

NIKKENWELLNESS

# Everyday

Organic-Based Weight Management  
eat well and live well *everyday*

Cleanse

Balance

Energise



Taking steps in the right direction

*Everyday*

will help make all the difference!

# Everyday

Organic-Based Weight Management

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THE EVERYDAY  
DIFFERENCE

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## There are so many reasons to choose Organic...

- Knowing what's in your food
  - GM Free Farming
  - Reduced antibiotic use
  - Fewer pesticides
  - Avoids most artificial colours & preservatives
- Better for animals
- Better for wildlife
- Better for the planet
- Working with nature, not against it

Everyday Organic-Based Weight Management

eat well and live well *everyday*

# Everyday

Organic-Based Weight Management

## WAYS TO SUCCESS

### Cleanse



Help cleanse  
your body

### Balance



Help stabilise  
your appetite

### Energise



Exercise  
and Sleep

# Everyday

Organic-Based Weight Management

## 3 SIMPLE STEPS



### Cleanse

- Drink plenty of water
- Eliminate toxic foods
- Consume more green, leafy vegetables and other high fiber foods



### Balance

- Reduce carbs to about 50 – 90 grams daily
- Eat protein in the form of seafood, legumes and lean meats
- Avoid saturated fats



### Energise

- Keep healthy organic whole food snacks and drinks on hand
- Get enough sleep
- Exercise daily for at least 30 minutes

Developing a healthy approach to eating requires a commitment to active wellness and creating a positive lifestyle. Weight management doesn't need to be about calorie counting. It's about sticking to a healthy diet that gives you the energy and nutrients you need, whilst helping you achieve and maintain your weight goal.

Before embarking on any type of weight loss program, we recommend checking with your Doctor.

# Cleanse

Help cleanse your body

Digestion and metabolism work in tandem. If the body cannot properly process food – absorb nutrients and discard waste – it cannot metabolize efficiently.

*Help the body flush out toxins by eliminating certain foods, drinking more water and introducing a liver support to your diet.*



# Balance

## Help stabilize your appetite



What you eat affects your individual rate of metabolism. Protein boosts your metabolism and carbs slow it down. Protein takes longer to digest and therefore reduces your appetite. You feel full for longer periods of time and will naturally eat less.

*Focus on boosting your metabolism and balancing your diet with the right proteins and healthy fats*

# Energise

Carrying around extra weight can be tiring. As a result, many people who begin a diet often lack energy. Daily exercise may help rev up your metabolism and therefore burn calories. A whole food snack can counteract low energy levels. And don't forget sleep! Studies show that when the body doesn't get enough sleep, the stomach increases its production of an appetite stimulant called ghrelin. Good sleep is therefore believed to be important in managing weight.

*Keep whole food snacks on hand, exercise daily and get enough sleep*

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## Exercise and Sleep

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## Vegetables

Add a portion of vegetables to at least two meals each day

## Protein

Choose a fist size portion of lean protein

## Carbohydrates

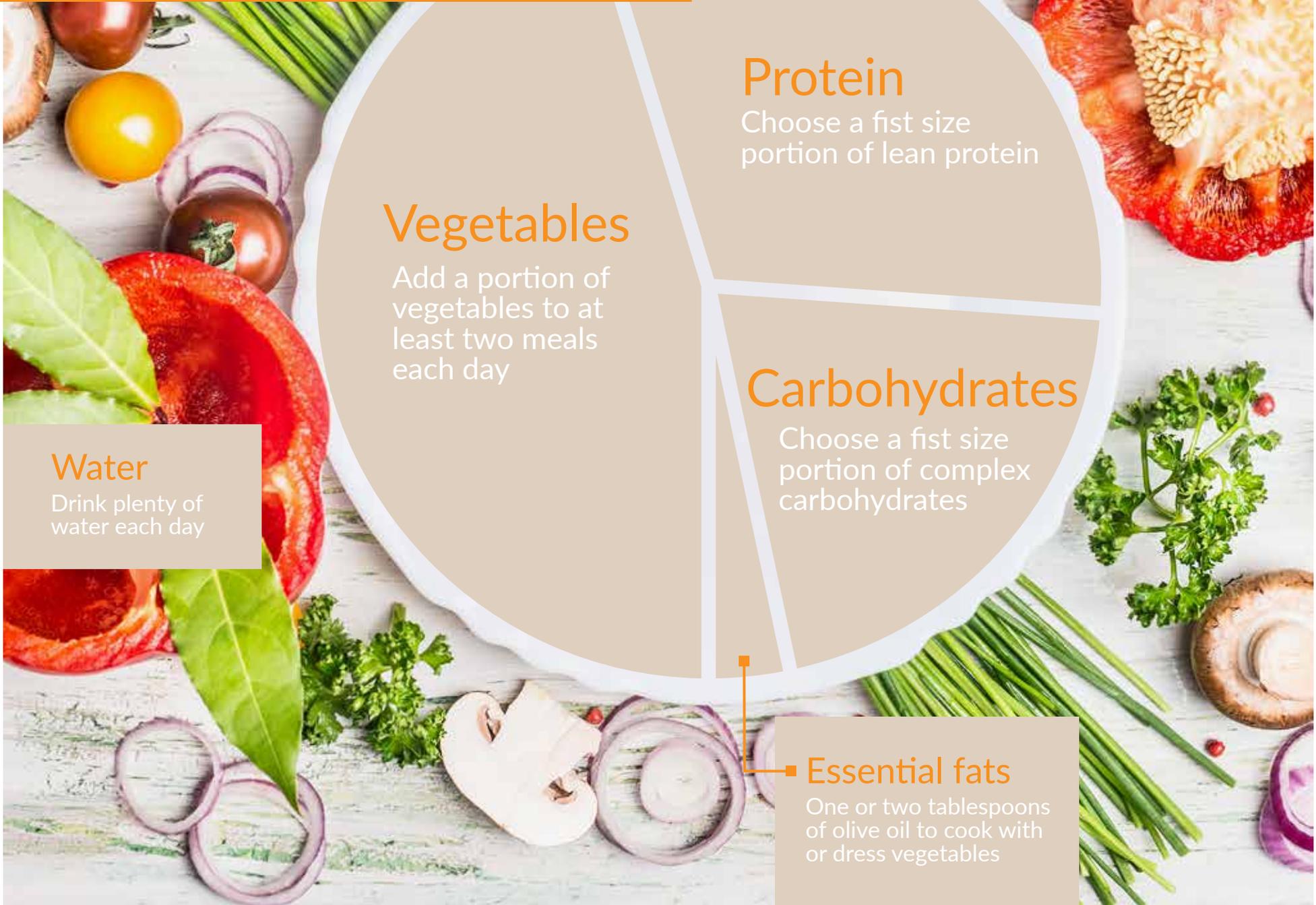
Choose a fist size portion of complex carbohydrates

## Water

Drink plenty of water each day

## Essential fats

One or two tablespoons of olive oil to cook with or dress vegetables



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## Suggested MEAL PLAN

Breakfast



Mid Morning Snack



Lunch

Jumpstart Diet (First 30 days):



Maintenance Diet:



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## Suggested MEAL PLAN

Mid Afternoon Snack



Dinner



*Fat has three times as many calories as protein or complex carbs, so when putting together your meals, make sure you have lots of vegetables, lean protein and only small amounts of fat.*

# Everyday

## Organic-Based Weight Management

### Eat

- fresh fruits that have complex carbs like watermelon, strawberries, cantaloupe, grapefruit, blackberries, oranges
- generous amounts of fresh green, leafy vegetables and legumes
- lean protein: chicken breast, turkey breast, lean ground turkey, salmon, tuna, crab, swordfish, lean beef, eggs, cottage cheese or nuts
- substitute an organic vegan high protein shake or meal replacement for breakfast or lunch
- natural sources of vegan omega fatty acids are flax seeds, walnuts, chia seeds and algae

### Avoid

- alcoholic beverages
- prepackaged food
- protein bars that are not a wholefood snack
- grains high in gluten such as wheat, spelt, barley and rye (replace with brown rice, quinoa and oats in limited quantities)
- food with added sugar
- food with GMO
- canned and boxed food that are not organic and sugar free
- anything white, including rice, pasta, bread and cereal

### Eliminate

- processed foods
- sodas, juices, and any other artificially sweetened or sugar-added drinks
- natural and artificial trans fats
- fast food
- saturated fat
- fried foods
- food with antibiotics
- food with artificial growth hormones

# Everyday

## Organic-Based Weight Management

## HEALTHY FOOD COMBINATIONS

Some foods work better to help weight maintenance when eaten in combination rather than alone. Here are some delicious duos:

### **Avocado and dark leafy greens:**

Avocado adds nutritional fat to spinach, kale, arugula or lettuce. The healthy fat makes the greens more filling to stave off hunger. Avocado also helps the body absorb antioxidants from the greens.

**Chicken and cayenne:** A chicken breast contains about 27 grams of protein and fewer than 150 calories. Protein takes longer to digest than carbs, so you feel full longer. By adding cayenne pepper, you may help boost your metabolism.

**Oatmeal and walnuts:** Oatmeal contains about 4 grams of fiber per cup and is therefore considered “roughage”. Because fiber can’t be broken down by the body, it slows down digestion and keeps you feeling full. Walnuts add protein, crunch and more fiber.

**Eggs with black beans:** Eggs are a favorite source of protein. Add black beans as a side or scrambled together with the eggs and you compound the protein and add a healthy dose of fiber. (Add more vegetables, such as bell pepper, onions or spinach to double your fiber.)

**Legumes** of all types add vegetarian protein and fiber to the diet. When making soup, add black beans or chickpeas, peas or pinto beans, white beans or whatever your favorites are. Eating soup and beans are shown to help boost weight loss.

**Green tea and lemon:** Japanese scientists found that people who drank green tea daily shed more fat after 2 weeks than those who didn’t. Green tea is high in catechins, which may help burn fat. (Note: Matcha green tea contains more catechins than other types of green tea.)

**Salmon and sweet potato:** Salmon is a top source of healthy omega -3 fatty acids that may help lose body fat. A 3-ounce serving contains about 17 grams of protein. Served with a small baked sweet potato, you add 4 grams of fiber and only 112 additional calories.

**Yogurt and raspberries:** Research suggests that people who obtain calcium and vitamin D as part of their weight loss regimen lose more fat than those who don’t. A healthy serving of vitamin D-fortified plain, unsweetened yogurt contains about 35% of the daily recommended intake for calcium. Adding half a cup of raspberries gives you some natural sweetness and 4 grams of fiber.

**Mushrooms and beef:** When you swap out half of the beef (lean or even ground) for mushrooms, you are adding flavour and cutting calories. There are only 16 calories to a cup of mushrooms, and they help to keep blood sugar levels steady.

**Cauliflower and olive oil:** Cauliflower is only 27 calories a cup, low on the glycemic index and full of fiber. Studies note that low glycemic foods help boost weight loss. When you drizzle olive oil on the cauliflower before roasting or sautéing, the fats help curb your appetite by making you feel full.

**Apple and pistachios:** This combination offers protein, healthy fats and fiber—ideal for a snack. Pistachios are one of the lowest-calorie nuts with about 160 calories for 50 pieces! Apple adds natural sweetness and crunch along with 4 grams of fiber per serving.

**Fish tacos:** Use white fish for lean protein and a whole-wheat tortilla for fiber. (Top with fresh chopped salsa for flavor and a vegetable boost.)

**Dark chocolate and almonds:** Even though avoiding sugar is a must to jumpstart a diet, dark chocolate\* in moderation is a sweet exception. With about 7 grams of sugar per ounce, it contains natural serotonin boosters to keep you happy while dieting. Eat a small square with a handful of high-protein almonds for a satisfying snack.

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## ACTIVITIES

### EXERCISE

Exercise may enhance circulation. When blood flow that carries oxygen and nutrients to muscle tissue improves, the body's ability to produce energy increases. Switch it up: for example, do yoga as well as walking or swimming.

Becoming more active through exercise can actually help boost energy rather than depleting it. Depending on your current rate of activity, increase your level gradually.\*

Exercise may help rev up your metabolism and even burn calories. If you overindulge at a meal, simply go for a walk afterwards to help burn some of it off.



### SLEEP



The Center for Disease Control has declared insufficient sleep to be a public health epidemic. More than 60 percent of adults report having sleep issues, affecting productivity, errors on the job and even incurring injuries. The National Sleep Foundation recommends seven to nine hours of sleep for adults 18 years and older.

Studies show that when the body doesn't get enough rest, the stomach increases its production of an appetite stimulant called ghrelin. Good sleep is therefore believed to be important in managing weight.

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\*Before embarking on any type of weight loss program, we recommend checking with your Doctor.

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LOG YOUR PROGRESS

Month 1	Week 1	
	Week 2	
	Week 3	
	Week 4	

### Tip of the Month

Drink plenty of water to stay hydrated and help curb hunger

Congratulations on your first 30 days - Keep a photo of your progress

# Everyday

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LOG YOUR PROGRESS

Month 2	Week 1	
	Week 2	
	Week 3	
	Week 4	

## Tip of the Month

Chop veggies  
in advance to  
save time

Congratulations on your first 60 days - Keep a photo of your progress

# Everyday

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LOG YOUR PROGRESS

Month 3	Week 1	
	Week 2	
	Week 3	
	Week 4	

## Tip of the Month

Avoid sugary drinks

Congratulations on your first 90 days - Keep a photo of your progress

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## PRODUCTS



### Kenzen Cleanse<sup>dx</sup> (#16008)

Kenzen Cleanse<sup>dx</sup> contains a blend of 100% organic ingredients, which may contribute to the support or maintenance of normal liver function and digestion.

The combination of ingredients is further noteworthy for its possible positive effects on weight management.

Features: Roasted organic Chicory Root and Milk Thistle, Turmeric, Bupleurum extract, Schisandra and multi-purpose Ashwaghandha ("Sensoril"). Suitable for vegetarians and vegans.

90 Capsules (5.3g). 3 capsules daily (based on 3 main meals a day)\*



### Kenzen Ten4<sup>®</sup> Matcha Green Tea Drink (#16000)

Kenzen Ten4<sup>®</sup> is made with USDA certified organic ingredients, contains no sugar and is only 8 calories per serving (4 calories per 100ml). Matcha Green Tea is known as "nature's own energy drink" while New Zealand Kiwi is known to be one of the most nutrient-dense of the super-fruits.

Features: Matcha Green Tea, Brown Rice Solids, kiwi fruit and Stevia Leaf Extract.

1 box contains 30 individual serving Packets

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\* Do not use with anticoagulants or antidiabetics. Not suitable for pregnant and nursing mothers. Do not exceed the recommended dose. Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

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## PRODUCTS

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### KVB® Natural Food Mix

**Vanilla (#16010)**

**Chocolate (#16011)**

KVB® is a healthy meal replacement mix.

Features: Naturally sourced protein from organic pea, organic rice and organic Chlorella. Medium-chain triglycerides (MCTs), sourced exclusively from palm kernel oil. Organic Chlorella and organic Cilantro. Organic Moringa. Suitable for vegetarians and vegans.

Use as a base and add to non-fat milk, almond Milk or PiMag® water, blend or shake. For a variation add fruit and blend.

846g / 30 Servings (measurement scoop included in product)

KVB is not designed to be your only food - add balanced nutritious meals and healthy snacks every day. Can only help weight loss as part of a calorie controlled diet and an active lifestyle. Talk to your doctor or dietician before undertaking any weight loss programme.



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## Shake up your KVB® Mix

### 1. Choose your KVB Mix

- use the scoop in the KVB pot for measurements

### 2. Add your choice of liquid i.e.:

- PiMag Water
- Almond Milk / Skimmed Milk / Coconut Milk
- Ice Cubes

### 3. Fruits & Vegetables (optional)

### 4. Nuts, Seeds, Dry Fruits (optional)

### 5. Extra Flavour (optional) i.e.:

- Ciagav
- Ten4 Matcha Green Tea

Shake together in the Nikken Shaker or blend in a blender...

\* When using KVB as a meal replacement for Weight Management please check the pack for usage. Adding ingredient, besides water, to the base shake will change the stated calories per serving.



## SHAKES

### KVB Vanilla Strawberry & Banana Shake

- \* 2 scoops vanilla KVB
- \* 10 medium strawberries
- \* 1 ripe banana
- \* 8 fl oz skimmed milk
- \* 1 cup ice or 12 fl oz PiMag Water

Put all ingredients into blender.

### KVB Vanilla Berry Shake

- \* 2 scoops vanilla KVB
- \* 100g strawberries and 100g blueberries frozen
- \* 50g raspberries and 50g blackberries frozen
- \* 12 fl oz of milk, PiMag water or zero fat yoghurt

Put all ingredients into blender and mix until smooth.

### KVB Chocolate, Peanut Butter & Banana Shake

- \* 2 scoops chocolate KVB
- \* 2 bananas frozen
- \* 1-2 tbl spoons peanut butter
- \* 12 fl oz of milk, PiMag water or zero fat yoghurt

Put all ingredients into blender and mix until smooth.

### KVB Vanilla Peach & Orange Shake

- \* 2 scoops vanilla KVB
- \* 200g peaches, sliced and frozen
- \* 200g oranges, sliced and frozen
- \* 12 fl oz of Milk, PiMag water or zero fat yoghurt

Put all ingredients into blender and mix until smooth.

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## PACK CONTENTS

EVERYDAY Weight Management Pack

**One 30-day supply Weight Management Pack (#8801 + #8802) consists of:**

- 1 KVB® Natural Food Mix - Vanilla
- 1 KVB® Natural Food Mix - Chocolate
- 1 Bottle Kenzen® Cleanse<sup>dx</sup>
- 1 Box Kenzen Ten4® Matcha Green Tea Drink

Included with compliments:

- 1 Nikken Mix Shaker
- KVB® measurement scoop inside KVB® pot



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