











































ēvolv₂ Reboot!

LOSE FAT FOR GOOD™ STEP BY STEP 28-DAY GUIDE

Visit www.evolvhealth.com/reboot for food guidelines on making your Healthy Meals!*




































STEP 1, REBOOT PHASE (DAYS 1-14)

Drink 16oz water with each Evolv LifeBar, and take your Limitless 20 minutes before or an hour after food.

Wake Up	Breakfast	Snack	Lunch	Snack	Dinner*	Evening
		1/4 C almonds		Snack + 	 + Healthy Meal	
		Hard-boiled Egg		Snack + 	 + Healthy Meal	
		1/2 Green Apple with 1 T Nut Butter		Snack + 	 + Healthy Meal	
		1/2 C Hummus with Cucumbers		Snack + 	 + Healthy Meal	
		1/2 C Whole Yogurt with 1/4 C Berries		Snack + 	 + Healthy Meal	
		1/2 Avocado		Snack + 	 + Healthy Meal	
		2 oz Cheese		Snack + 	 + Healthy Meal	

STEP 2, IMPACT PHASE (DAYS 15-28)

Mix breakfast Shakes with water or whole milk, blend in another fat source if desired (no fruit).

Wake Up	Breakfast	Snack	Lunch*	Snack	Dinner*	Evening
		1/4 C almonds (or other approved)	Healthy Meal		 + Healthy Meal	
		Hard-boiled Egg (or other approved)	Healthy Meal		 + Healthy Meal	
		1/2 Green Apple with 1 T Nut Butter	Healthy Meal		 + Healthy Meal	
		1/2 C Hummus with Cucumbers	Healthy Meal		 + Healthy Meal	
		1/2 C Whole Yogurt with 1/4 C Berries	Healthy Meal		 + Healthy Meal	
		1/2 Avocado (or other approved)	Healthy Meal		 + Healthy Meal	
		1/2 C Olives and 1 oz Cheese	Healthy Meal		 + Healthy Meal	

STEP 3, SUBMIT YOUR STORY!

Share your success, submit to the "My Story" Contest for a chance to win free stuff!
www.evolvhealth.com/mystory

STEP 4, MAINTAIN

Use our Maintain Pack, or the Evolv LifeBar plus one more product for targeted lifelong support. Orders of \$150 or more get FREE Shipping!

Join the Reboot Email List for support, recipe ideas, and more! Details on back.

A REBOOT COST COMPARISON

REPLACE SPENDING FOR BETTER NUTRITION...AND SAVE!

TYPICAL DAY

REBOOT DAY!

Fast Food,
Cereal, Coffee \$2-6

BREAKFAST

Limitless,
Shake, Daily \$4.70

Starbucks, Donut,
Energy Drink, etc \$2-5

SNACK

Evolv Fix \$2.25

Sub, Salad,
Fast Food, etc \$3-8

LUNCH

Evolv LifeBar
& 16 oz water \$3

TOTAL: \$7 - \$19

TOTAL: \$0 - \$10

- Nutritional quality unknown/variable
- Little to no support for inflammation
- Standard diet promotes leptin resistance
- Poor choices affect gut & long term health
- Requires budget, coupons, or sales to save
- No social giving or charitable impact

Refer 3 friends &
you could Reboot for

FREE

with 1, 2, FREE!

- Convenient and cost-effective
- Quality nutrition & inflammatory support
- Right ingredients support gut health
- Helps you Lose Fat For Good™, long term
- Reboot for FREE with Referral Program
- Nourishing children in need is built in!

BETTER NUTRITION MEANS BETTER HEALTH, LONG-TERM



EVOLV LIFE BAR
Become a fat-burner, plus digestive, immune, and gut health support



EVOLV LIMITLESS
Betain support for joint flexibility, may help reduce inflammatory markers**



EVOLV FIX
Support for managing cravings and stress with no artificial sweeteners



EVOLV DAILY
All-in-one probiotic, antioxidant, immune, and digestive support vitamin & mineral supplement



EVOLV SHAKE
Nutrition shake with ingredients to support healthy blood glucose & triglycerides, with 3 proteins and 18 amino acids, in Chocolate or Vanilla (both gluten-free)



Join the Reboot Email List! Scan code or visit www.evolvhealth.com/reboot

Subscribe for specialized email support over your first 28 days, and join our Facebook Group for Maintenance support from other people Rebooting their health, just like you!

* Actual savings will vary based on individual spending and eating habits and are not guaranteed.
** Visit www.evolvhealth.com/research to read copies of the studies conducted on our key ingredients.

©2016 by EvolvHealth, LLC. All Rights Reserved. rev20160418SGC