

Get Trim. Get Fit. Get Fabulous. Lose the calories, strengthen your body and transform to a new you with all of these Nutrilite products! Get the Trim, Fit & Fabulous (TFF) pack to begin your journey today.

Join **Cubalah**

TRY IT! LOVE IT!



TRIM

Fat **0.5g**
Calories **40 kcal**



Low-Fat



Lactose-Free



9 Essential Amino Acids

- ▶ No Dairy Or Animal-Derived Ingredients
- ▶ PDCAAS# Score Of 1
- ▶ Vegetarian-Friendly

PDCAAS = Protein Digestibility Corrected Amino Acid Score, the closer to score 1, the better protein it is.

▶ 6g Protein without adding milk

▶ 15g Protein when added with 250ml skimmed milk

▶ High in Fibre

▶ Low Calories

116 112 118
without adding milk

200 206 204
when added with 250ml skimmed milk

Preserve Lean Muscles



Satisfy Cravings



1/3 Of Your Nutritional Needs (25 Vitamins And Minerals)



FIT



FABULOUS

THE **BFF** YOU WANT



BALANCE



Billions of Good Bacteria

FRIENDLY



Stick-To-The-Gut

FIBRE



Added Fibre for Bacteria Growth



5 Hero Probiotic Strains



Arrive Alive

Switch It Up! Replace one of your meals by trying recipes featured in the Nutrilite Trim, Fit & Fabulous (TFF) Pack.

This Nutrilite Low Calorie Meal Plan is designed to help you lose between 500g and 1kg of your total body weight in 7 days.*



BREAKFAST

- Wholemeal Bread (2 Slices) **+** Peanut Butter (2 Teaspoons)
- Half Boiled Eggs (2)
- Kopi O Kosong (1 cup) or Nutrilite PhytoPOWDER Drink

≈ 400kcal

LUNCH

- Brown Rice (1 Small Bowl) **+** Fish (1 Palm Size) (Grilled/Steamed/Asam Pedas/Tom Yum or Chicken (1 Palm Size) (Masak Merah/Kunyit/Kicap)
- +** Vegetables (1 Small Plate) (Stir-Fry/Steamed)
- +** Plain Water (1 Glass)

≈ 400kcal

LOW CALORIE MEAL PLAN
1200 KCAL

DINNER

BodyKey by Nutrilite Meal Replacement Shake (1 Pouch) (Chocolate/Vanilla/Café Au Lait)

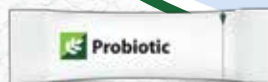
- +** Nutrilite Soy Protein Drink (1 Stick/Scoop)
- +** Nutrilite Mixed Probiotic (1 Stick)

≈ 200kcal

SNACK

- Plain Crackers (4 Pieces)
- Fruits (1 Small/Slice) (Apple/Honeydew/Pineapple/Banana)
- +** Nutrilite PhytoPOWDER Drink

≈ 200kcal



*Management of Obesity, www.acadmed.org.my
Disclaimer: Calories are based on figures from BodyKey App 2.0.

