

MASTER YOUR METABOLISM

WITH A WELL-OILED PLAN
JANUARY 2019



GATHER YOUR OILS
MAKE A PLAN
GET MOTIVATED





CHANGE STARTS WITH YOU. CHANGE STARTS HERE.

Our lifelong health and vitality depend on many factors including diet, physical activity, weight management, rest, stress management, exposure to toxins, and inherited genetic predisposition for disease or wellness. While some of these variables are beyond our complete control, breakthrough scientific research is revealing many ways we can influence - and even control - significant factors of aging and wellness.

A long life full of vitality and healthy aging begins with providing your cells with essential nutrients and metabolic factors to help them perform optimally, and doTERRA's proprietary line of oils and supplements can help support you in your efforts, along with a healthy diet and regular exercise routine. Take the next step in your health journey and learn how to *Master Your Metabolism* with doTERRA at your side.

PRODUCT GUIDE

LIFELONG VITALITY PACK (LLV)

doTERRA's LLV has been formulated to reach 100% of daily nutritional needs based on an average diet. They contain the equivalent of over 12 servings of fruits and vegetables and provide necessary vitamins and minerals to support a healthy body, enhance metabolic function and provide powerful antioxidants designed to promote energy and health.

SUGGESTED USE: TAKE 2 PILLS FROM EACH BOTTLE WITH MORNING & EVENING MEALS.



YARROW/POM

Yarrow/Pom is an expertly crafted proprietary blend of Yarrow essential oil and cold-pressed Pomegranate seed oil, designed to be your go-to for a true inside-out approach to aging, vitality, and overall wellness. When taken internally it can support a healthy inflammatory response at the source as well as promote healthy metabolic function,

SUGGESTED USE: CONSUME 1-2 DROPS MORNING & NIGHT TO SUPPORT A HEALTHY METABOLISM.



PRODUCT GUIDE

SLIM & SASSY OIL/SOFT GELS

Slim & Sassy Metabolic Blend combines powerful essential oils known to promote a healthy metabolism, manage hunger and promote a positive mood when ingested. When used in combination with a healthy eating and exercise plan, it can help you reach and maintain your weight management goals.

SUGGESTED USE: TAKE 5 DROPS IN AN EMPTY VEGGIE CAP OR 1 SOFT GEL PRIOR TO MEALS TO HELP CONTROL APPETITE.



SLIM & SASSY GUM

Slim & Sassy Metabolic Gum provides an easy, yet tasty way to stay on track with your weight management goals. Each piece of sugar-free gum has one drop of Slim & Sassy essential oil blend providing long-lasting flavor and helping curb cravings and manage hunger.

SUGGESTED USE: CHEW ONE PIECE OF GUM AS NEEDED THROUGHOUT THE DAY TO MANAGE HUNGER & CURB CRAVINGS.



MAKE A PLAN

CONSISTENCY IS KEY

UPON WAKING: 2 drops Yarrow/Pom in an empty veggie cap or directly under the tongue.

BREAKFAST: LLV (2 pills from each bottle) + 5 drops Slim & Sassy EO in an empty veggie cap or 1 slim & Sassy Soft Gel prior to eating.

LUNCH: 5 drops Slim & Sassy EO in an empty veggie cap or 1-2 Slim & Sassy Soft Gels prior to eaching.

DINNER: LLV (2 pills from each bottle) + 5 drops slim & Sassy EO in an empty veggie cap or 1 Slim & Sassy Soft Gel prior to eating.

BEDTIME: 2 drops Yarrow/Pom in an empty veggie cap, directly under the tongue or in hot tea.

ALL DAY: 2 drops of Slim & Sassy EO in 8 oz. of water. 5x/day + Slim & Sassy Metabolic Gum as needed.



EIGHT REALISTIC WAYS TO IMPROVE YOUR DIET

1. Make a meal plan.
2. Eat the rainbow. Your cells can't survive without a variety of vitamins. Eat an assortment of plants in varying colors. Next time you cook a dish, challenge yourself to include as many colors as possible. doTERRA TerraGreens is a great supplement that blends whole food fruits and vegetables for a quick on-the-go nutritional drink.
3. Eat anti-inflammatory foods. Eating more foods that have omega 3's will help boost your immune system. Some great examples are salmon, tuna, tofu, walnuts & flaxseed.
4. Swap sugar for dates. Dates won't spike your blood sugar and they're a rich source of potassium.
5. Eat until you are 80% full and then evaluate. Are you still hungry?
6. Plan your treats. Some people have a big cheat meal each week (meaning they give themselves permission to eat what they want). Others favor one small cheat a day. Whichever you prefer, plan it out!
7. Go vegetarian for a day. "Meatless Monday" is a common practice. You may find giving up meat for a day will result in higher vegetable consumption.
8. Use a supplement to aid digestion. Having your digestive tract clear can help with absorption of food. doTERRA's TerraZyme is a great aid for digestion.

RECIPE INDEX

ONLY MAKE GOOD FOOD



YOU DON'T NEED A SILVER FORK TO EAT GOOD FOOD.

Paul Prudhomme



BREAKFAST

Boundless Energy Seed Cereal

Serves 1

- 1 handful raw pumpkin seeds
- 1 handful of raw sunflower seeds
- 1 handful of sesame seeds
- 1 tablespoon ground flaxseeds
- 1 tablespoon maple syrup or few drops stevia
- 1 drop On Guard EO
- 1 tablespoon unsweetened coconut flakes
- 1 handful raisins
- 1 apple, chopped
- 1 teaspoon cinnamon
- 1 cup non-dairy milk



ROASTED VEGETABLE SALAD

Serves 2

2 cups butternut squash, chopped

1 large sweet potato, chopped

1 large leek, chopped

2 tablespoons coconut oil

sea salt & black pepper to taste

4 cups mixed greens

1/2 bunch cilantro

1/2 bunch parsley

Orange Vinaigrette Dressing

Preheat oven to 400 degrees

Combine chopped butternut squash, sweet potato & leek in a large mixing bowl. Coat with coconut oil. Season with sea salt & black pepper.

Spread the squash, sweet potato & leek mixture onto a baking sheet. Roast for about 25 - 30 minutes or until the mixture is tender and brown along the edges.

To serve, add mixed greens, cilantro & parsley to a large salad bowl. Top with dressing. The roasted veggies can be served hot or cold on top of your salad. Add a protein of your choice, if desired.



SWEET POTATO MASH BOWL

Serves 4

4 large baked sweet potatoes
1 teaspoon pumpkin pie spice
1 tablespoon coconut oil
4 cups mixed greens

2 apples, chopped
1 small red onion, chopped
1 avocado
1 tablespoon sesame seeds
Orange Vinaigrette

Remove the skin off the sweet potatoes. Mash the remaining sweet potato in a mixing bowl with pumpkin pie spice and coconut oil. Top with mixed greens, chopped apple, chopped onion, avocado, sesame seeds and Orange Vinaigrette. Serve with your choice of protein.



SPICY CACAO SMOOTHIE

Serves 2

1 1/2 cups coconut or almond milk

1/2 avocado

1 cup spinach

2 dates, pits removed

2 tablespoons raw cacao

1/4 teaspoon nutmeg powder

dash of cayenne

dash of cinnamon

Place all ingredients in a blender. Mix until combined. YUM!



ORANGE VINAIGRETTE

Juice of 2 large oranges

1 garlic clove, finely chopped

1 tablespoon honey

1 tablespoon apple cider vinegar

2 tablespoons extra virgin olive oil

sea salt & black pepper to taste

Combine all ingredients in a bowl or a mason jar. Whisk with a fork-or shake if using a jar-until well incorporated., Store in the refrigerator for up to 2 weeks.