



META~SWITCH™  
WEIGHT MANAGEMENT SYSTEM

# Max Flex Weight Loss Guide

## A Plan For Life™





**Say hello to better weight management**



A woman with long brown hair, wearing a green hoodie, dark leggings, and pink sneakers, is in a starting crouch against a grey stone wall. She is looking to her right. The background is a textured grey wall. The foreground shows a grey stone floor. The overall image has a teal and grey color scheme with wavy lines in the corners.

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CONGRATULATIONS ON COMMITTING TO YOUR HEALTH  
BY CHOOSING THE **MAX FLEX WEIGHT LOSS GUIDE** AND **META-SWITCH!**

## Fit in 4 Weeks... And Beyond!

We know that for many people, maintaining a healthy lifestyle can be challenging. Work, family, long days, stress, fast food, processed food, and more can make it difficult to lose weight and enjoy a fit and healthy life.

That's why we've developed the **Max Flex Guide** as a system that provides you with the options and support you need to **see results**. Our products serve as the foundation for a weight loss system where you decide which foods to eat, how intense your workouts will be, and what habits you'll want to change the most.

## Breakthrough Products – Flexible Food – Flexible Fitness

By following the **Max Flex Guide** and using **Meta-Switch** products you have a way to set a **healthy weight loss** goal that fits with your lifestyle.

This is the first guide in a series that will walk you through a full **90 days**. Follow the **simple recommendations** in these guides and you'll have a head start on reaching your weight loss goals. This starting guide is your introduction to:

- The importance of the products
- The foundation of your meals
- A starting exercise program
- Delicious recipes for success



**Be sure to login to [mymaxoffice.com](http://mymaxoffice.com)\* to take full advantage of the helpful tips, new fitness routines, and amazing recipes featured throughout the Max Flex Guide. Our goal is to provide you with the knowledge and tools you need to succeed in achieving the healthy lifestyle you deserve - for the long term.**

\* Your login ID and password were created when you registered with Max. You should have received a confirmation email with your ID#.



# Your Products

The Meta-Switch™ products are the first pillar of the Max Flex Guide and serve as the inspiration for this unique food and fitness guide.




## Switch Supplement Capsules

Max International's Switch supplement is scientifically formulated to engage the “master switch” of your body's metabolism. This will assist your body in **burning through fuel and body fat while maintaining your metabolic system!**

Switch contains Max's patented RiboCeine® technology which supports your body's production of glutathione. **Glutathione** has not only been shown to support your immune system, this important antioxidant also helps to **remove the toxins released** into your body by the breakdown of fat cells.

**Be sure to take two capsules three times daily, 30 minutes before each meal (three meals a day) with 12 oz. (350 mL) of water.**



-  **Stay consistent** - nothing will sabotage your efforts faster than not following your own guidelines. Don't make excuses for breaking your new habits, one setback will usually lead to more.
-  **Follow your plan** and whenever you have the urge to deviate - **THINK TWICE** - ask yourself: **Will it be worth a possible set back on my goals?**
-  **Get a good night's sleep** - sleep not only refreshes us mentally and emotionally, it also plays a vital role in repairing our body. Staying up late also leads to late night snacks, which often just end up being extra calories. If you start a new diet and exercise then get at least 8 hours of sleep!



# be Fiber & Protein Bars

Our Be Fiber & Protein bars are designed to give your body more of the nutrients it needs for **good digestion** while enhancing the effects of proper diet and exercise.

They are a **delicious way to stay satisfied between meals** while also giving your body the fiber and protein it needs to help you be successful in achieving your weight loss goals.

Be's **ideal blend of 11 grams of soluble and insoluble fiber** helps your body work cleaner and more efficiently. The **soluble fiber** first acts as a sponge in your digestive tract that not only collects unwanted waste, it also helps you feel fuller between meals. Then, the **insoluble fiber** moves through your system by acting as a broom to sweep out all of that unwanted material.

The Be bar also provides more than **10 grams of plant-based protein** to give you the energy boost you need to work, live, and play throughout your day. Protein is the foundation for energy needed for sustained effort, so it works as both a great pick-me-up during the day and also as a way to fuel up **before your workout**.

We recommend that you eat **one to two bars between meals when you start feeling hungry**. Try to eat a bar at least 30 minutes before a meal. Drink 16-20 oz. (480 - 600 mL) of water with each bar.



For **optimal results**, be sure to use **Switch capsules** in conjunction with the **Be Fiber & Protein Bars**. Together they will help **curb your appetite** so you **feel satisfied** during those **between meal cravings** that so often can ruin your best health efforts.



# Your Max Flex Food Guide

In order for your body to reach the condition you want, you'll need to support it correctly. By using the Meta-Switch products in conjunction with the more satisfying meal options we've outlined with the Max Flex Guide, you will **emphasize fat burning** while **keeping those hunger pangs under control**.

You may be familiar with the concept of a low carb diet, but you might also assume that going low carb means also going low fat. This is not necessarily true, as cutting out fat from your diet in addition to carbs makes your body process food faster, meaning that you'll feel hungrier more often.

To make a low carb lifestyle work for you, you'll need to **balance your intake of protein, fat, and fiber to replace the loss of carbs**. This is both healthier and way more satisfying!



**Don't starve yourself** - though it seems like a good idea to eat less to lose weight, going without food for too long slows your metabolism down, making it harder to burn calories and lose weight. Then, when you eat again, you'll over-eat and take in too many calories. Stick to a consistent meal plan and eat the right foods when you're hungry.

**Don't be fooled by labels** - foods labeled as "whole grains" or "healthy" can be high in sodium or calories. Anything that comes in a bag or a box is likely processed. If you have to buy something processed, then always check the ingredients and dietary information.



# Fit in 4 weeks

For these first four weeks, we have created a simple outline of what you **should be eating** and what you should be **avoiding**.

The following chart is your guide for **which foods to use** and **which to avoid**. You'll need to avoid ALL sources of sugar, including fruits, and foods high in carbohydrates, mainly breads and baked goods but also certain healthier foods that have higher amounts of carbs and calories, like granola and beans.

As the weeks progress and your body adjusts, we'll be introducing more specific recommendations which will allow you to further tailor your diet to your lifestyle and expand the possibilities of what you can eat.



NO SUGAR.  
NO ALCOHOL.

NO FRUITS. LIMITED DAIRY.

LOW CARB

**Take a break from alcohol** - alcohol, whether it's wine, beer, or liquor is the largest single contribution of weight gain outside of carbs. At the start of these 90 days try to hold off on drinks with dinner or evening cocktails. As we move on, you can start drinking again at lower quantities and work off the excess with exercise.

**Try some fast food** - take-out food doesn't have to be unhealthy. While many fast food restaurants have menus full of carbs and sugar, it's possible to find some good options. When you're on the go, think about your food guide and then review allowed foods from the menu rather than skipping a meal.



# Flex Food Guide

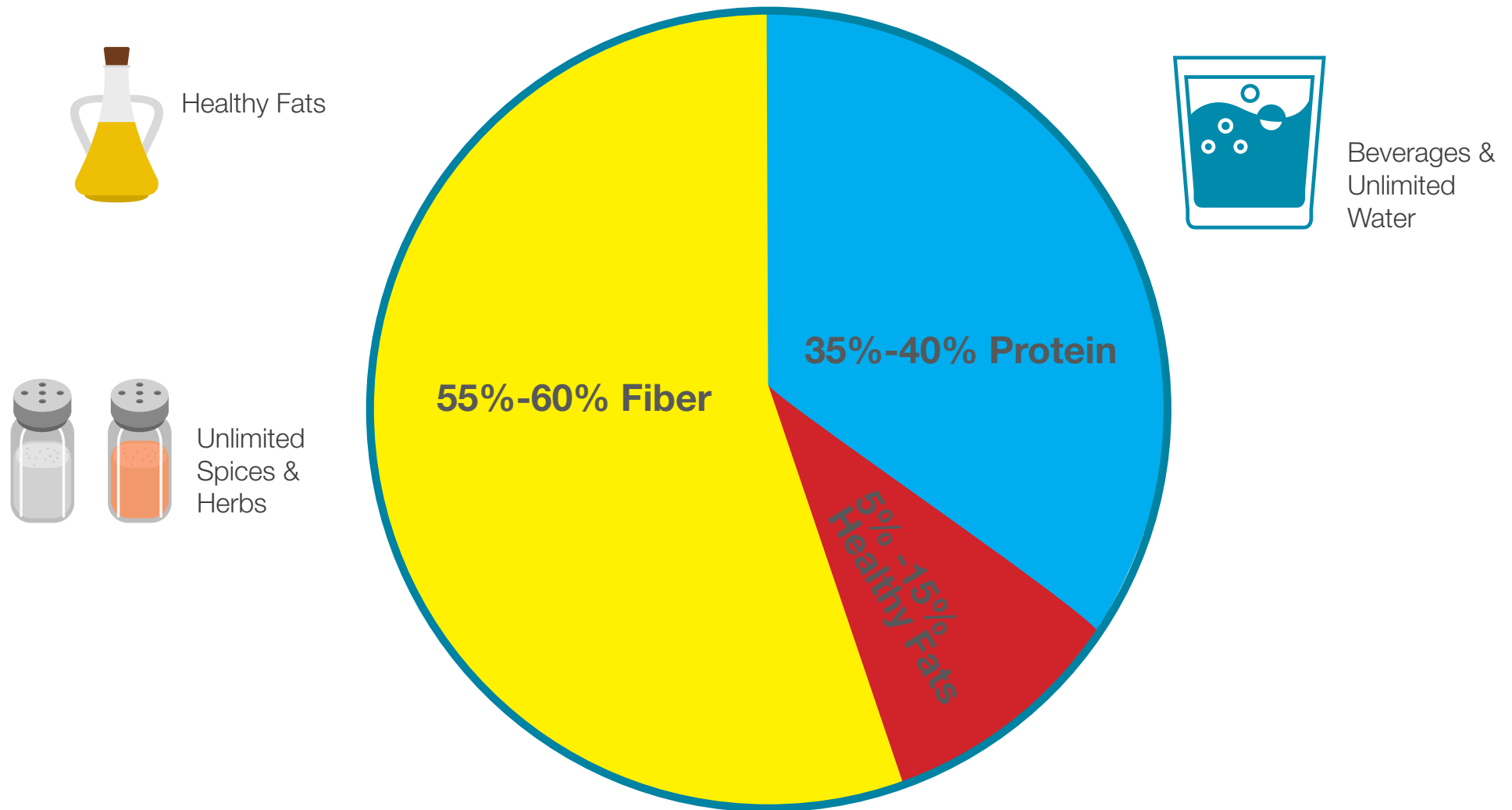
Food Type	No Foods	Yes Foods
<b>Fats</b>	whole milk • yogurt • ice cream • cream-based dressings • flavored yogurt	Low calorie sprays (olive oil, vegetable) • coconut oil • avocados • almonds • pine nuts • butter • light mayonnaise • peanuts • nonfat, plain greek yogurt • unsweetened milk alternatives (ie. soy milk, almond milk)
<b>Meats and Protein</b>	breaded meats and fish • soft or processed cheese • beans	Be bar • fish • turkey • tofu • spinach • wild game • shellfish • poultry • beef • lamb • hard cheeses • bacon • pork • eggs • hummus • lentils
<b>Fiber</b>	corn • berries • fruits • tomatoes • potatoes • peas	Be bar • spinach • quinoa • asparagus • broccoli • carrots • brussel sprouts • peppers • celery • onions • cucumbers
<b>Beverages</b>	soda • fruit juice • milk • beer • wine	0-5 calorie flavored waters • sparkling water • club soda • tea • coffee
<b>Breads and Cereals</b>	rice • breads • cakes • cereals • chips • flour products • grains • muffins • pancakes • pies • popcorn • pretzels • waffles	single low carb tortilla • steel cut oats • buckwheat grits • groats
<b>Sweets and Spices</b>	sugar alcohols • sugar • honey • agave • juices • maple syrup • catsup • peanut butter • chocolates	salt • pepper • spices • artificial sweeteners • hard and sugar-free candy • lemon juice • cream • macadamia nuts • liquid stevia



# Proper Servings For Success

Now that you have a better idea of which foods to favor and which to avoid, how do you decide on portions? Let's talk general first.

On average, for a low carb, higher fat meal plan here are your **flexible portion ranges**:





# Your Foods Are Your Choice

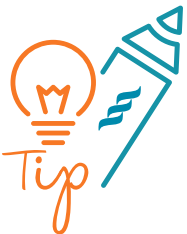
Beverages are a part of every meal. Grains should be avoided for the first month, or eaten VERY rarely.

**This is a suggested guideline only** - not every meal will look the same! If you're a vegetarian, then a larger portion of your meals will be vegetables, (in fact with this plan you're allowed an unlimited amount of vegetables) so you may need more healthy fats on the side. When you eat fish, you will get much of your healthy fats along with your protein. With Max Flex, as long as you follow the basic recommendations, then the fine details are up to you!

## Your meals when you want them

Coming up with a variety of delicious, low carb meals can be challenging, so we've created the **Meta-Switch Flex Recipe Book** to provide you with exact details on how to make satisfying, healthy meals that are fit for any time of day. That's right-any meal at any time. **With Max Flex there are no rules for what you have to eat and when.** No set breakfast, lunch, or dinner. You can choose to have soup for breakfast or steak and eggs for dinner - its up to you and what YOU want to eat.

It's sometimes very difficult to plan or prepare a meal for every day. Sometimes you're in such a hurry that you need something quick for on-the-go. This is where Flex Foods and Flex Meals come in.



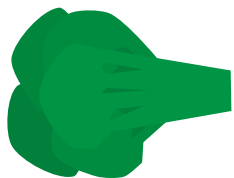
**Put down that apple** – if you're looking for a satisfying and healthy snack then don't pick up an apple. On average, an apple contains 19 grams of sugar for only 4.4 grams of fiber and 0.5 grams of protein. In comparison, Max's Apple Cinnamon Be bar provides 11 grams of fiber and 10 grams of protein for just 10 grams of natural sugar from tapioca. Plus, not only will a Be bar satisfy a sugar craving better than any apple ever will, it's far more portable and convenient for eating on-the-go!





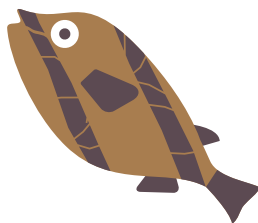
# Max Flex Foods

You can think of Flex Foods as **your secret weapons in warding off hunger**. These foods are versatile, healthy, and are high in either fiber, protein, or healthy fat. They can either be eaten on the go solo, or quickly added to something else to enhance it.



## Great Quick Bites

Broccoli  
Celery  
Cucumber



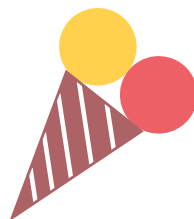
## Satisfying Stand-alones

Lentil soup  
Be Bars  
Tuna in Oil



## Perfect add-ins

Avocado  
Non-fat greek plain yogurt  
Eggs



## Sweet Cheat Treats

Coconut Flakes  
Sugar-free Jello  
Sugar-free popsicles

Try to **keep 2-3 of your favorites** on hand for a quick bite when you need them, your stomach will thank you for it!



**Drink water throughout your day** - water is an amazing flex beverage. Staying hydrated has multiple benefits for your muscles, joints, and even your brain! Water is an essential part of a high fiber diet as they work together to keep you regular and flush your system. Drink water with meals and during snacks and you'll stay satisfied, longer.

# Fast Flex Meals

**No time to prepare a meal but need to eat now? Then try some of these approved Fast Flex Meals.**

These tasty options don't take long to prepare and will satisfy during any part of your day. When you're hungry for more then be sure to try any of the full range of low-carb recipes in the **Meta-Switch Flex Recipe Book**.

- Plain oatmeal with 1 teaspoon of ground flaxseed or chia seeds
- Greek yogurt mixed with 1 cup of almond milk and flavored protein powder with no sugar
- Can of tuna fish mixed with 1-2 teaspoons of mayo and herbs
- 3 sunny-side up eggs (no bread)
- Scrambled eggs with turkey links
- Steak and eggs with steamed broccoli
- Cup of coffee with heavy cream
- Cobb salad with lemon juice or dressing on side
- Salmon with side of steamed broccoli
- Cup of lentil soup and side of steamed broccoli and brown rice
- Cup of lentils with cooked spinach
- 1/3 cup of all-bran buds and half an avocado
- Low carb tortilla and 3 slices of turkey breast
- 8 pieces of tuna sashimi and salad with dressing on side
- Vegetable chili with 1 artichoke
- 1 shrimp, fish, or lamb taco on corn tortilla





## 2 Delicious Max Flex Food Recipes



### Asian-Style Cabbage Wraps

(Serves 8)

Prep Time: 15 Minutes

Cook Time: 50 Minutes

#### Ingredients

- 12-14 savoy cabbage leaves
- 1/2 lb. ground turkey
- 1 Cup water chestnuts, chopped
- 1/2 Cup green onion, thinly sliced
- 1 Cup shredded carrots
- 1 Tablespoon olive oil, for brushing

#### For Sauce

- 3 Tablespoons coconut aminos
- 2 Tablespoons sesame oil
- 1/3 Cup cilantro, chopped
- 1 garlic clove, minced
- 1 inch piece of ginger, peeled and grated

#### How to Make It

1. In a medium pan, begin to brown ground turkey.
2. While turkey cooks, bring a large pot of water to boil and place cabbage leaves in water to tenderize, for about 5 minutes. Remove from pot and set aside on paper towel.
3. Once turkey is browned, pour into a mixing bowl. Add carrots, onion, and water chestnuts. Mix.
4. In a separate small bowl, whisk together sauce ingredients. Pour over vegetable and turkey mixture. Stir to coat.
5. Preheat oven to 350°. Line a 9×13 baking pan with 6 cabbage leaves.
6. Place 1/3 cup filling in the center of cabbage leaves. Fold in the sides and roll up from the bottom.
7. Place in pan seam side-down. Brush cabbage with olive oil. Bake 35-40 minutes. Cabbage rolls should be lightly browned on top.

*Enjoy!*



Find more at  
[mymaxoffice.com!](http://mymaxoffice.com!)

## AVOCADO EGG SALAD

PREP TIME: 10 MINUTES

### INGREDIENTS

- 6 eggs hard boiled
- 1-½ ripe avocados peeled and mashed
- 1-1/2 tablespoon fresh lemon juice or lime juice
- ½ teaspoon sea salt or to taste

### INSTRUCTIONS

1. Add the eggs to a medium-sized pot and cover with a few inches of water. Cover and place on high heat. Bring water to a full (but gentle) boil and cook for 10 to 12 minutes.
2. Drain the water and immediately run cold water over the eggs. Transfer eggs to an ice bath and allow eggs to chill for 10 minutes. Refrigerate eggs until ready to use.
3. Peel and roughly chop the hard boiled eggs.
4. Add the avocado to a mixing bowl with the lemon juice and sea salt. Mash the avocado, leaving it slightly chunky if desired. Add the chopped hard boiled eggs and stir well to combine. Eat on a bed of watercress or greens of choice.



Enjoy!



# Your Fitness

Once you've adopted food choices that encourage your body to use fat as an energy source, you need to engage in exercise or activity that will better burn that energy. We know that starting a routine can be difficult, especially if you have injuries or conditions that limit your movement.

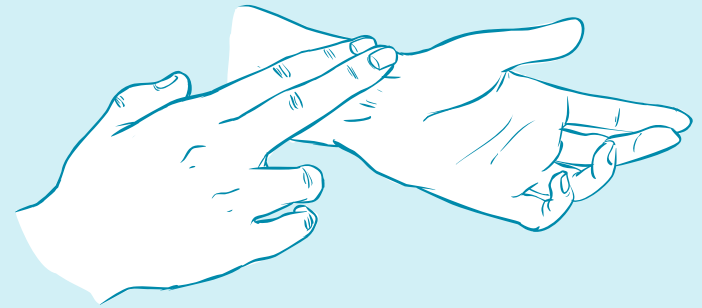
For this reason, we've devised an **easy-to-follow series of exercise routines** that will help you stretch and strengthen your muscles as you start to increase your heart rate. These initial exercises are designed to help you **build a healthier foundation for better fitness in the long term**.

There are two goals for this fitness routine:

1. Push your body to achieve its **target heart rate** to burn calories faster.
2. **Build muscle** throughout your body to **burn more calories** while at rest.

## Measure your Resting Heart

**Rate:** Use the tips of your first two fingers (not your thumb) to press lightly over the blood vessels on your wrist. Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. This is your Resting Heart Rate.



See [http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Target-Heart-Rates\\_UCM\\_434341\\_Article.jsp#.WKCTsG8rLDA](http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Target-Heart-Rates_UCM_434341_Article.jsp#.WKCTsG8rLDA) to find your Target Heart Rate.

Achieving these goals will have your body burning through more of the calories you consume through food to start burning more of the fat stored in your body.

## Here's what we want you to do:

**Pre-Workout** be sure to drink a glass of water so you won't dehydrate during your routines.

**Plan for 60 minutes** every day to do these routines. Find a space that's comfortable with plenty of room. If you can't find time for one straight hour, then break up the routine in smaller parts that you'll do throughout your day.

**Know how to do the exercise right!** You can injure yourself if you push things too hard or exercise incorrectly. That's why we've created an exclusive fitness guide and workout videos to walk you through these exercises. You can access this **FREE\*** content through **mymaxoffice.com**.

*\*With continued purchase of Meta-Switch products.*





## Here's what to do:

① Warm Up ② Do 10-15 reps ③ Rest 15-30 seconds between exercises ④ Do all 4-6 exercises consecutively (equals 1 set) ⑤ Do 3 sets of each exercises ⑥ Rest 1-2 min. between sets

See videos for how to do each of these exercises!

Log-in to [mymaxoffice.com](http://mymaxoffice.com)

Click **Meta-Switch** in left navigation

Review **"Getting Started"** videos



### WEEKS 1 & 3

Monday Chest, Triceps & Ab's	Tuesday Back & Biceps	Wednesday Shoulders & Calves	Thursday Legs & Abs
<ul style="list-style-type: none"> <li>•Wide-Grip Push-Ups</li> <li>•Diamond Push-Ups</li> <li>•Close-Grip Push-Ups</li> <li>•Planks</li> <li>•Bicycle Kicks</li> </ul>	<ul style="list-style-type: none"> <li>•Reverse Snow Angels</li> <li>•Supermans</li> <li>•Hip Hinge (Good Mornings)</li> <li>•Bicep Curls</li> <li>•Hammer Curls</li> </ul>	<ul style="list-style-type: none"> <li>•Bear Crawls</li> <li>•Lateral Shoulder Raises</li> <li>•Side Shoulder Raises</li> <li>•Calf Raises (Toes Forward)</li> <li>•Calf Raises (Toes Out)</li> <li>•Calf Raises (Toes In)</li> </ul>	<ul style="list-style-type: none"> <li>•Walking Lunge</li> <li>•Side Lunge</li> <li>•Wall Squats</li> <li>•Hip Ups</li> </ul>

### WEEKS 2 & 4

Monday Chest, Triceps & Ab's	Tuesday Back & Biceps	Wednesday Shoulders & Calves	Thursday Legs & Abs
<ul style="list-style-type: none"> <li>•Ball Push-Ups</li> <li>•Incline Push-Ups</li> <li>•Decline Push-Ups</li> <li>•Dips</li> <li>•V-Ups</li> <li>•Straight Leg kicks</li> </ul>	<ul style="list-style-type: none"> <li>•Bent Over Row</li> <li>•One Arm Row</li> <li>•Reverse Fly</li> <li>•Isolated Curls</li> <li>•Curls</li> </ul>	<ul style="list-style-type: none"> <li>•Lateral Shoulder Raises</li> <li>•Front Shoulder Raises</li> <li>•Shoulder Press</li> <li>•One Leg Calf Raises (Front)</li> <li>•One leg Calf Raises (Out)</li> <li>•One Leg Calf Raises In)</li> </ul>	<ul style="list-style-type: none"> <li>•Jump Squats</li> <li>•Walking Lunge With Kick Back</li> <li>•Sumo Wall Squats</li> <li>•Squat Side Steps</li> <li>•One Leg Hip-Ups</li> </ul>

*As with any exercise regimen, consult your doctor before engaging in any exercise program.*

Be aware that while exercise helps keep your metabolism primed and your body running in good shape, it will also cause an increase in hunger. Don't risk binge eating after workouts, it will sabotage your efforts.

## What to do after your workout:



### Hydrate

After the workout you'll want to **drink more water** to replace any fluids you might have lost.



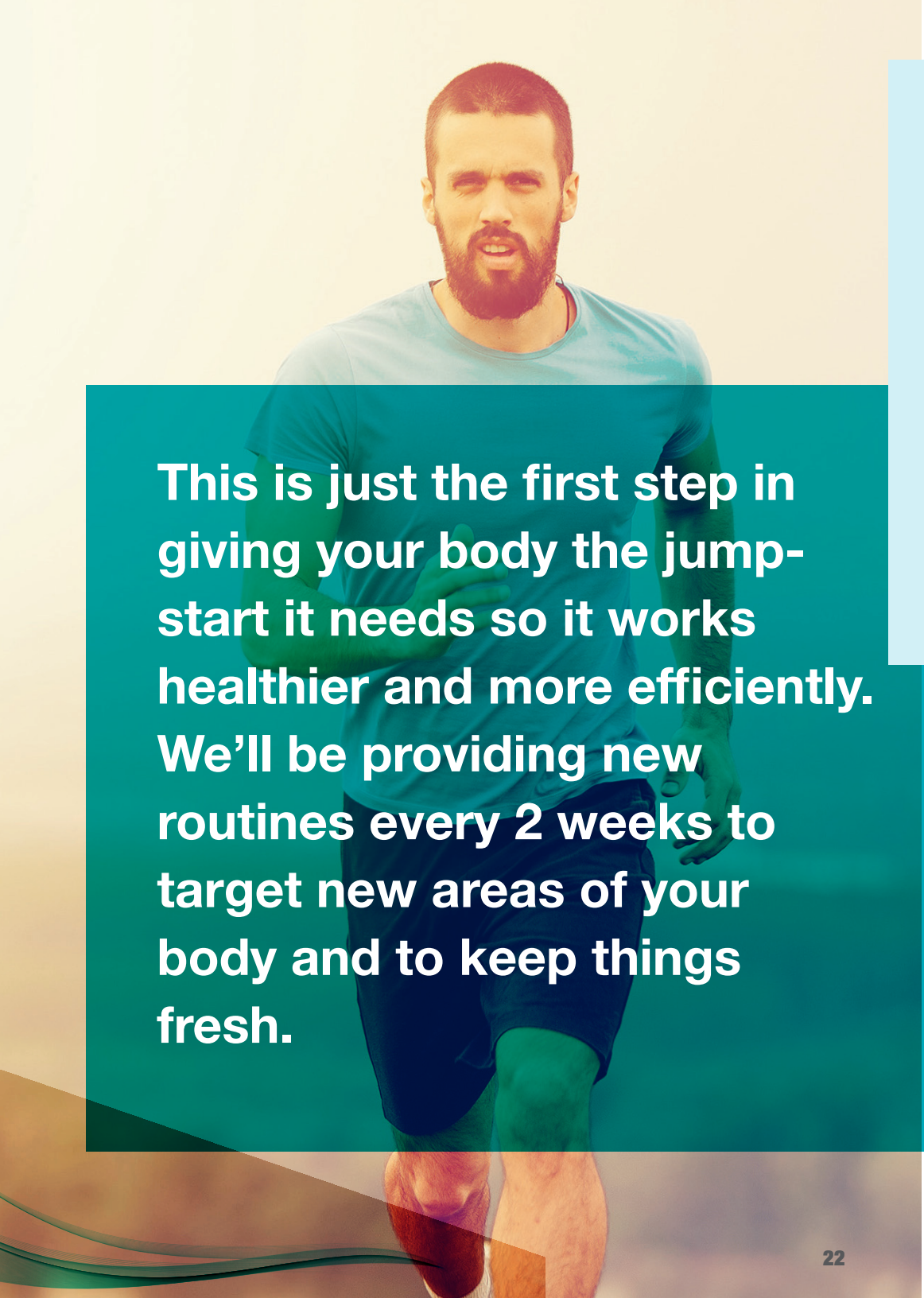
### Proteinate to Sate

You'll also want to **snack on a lean source of protein** to power your body through to your next meal. Be bars are perfect for keeping that hunger sated, but if you're looking for more you can also include a lean meat or a protein powder drink.

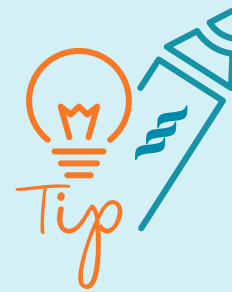


**Vary your exercises** - doing the same exercise everyday is boring and your body eventually adjusts to the workout. This reduces its effectiveness. That's why we've designed this routine that combines strength training with cardio that targets different areas of your body to produce the best results. **If you're looking for more**, then increase the intensity with more weight or longer reps.





This is just the first step in giving your body the jump-start it needs so it works healthier and more efficiently. We'll be providing new routines every 2 weeks to target new areas of your body and to keep things fresh.



**Work out when you can -**

you don't need a full hour at the gym for good results. Find parts of your day when you can work up your heart-rate for just 10 minutes at a time. Use the stairs instead of the elevator, park your car as far as you can, walk whenever you have the option. Use your environment as an opportunity to burn a few extra calories.



**\*Consult with your Doctor**

As always, we highly recommend that you consult with your doctor before trying any new exercise regimens or diets. Get their advice on what you should focus on and what you'll need to be careful about. If you're serious about achieving a healthier body, then your physician can be one of your biggest assets - don't overlook this valuable resource!

# Your journey is just beginning!

This **Max Flex Weight Loss Guide** is just the start of achieving your weight management goals. As a Max Meta-Switch customer, you're eligible to receive **a full 90 Days of support** to assist you in achieving a way to **look, feel and live to the Max**.

## Log-in for more

Just login on [mymaxoffice.com](http://mymaxoffice.com) and after the first month you'll have access to a new Max Flex Guide every two weeks. Each guide is designed to maximize your weight loss goals and help your body adjust to your new normal. Whether it's recommended routines, new recipes or workout routines, Max is right there with you to lend support and celebrate your success.

Your exclusive content can be accessed online at [mymaxoffice.com](http://mymaxoffice.com). In the Meta-Switch section you can also:

- Download and print additional sheets to track your progress
- Find more recipes that fit the Flex Food guidelines
- Watch the Flex Fitness exercise videos
- And much more!



**Don't go it alone** - changing habits is hard, find support in others as you try new routines. Ask friends and family to work with and assist you on this journey. If you're looking to start a workout routine, find someone to buddy up with to keep you consistent. You're 10x more likely to see results when you have support. Join other Meta-Switch users on facebook at: [www.facebook.com/maxintlmetaswitch](https://www.facebook.com/maxintlmetaswitch)





# META~SWITCH™

WEIGHT MANAGEMENT SYSTEM



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