

Shaklee®



Cut Inch  
Effectively

cinch

Weight Management Program



# cinch

Weight Management Program



Hey there!

Welcome to the Cinch® Weight Management Program! We're thrilled to have you on board. Our program is designed to fit seamlessly into your daily routine, combining science-backed products with easy diet and exercise guides. Achieving your weight loss goals has never been simpler!

Cheers to a healthier you!

## Backed by Science

Our products provide you not only the result it intended to but much more.

Developed by scientists and researchers, our products in this program are designed with you in mind, for a safer, healthier, and effective approach to weight management.



Learn more here!

# Cut Inch Effectively!

## Cinch Weight Management Program



Fits into your daily routine and lifestyle



Easy program, with only 3 steps!



Comes with Community Support



Simple, flexible and affordable



Backed by science

### 3 Simple Steps to Start the Program!

#### BURN



Mix 1 sachet of Cinch® Tea Mix with 240ml of water, serve hot / cold

#### BOOST



Take 3 softgels of Omega Guard

#### BUILD



Mix 3 scoops of Life Cinch® powder with 300ml of water

#### BALANCE & DETOX



Take 4 capsules before sleep

1



Take in the morning with meal

**Taurine** and **tea mix blend** to help you burn more!

2



Replace meal (lunch / dinner)

**Leucine** and **9 essential amino acids** to build lean muscle.

3



Detox at night

**9 traditional herbs blend** to flush out toxins!



# The Personalised 3:2:2:2 Fat Burning Food Plan

Healthy eating can be fun yet nutritious! Practise the 3:2:2:2 serving size and mix and match a variety of healthy ingredients and nutritional supplements into your diet.

**3** Servings of **VEGETABLES** per day

Servings of **FRUITS** per day



**2** Servings of **CARBOHYDRATE** per day

Servings of **PROTEIN** per day




Servings size is based on 9-inch plate. Each quarter size is 1 serving.

## 3, 2, 2, 2 Fat Burning Food

**Vegetables**



**3** servings

Vegetables support weight loss and fat burning due to their nutrients and active compounds like capsaicin and kaempferol, which enhance fat-burning activities.

**Fruits**



**2** servings

Fruits, high in fibre and water, aid digestion, promote fullness, and are low in calories. In addition, compounds like anthocyanins, resveratrol, and flavonoids boost metabolism and fat burning.

**Carbohydrates**



**2** servings

Nutrient-dense, fibre-rich carbohydrates in a balanced diet support metabolism, maintain energy, and aid weight management. Low-GI, high-fibre carbs slow digestion and increase fullness, preventing overeating.

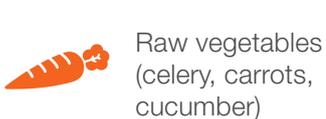
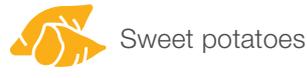
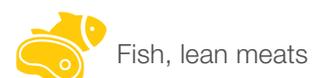
**Protein**



**2** servings

Protein helps you feel full, reducing calorie intake by curbing hunger. Sources rich in omega-3 fatty acids and linoleic acid can boost metabolism and improve lean muscle mass.

## Include these into your diet!



# Your Daily Guide with 3:2:2:2



## Breakfast



- 1 serving of vegetables
- 1 serving of fruits
- 1 serving of protein
- 1 serving of carbohydrate



Mix 1 sachet of Cinch® Tea Mix with 240ml of water, serve hot / cold.

Take 3 softgels of Omega Guard™



## Lunch



- 1 serving of vegetables

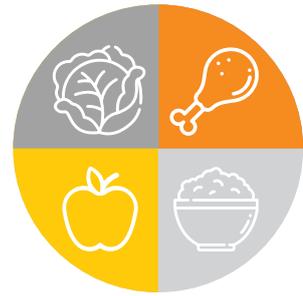


Mix 3 Scoops of Life Cinch® powder with 300ml of water.

*Note: You may replace lunch or dinner with Life Cinch®.*



## Dinner



- 1 serving of vegetables
- 1 serving of fruits
- 1 serving of protein
- 1 serving of carbohydrate



Take 4 capsules of Herb-Lax before bed.



## Burn and Tone

We recommend exercising for **30 minutes x 4 times** a week.



### Burn

Burn calories and fats with cardiovascular exercises.



Walk 10,000 steps daily.



Running or jogging, start with 20 mins.



Cycling.



### Boost

Boost metabolism with High-Intensity Interval Training (HIIT).



Combination of short, intense workouts such as jumping jacks, squats, burpees, etc.

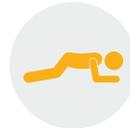


Tabata training involves 20 seconds of intense exercise followed by 10 seconds of rest, repeated 8 times for a 4-minute workout.



### Build

Build muscles and perform strength training.



Bodyweight exercises such as push-ups, pull-ups, lunges and planks.



Resistance bands for exercises like bicep curls, shoulder presses and leg workouts.



Dumbbells for chest presses, rows and weighted squats.



### Balance & Cleanse

Improve flexibility and core strength.



Yoga



Pilates



Stretching

