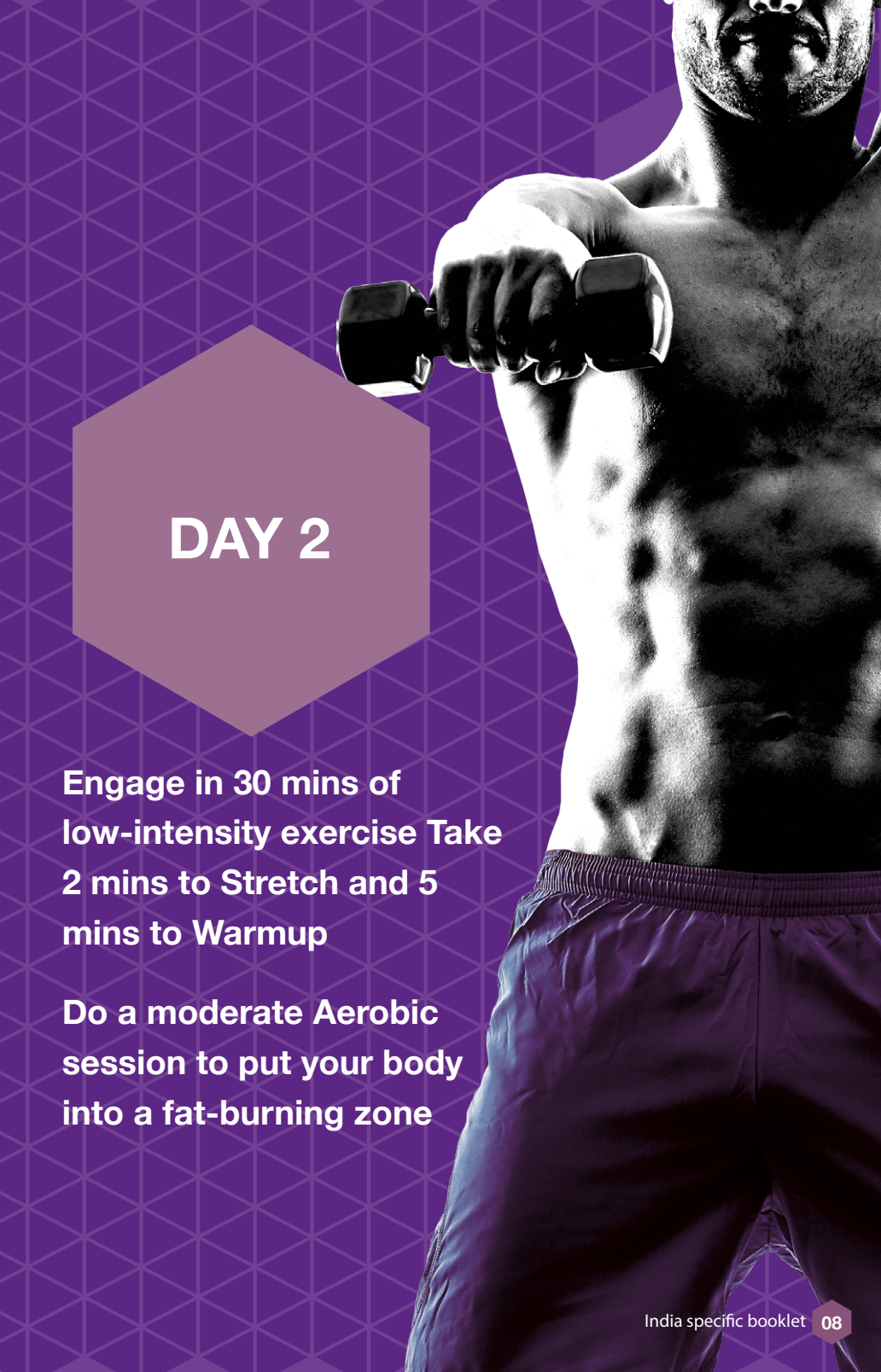
**Engage in 30 mins of
low-intensity exercise Take
2 mins to Stretch and 5
mins to Warmup**

**Do a moderate Aerobic
session to put your body
into a fat-burning zone**

THE FIRST TWO DAYS OF
THE CLEAN 9 PROGRAM ARE
DESIGNED TO RESET
YOUR BODY AND YOUR MIND

DAY 2

Breakfast	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Mix 1 stick pack of Argi+ with an Aloe Vera Gel Mini	Have 110ml of the Argi+ & Aloe Vera Gel mixture
Exercise	 Engage in 30 mins of low-intensity exercise	Take 2 mins to Stretch and 5 mins to Warmup	Recommendation: A moderate Aerobic session to put your body into a fat-burning zone	
Snacks	 Mix 1 stick pack of Forever Fiber with 240ml of water and gulp it down			
Lunch	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake
Early Dinner	 Have 2 softgels of Forever Garcinia Plus with 240ml of water			
Late Evening	 Have 110ml of the Argi+ & Aloe Vera Gel mixture			



DAY 2

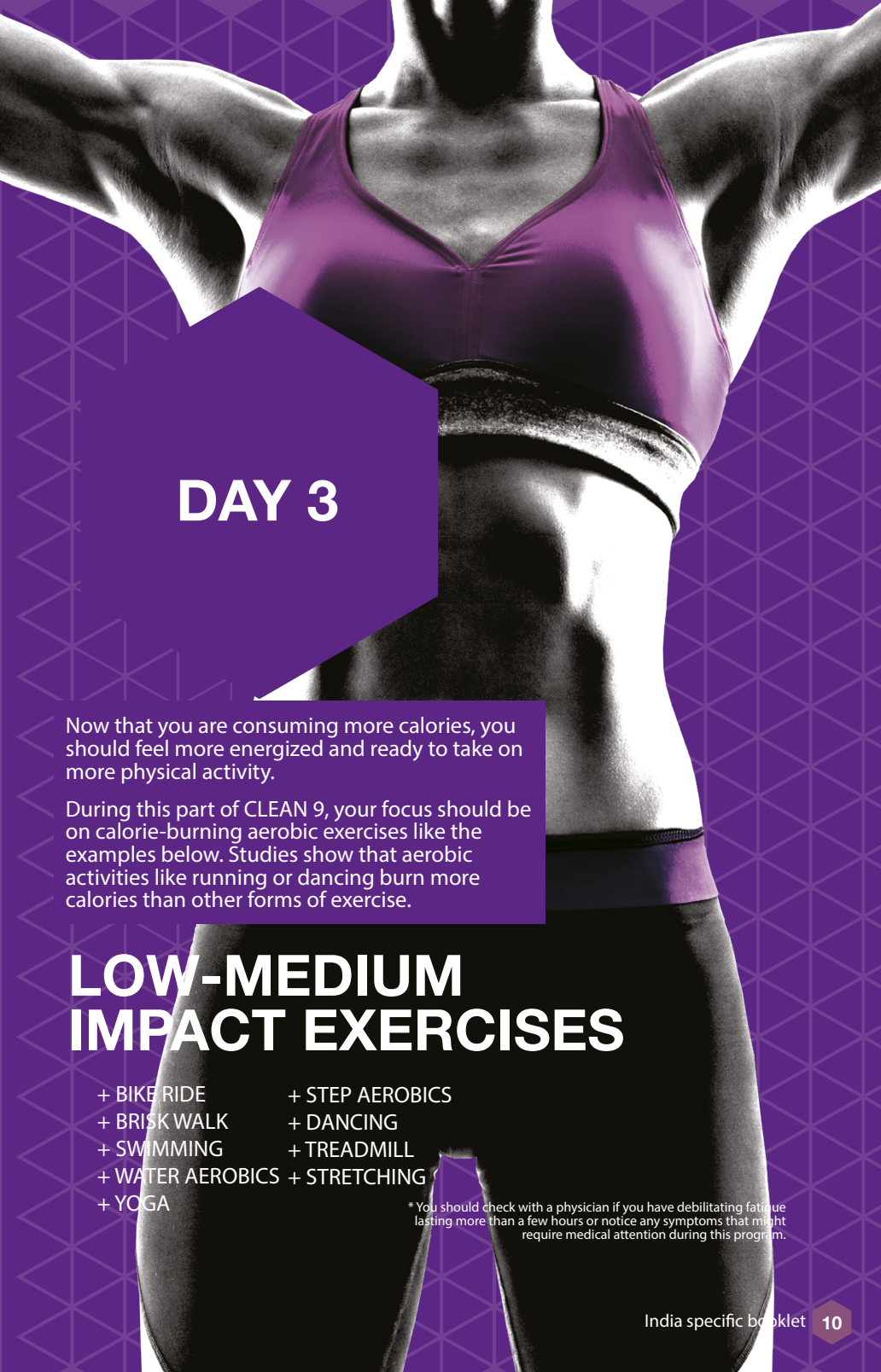
**Engage in 30 mins of
low-intensity exercise Take
2 mins to Stretch and 5
mins to Warmup**

**Do a moderate Aerobic
session to put your body
into a fat-burning zone**

BE AWARE THAT YOUR WEIGHT MAY FLUCTUATE FROM DAY TO DAY. REMEMBER TO ONLY WEIGH YOURSELF ON DAYS 1 AND 9.

DAY 3

Breakfast	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	 Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake
Exercise	 Engage in 30 mins of low-intensity exercise	Take 2 mins to Stretch and 5 mins to Warmup	Recommendation: A moderate Aerobic session to put your body into a fat-burning zone	
Snacks	 Mix 1 stick pack of Forever Fiber with 240ml of water and gulp it down			
Lunch	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	 Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake
Early Dinner	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	600 Calorie Meal suggestions	Option 1 - Veg meal combo 2 medium whole wheat chapatis (30g x 2 = 60g) – 200 calories 60g cooked moong or masoor dal - 208 calories 1 bowl of cooked green vegetables – 150 calories	Option 2 - Non Veg meal combo 100g cooked brown rice - 111 calories 180g Grilled Chicken - 284 calories 1 bowl of steamed green vegetables – 150 calories
Late Evening	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	Since men have a higher metabolism rate, they can have up to 200 calories more on days 3-9. They can either have an additional shake or an additional 200 calories in their meal.		



DAY 3

Now that you are consuming more calories, you should feel more energized and ready to take on more physical activity.

During this part of CLEAN 9, your focus should be on calorie-burning aerobic exercises like the examples below. Studies show that aerobic activities like running or dancing burn more calories than other forms of exercise.

LOW-MEDIUM IMPACT EXERCISES

- + BIKE RIDE
- + BRISK WALK
- + SWIMMING
- + WATER AEROBICS
- + YOGA
- + STEP AEROBICS
- + DANCING
- + TREADMILL
- + STRETCHING

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

BE AWARE THAT YOUR WEIGHT MAY FLUCTUATE FROM DAY TO DAY. REMEMBER TO ONLY WEIGH YOURSELF ON DAYS 1 AND 9.

DAY 4

Breakfast	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	 Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake
Exercise	 Engage in 30 mins of low-intensity exercise	Take 2 mins to Stretch and 5 mins to Warmup	Recommendation: A moderate Aerobic session to put your body into a fat-burning zone	
Snacks	 Mix 1 stick pack of Forever Fiber with 240ml of water and gulp it down			
Lunch	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	 Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake
Early Dinner	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	600 Calorie Meal suggestions	Option 1 - Veg meal combo 100g Paneer (low fat) - 86 calories 140g Steamed green vegetables - 45 calories 1 to 2 tbsp Olive Oil - 119 calories 1.5 medium whole wheat chapati - 100 calories - Or 100g Steamed white rice - 151 calories - Or 100g Cooked long grain brown rice - 111 calories	Option 2 - Non Veg meal combo 96g Grilled Chicken - 142 calories 140g Steamed green vegetables - 45 calories 100g Steamed white rice - 151 calories - Or 100g Cooked long grain brown rice - 111 calories 100g Curd - 100 calories
Late Evening	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	Since men have a higher metabolism rate, they can have up to 200 calories more on days 3-9. They can either have an additional shake or an additional 200 calories in their meal.		



DAY 4

Now that you are consuming more calories, you should feel more energized and ready to take on more physical activity.

During this part of CLEAN 9, your focus should be on calorie-burning aerobic exercises like the examples below. Studies show that aerobic activities like running or dancing burn more calories than other forms of exercise.

LOW-MEDIUM IMPACT EXERCISES

- + BIKE RIDE
- + BRISK WALK
- + SWIMMING
- + WATER AEROBICS
- + YOGA
- + STEP AEROBICS
- + DANCING
- + TREADMILL
- + STRETCHING

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BE AWARE THAT YOUR WEIGHT MAY FLUCTUATE FROM DAY TO DAY. REMEMBER TO ONLY WEIGH YOURSELF ON DAYS 1 AND 9.

DAY 5

Breakfast	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	 Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake
Exercise	 Engage in 30 mins of low-intensity exercise	Take 2 mins to Stretch and 5 mins to Warmup	Recommendation: A moderate Aerobic session to put your body into a fat-burning zone	
Snacks	 Mix 1 stick pack of Forever Fiber with 240ml of water and gulp it down			
Lunch	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	 Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake
Early Dinner	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	600 Calorie Meal suggestions	Option 1 - Veg meal combo 30g Whole wheat chapati - 100 calories 30g Cooked moong dal - 104 calories 1 bowl of cooked green vegetables - 150 calories 1 to 2 tbsp Olive Oil - 119 calories	Option 2 - Non Veg meal combo 85g Grilled Fish - 109 calories (you can double the portion size) 140g Steamed green vegetables - 45 calories 100g Steamed white rice - 151 calories Or 100g Cooked long grain brown rice - 111 calories
Late Evening	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	Since men have a higher metabolism rate, they can have up to 200 calories more on days 3-9. They can either have an additional shake or an additional 200 calories in their meal.		



DAY 5

Now that you are consuming more calories, you should feel more energized and ready to take on more physical activity.

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LOW-MEDIUM IMPACT EXERCISES

- + BIKE RIDE
- + BRISK WALK
- + SWIMMING
- + WATER AEROBICS
- + YOGA
- + STEP AEROBICS
- + DANCING
- + TREADMILL
- + STRETCHING

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BE AWARE THAT YOUR WEIGHT MAY FLUCTUATE FROM DAY TO DAY. REMEMBER TO ONLY WEIGH YOURSELF ON DAYS 1 AND 9.

DAY 6

Breakfast	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	 Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake
Exercise	 Engage in 30 mins of low-intensity exercise	Take 2 mins to Stretch and 5 mins to Warmup	Recommendation: A moderate Aerobic session to put your body into a fat-burning zone	
Snacks	 Mix 1 stick pack of Forever Fiber with 240ml of water and gulp it down			
Lunch	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	 Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake
Early Dinner	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	600 Calorie Meal suggestions	Option 1 - Veg meal combo 100g Cooked moong dal - 346 calories 100g Steamed white rice - 151 calories Or 100g Cooked long grain brown rice - 111 calories	Option 2 - Non Veg meal combo 200g Chicken Biryani - 584 calories (125.2g chicken) 140g Steamed green vegetables - 45 calories
Late Evening	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	Since men have a higher metabolism rate, they can have up to 200 calories more on days 3-9. They can either have an additional shake or an additional 200 calories in their meal.		



DAY 6

Now that you are consuming more calories, you should feel more energized and ready to take on more physical activity.

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LOW-MEDIUM IMPACT EXERCISES

- + BIKE RIDE
- + BRISK WALK
- + SWIMMING
- + WATER AEROBICS
- + YOGA

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BE AWARE THAT YOUR WEIGHT MAY FLUCTUATE FROM DAY TO DAY. REMEMBER TO ONLY WEIGH YOURSELF ON DAYS 1 AND 9.

DAY 7

Breakfast	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	 Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake
Exercise	 Engage in 30 mins of low-intensity exercise	Take 2 mins to Stretch and 5 mins to Warmup	Recommendation: A moderate Aerobic session to put your body into a fat-burning zone	
Snacks	 Mix 1 stick pack of Forever Fiber with 240ml of water and gulp it down			
Lunch	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	 Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake
Early Dinner	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	600 Calorie Meal suggestions	Option 1 - Veg meal combo 50g Soya Nuggets - 180 calories 140g Steamed green vegetables - 45 calories 1 to 2 tbsp Olive Oil - 119 calories 1.5 medium whole wheat chapati - 100 calories Or 100g Steamed white rice - 151 calories Or 100g Cooked long grain brown rice - 111 calories You can also make a soya pulav with 2 tbsp of oil along with the above ingredients	Option 2 - Non Veg meal combo 96g Grilled Chicken - 142 calories 140g Steamed green vegetables - 45 calories 100g Steamed white rice - 151 calories Or 100g Cooked long grain brown rice - 111 calories 100g Curd - 100 calories
Late Evening	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	Since men have a higher metabolism rate, they can have up to 200 calories more on days 3-9. They can either have an additional shake or an additional 200 calories in their meal.		



DAY 7

Now that you are consuming more calories, you should feel more energized and ready to take on more physical activity.

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- + SWIMMING
- + WATER AEROBICS
- + YOGA
- + STEP AEROBICS
- + DANCING
- + TREADMILL
- + STRETCHING

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DAY 8

Breakfast	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	 Wait 30 minutes	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	 Mix 1 Scoop of Forever Lite Ultra with 300ml of water or almond milk or light soy milk or coconut milk. Relish the appetizing shake
Exercise	 Engage in 30 mins of low-intensity exercise	Take 2 mins to Stretch and 5 mins to Warmup	Recommendation: A moderate Aerobic session to put your body into a fat-burning zone	
Snacks	 Mix 1 stick pack of Forever Fiber with 240ml of water and gulp it down			
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Early Dinner	 Have 2 softgels of Forever Garcinia Plus with 240ml of water	600 Calorie Meal suggestions	Option 1 - Veg meal combo 30g Chapati - 100 calories 60g Cooked moong dal - 208 calories 1 bowl of cooked subzi - 150 calories 1 to 2 tbsp Olive Oil - 119 calories Either use 2 tbsp oil with the above plan or 2 tbsp of oil tadka with 60g dal	Option 2 - Non Veg meal combo 85g Grilled Fish - 109 calories (you can double the portion size) 140g Steamed green vegetables - 45 calories 100g Steamed white rice - 151 calories Or 100g Cooked long grain brown rice - 111 calories
Late Evening	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	Since men have a higher metabolism rate, they can have up to 200 calories more on days 3-9. They can either have an additional shake or an additional 200 calories in their meal.		



DAY 8

Now that you are consuming more calories, you should feel more energized and ready to take on more physical activity.

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DAY 9

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Exercise	 Engage in 30 mins of low-intensity exercise	Take 2 mins to Stretch and 5 mins to Warmup	Recommendation: A moderate Aerobic session to put your body into a fat-burning zone	
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Late Evening	 Have 110ml of the Argi+ & Aloe Vera Gel mixture	Since men have a higher metabolism rate, they can have up to 200 calories more on days 3-9. They can either have an additional shake or an additional 200 calories in their meal.		



DAY 9

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FOREVER
LIVING IMPORTS
(INDIA) PVT. LTD.

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