



saba
60

Change your life in 60 DAYS!

1 PREPARE FOR YOUR SABA 60™ JOURNEY
Join our exclusive Saba 60 Facebook support page where members will help guide you to success.

f PLEASE MAKE SURE YOUR ENROLLER ADDS YOU TO OUR SECRET FACEBOOK PAGE
<https://www.facebook.com/groups/saba60.NewYou>

2 START THE 5-DAY CLEANSE

- Follow the suggested meal plan for the first five days
- Take 2 Saba Co-Clenz™ capsules after your evening snack
- Eat until you are full
- Stay away from sugars, artificial sweeteners, foods that contain MSG (monosodium glutamate), packaged foods, starches, and refined carbs, pasta, breads and fast foods.

NOTE:

1. Vegans or vegetarians: Make your own wise food substitutions
2. If you cannot have grapefruit for medical reasons, substitute with fresh pineapple or tomato juice.*



SUGGESTED 5-DAY CLEANSE PLAN



Breakfast	Lunch	Mid-Day Snack	Dinner	Evening Snack
Half Grapefruit or 8 oz of 100% Unsweetened Grapefruit Juice 2 Eggs Cooked Any Style in Butter 2 Slices of Turkey or Porl Bacon Water (8-10 oz)	Half Grapefruit or 8 oz of 100% Unsweetened Grapefruit Juice Lean Meat or Fish Salad With Sugar-Free Dressing Vegetables (No Corn or Potatoes) Water (8-10 oz) Eat Until You Feel Full	Celery/Cucumber (As Much as You Like With) with 1 Tbs of Natural Peanut or Almond Butter Water (8-10 oz) *No PB2 Substitute	Half Grapefruit or 8 oz of 100% Unsweetened Grapefruit Juice Lean Meat or Fish Salad With Sugar-Free Dressing Vegetables (No Corn or Potatoes) Water (8-10 oz) Eat Until You Feel Full	Celery/Cucumber (As Much as You Like With) with 1 Tbs of Natural Peanut or Almond Butter Water (8-10 oz) *No PB2 Substitute 2 Co-Clenz™

TRANSITION INTO THE SABA™ LIFESTYLE MEAL PLAN

3

- Simple trade one meal a day for a nutritious Saba ToppFast® Shake and follow the suggested seven-day sample meal plan for 6-12 days. After day 12, repeat, rotate or replace with other sensible meals using the meal plan as a guide and choose foods from the ToppFoods table (Unsweetened almond milk or coconut milk is approved with your Saba ToppFast® Shake).
- Take Saba SlimGenix™ or your favorite Saba™ weight-loss supplement (Saba ACE™, Saba ACE G2™, Saba Empower™, or Saba Empower Extreme™ with the Saba™ Lifestyle Meal Plan.

SABA™ LIFESTYLE MEAL PLAN

DAY	Breakfast	Snack	Lunch	Snack	Dinner	Snack
6	2 Eggs and 2 Bacon Slices, Half Grapefruit or 4 oz of 100% Unsweetened Grapefruit Juice <i>YOUR FAVORITE SABA™ WEIGHT LOSS SUPPLEMENT*</i>	Apple*	Grilled Chicken Salad with Veggies of Choice	Greek Yogurt • Protein 12g • Sugar: 7g or less • Carbs: 15 max • Fiber 5g min	Toppfast® Shake*	Frozen Grapes
7	Oatmeal, Eggs, Blueberries <i>YOUR FAVORITE SABA™ WEIGHT LOSS SUPPLEMENT*</i>	Carrots	Toppfast® Shake*	Celery/Cucumber, Almond/Peanut Butter	Chicken, Brown Rice, Broccoli	Almonds
8	2 Hard Boiled Eggs, 1 Rye Toast, Almond Butter <i>YOUR FAVORITE SABA™ WEIGHT LOSS SUPPLEMENT*</i>	Pear	Salmon, Couscous, Green Beans	Fresh Pineapple	Toppfast® Shake*	Fresh Mango
9	Toppfast® Shake* <i>YOUR FAVORITE SABA™ WEIGHT LOSS SUPPLEMENT*</i>	Cottage Cheese, Fresh Pineapple	Ground Turkey Patty, Beans, Mixed Veggies	Apple, Almonds	Halibut, Brown Rice, Broccoli	Carrots
10	2 Eggs (Any Style), 1 Rye Toast 1/2 Grapefruit <i>YOUR FAVORITE SABA™ WEIGHT LOSS SUPPLEMENT*</i>	String Cheese, Apple	Toppfast® Shake*	Trail Mix with Dried Fruits	Beef, Sautéed Vegetables, Red Potatoes	Celery/Cucumber, Almond/Peanut Butter
11	Cottage Cheese, Fresh Peaches <i>YOUR FAVORITE SABA™ WEIGHT LOSS SUPPLEMENT*</i>	Raw Veggie	Tuna Sandwich and Whole Grain Bread, Medium Apple	Greek Yogurt	Toppfast® Shake*	1 Cup Air-Popped Popcorn
12	Toppfast® Shake* <i>YOUR FAVORITE SABA™ WEIGHT LOSS SUPPLEMENT*</i>	Whole Grapefruit	Veggie Salad, Protein (of choice)	Apple, String Cheese	Salmon, Salad, Asparagus	Almond Butter on Wheat Toast (one slice)

→ Proteins

Beef
Poultry
Sausage (Suagr-Free)
Fish
Eggs
Tofu/Tempeh
Beans
Plain Greek Yogurt
Pork
Soy
Almonds

→ Carbohydrates

Vegetables
Oatmeal (Not Instant)
Quinoa
Lentils
Yams/Sweet Potatoes
Whole Grain Breads
Fresh Fruit

→ Fats

Olive Oil
Safflower Oil
Coconut Oil
Flaxseed Oil
Krill Oil
Parmesan Cheese
Almond Butter
Avocados
Olives
Fatty Fish
Sunflower Seeds
Sesame Seeds
Pumpkin Seeds

→ Seasonings

Mustard/Real Mayo
Salsa
Hot Sauce
Salt-Free Spices

* USE THE SABA™ WEIGHT LOSS

PRODUCT OF YOUR CHOICE:

SABA SLINGENIX™
SABA ACE™
SABA ACE G2™
SABA EMPOWER™
SABA EMPOWER EXTREME™

* USE SABA TOPPFAST®

MEAL REPLACEMENT SHAKES

- VANILLA CREAM
- CHOCOLATE



USE OUR PLATE-MAPPING SYSTEM FOR PORTION CONTROL

The Saba 60™ Plan trains you to plate-map, which is a simple, yet effective method for portion control.

- Choose your Vegetables, Carbohydrates and Proteins
- Portion your foods according to the plate map we have provided to the right

Eating a lot of vegetables not only gives you a tasty variety of foods, but helps you feel full, get lots of vitamins and stay regular.

Some foods - like oatmeal and eggs, - may be difficult to plate-map. In these cases, use your hands as a measurement tool. Carbohydrates should be the size of your clenched fist, fat the size of the tip of your thumb, and protein the size of the palm of your hand.

EXERCISE WILL IMPROVE YOUR RESULTS DRAMATICALLY

- Start by moving your arms and legs.
- Take a walk.
- March in-place. Work up slowly and consistently.
- Increase your daily activity by 15 minutes.
- For those who are active, strength training is recommended three days a week with at least 30 minutes of cardio two times a week.
- Consult a physician before beginning any exercise program.

HYDRATION: DRINK MORE WATER

Drink half your body-weight in ounces of water. For example is you weigh 100 pounds, drink 50 ounces of water.

SLEEP AND STRESS: SLEEP MORE, STRESS LESS

Simple changes, such as getting a good night's sleep or taking time for a relaxing hobby, are easy ways to help manage stress and accelerate your weight loss. So be sure to ask about our fantastic sleep aid, Night Bliss®.



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. The Saba 60™ Plan is comprised of a 5-day cleanse followed by the use of the Saba Lifestyle Meal Plan and Saba™ dietary supplements. The Saba 60™ Plan is recommended to be used in conjunction with a healthy diet and exercise regimen. Individual results may vary based on diet and exercise implemented with the Saba 60™ Plan.