

## ASAP Program for Success

### What you will need:

- Bathroom scale that weighs in 0.2 pounds
- Food scale that weighs in grams/ounces
- Check your calendar & make a commitment:

### **If you have 10 to 20 pounds to lose choose:**

- **3 Week ASAP Program** (26 days)

### **If you have 20 to 50 pounds or more to lose:**

- **6 Week ASAP Program** (43 days)
- Sweetleaf® Stevia Sweetener - a natural sweetener available in health food stores.

(Do not use aspartame, Sweet'N Low®, Splenda, NutraSweet®, acesulfame, sucralose, or any other artificial sweeteners.)

Please see our testimonial page for incredible results from both men & women!  
[www.AsSlimAsPossible.com](http://www.AsSlimAsPossible.com)

### 3 Week or 6 Week ASAP Program

#### ► Days 1 and 2 - "starter" days.

Take ASAP 3X daily on these days while consuming any foods you choose, including those foods high in fat. Eat the things you might miss while on the "Healthy Weight Loss Menu".

#### ► Days 3 thru 23 or 40

"Healthy Weight Loss Menu" Days.  
Take ASAP 3X daily while consuming only the foods listed in the Healthy Weight Loss Menu"

#### ► Days 24, 25, 26 (or 41, 42, 43)

"Healthy Weight Loss Menu" days without taking ASAP

# HEALTHY WEIGHT LOSS MENU

### Breakfast:

Herb tea, black tea, or coffee  
Healthy Start Pak: Beyond Tangy Tangerine, Osteo Fx Plus, Ultimate EFA Plus

### Lunch & Dinner:

- 1 Protein / meal      ■ 1 Fruit / meal
- 1 Vegetable / meal   ■ 1 Bread / meal

### Proteins:

100 grams or 3 ounces cooked  
Lean beef      Veal  
Chicken breast      Lobster  
Fresh white fish      Crab  
Shrimp

### Occasional substitutions:

- 1 whole Egg + 3 egg whites
- ½ cup Fat Free Cottage Cheese

### Fruits:

- 1 Apple
- 1 Orange
- ½ Grapefruit
- Strawberries (handful)

### Vegetables: (serving size approx. handful)

- Radishes      Cucumbers      Celery
- Fennel      Cabbage      Tomato
- Spinach      Lettuce      Onions
- Asparagus      Beet Greens      Chard

### Bread:

- 1 Melba Toast or 1 Grissini Bread Stick



### HEALTHY WEIGHT LOSS MENU

Your daily total consumption will be:

- 2 proteins      2 breads
- 2 fruits      2 vegetables

For additional information and recipes visit :

[www.AsSlimAsPossible.com](http://www.AsSlimAsPossible.com)

### Directions: ASAP 3x / Day

- Refrain from eating or drinking 20 min.
- Squeeze .75 ml or 15 drops into the dropper
- Swallow hard or spit to remove excess saliva
- Squeeze ASAP under the tongue and hold for about 2 min.
- Swallow ASAP

For best results, take ASAP drops at the same time each day (i.e., at the beginning of day, mid-day, and early evening)

### Lauretha lost 25 lbs & 44"



"I started the ASAP Program after unsuccessfully trying to lose weight for the last 3 years. Following the protocol I enjoyed eating healthy foods, taking the supplementation, and ASAP. I feel revitalized, have gained so much energy, and look forward to sharing this guaranteed healthy weight loss program with many others. I lost 25 lbs and 44" in 4 weeks, with 10 lbs. to go!"

Lauretha W. ~ MI

I lost 43 lbs. in 23 days and my wife lost 30 lbs. in 23 days! Jump on board, you won't be sorry!

Jim & Evie C. ~ Lafayette, CO

# What is ASAP?

ASAP is a nutritional supplement that supports the body's metabolism\*  
ASAP is made in the USA

I speak globally on health, nutrition and obesity, yet I stood at the podium overweight. With ASAP I am finally dropping weight and feel embowered now that I am walking my talk.

Joanne C. ~ Esperance, NY



Brian lost 38 lbs.

For the past 12 years my wife & I have tried everything to drop excess pounds with little to no success. Some were difficult, others costly, and

one was way too time consuming when caring for 2 kids plus full time jobs. We found the ASAP program to be exceptionally easy and the meals simple to prepare, even with our "on the go" lifestyle. On our first round with ASAP, I lost 38 lbs. & my wife lost 24 lbs. My BMI dropped to 24.5 & my wife's to 23.1 ASAP and the 90 For Life nutrition is fool proof!

Bryan & Stephanie B. ~ Longmont, CO

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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46 pounds & 8.5" off my waist in 62 days! WOW!



Over the past 8 years I had put on enough weight that it was difficult to enjoy outdoor activities. With ASAP I have lost a total of 46.6 lbs. and 8.5 inches in my waist in 62 days.

Tim S. ~ Burnsville, MN

## Healthy Body Weight Loss Pak

ASAP, Beyond Tangy Tangerine, Ultimate EFA Plus, & Osteo FX Plus



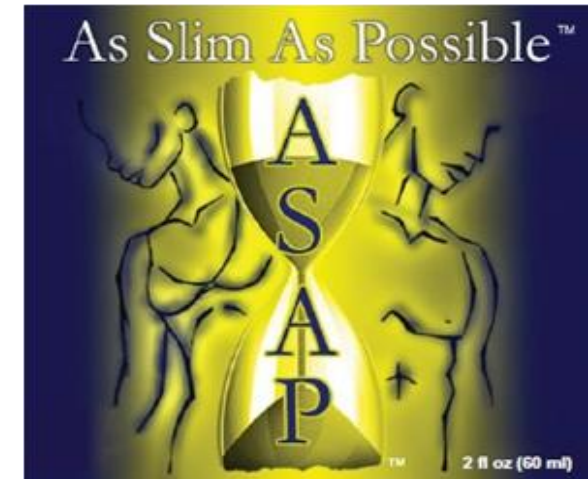
Youngevity

Retail **\$258.00**  
Preferred Customer  
**\$179.00**

ASAP Separately:  
Retail **\$127.14**  
Preferred Customer  
**\$89.00**

Get back with the person who cared enough to share this information with you

# As Slim As Possible As Soon As Possible



- **Vitamins B6 & B12 for Energy\***
- **Resveratrol for Anti-Aging\***
- **Improves Metabolism\***
- **Ask about our "90 for Life" Complete Nutritional Program**

**IF YOU HAVE 5 LBS TO LOSE  
20, 30 OR EVEN 100+ LBS  
ASAP IS YOUR FINAL ANSWER!**

I lost 45 lbs. on 1 round of ASAP.  
It works—love it!

Tom C. ~ Longmont, CO