

YOU'RE JUST 5 DAYS FROM FIT!

HELLO BULUGANS!

We are very excited to be included in the **Bulu Box March Weight Loss** Box. **Body360 Nutritionals** has been branding partners with **Bulu Box** for well over a year now and we have acquired many satisfied and loyal **Burn360** customers. To date, **Burn360** has an outstanding **4.5 Customer Satisfaction Rating** on **BuluBox.com**. That's not too bad, even if we do say so ourselves, but we won't let that go to our heads.

We take customer feedback very seriously and we have listened to what you've had to say, "What, only one sample packet in my weight loss box!" Ok, ok, we get it. You want more and that's what we are going to give you. The March Weight Loss Box will include a five-day supply of samples and a modified version of your **Burn360 14 Day Burn and Detox Program**.

So let's get started. To ensure that you have a remarkable experience with our **Burn360 "Clean Energy and Weight Loss"** product, we have outlined a detailed five-day plan to follow. Please pay close attention to the "easy to follow" guidelines and we are sure that this program will take you 180...er 360.

-The Body360° Nutritionals Team

IMPORTANT NOTES TO REMEMBER

Try to consume a **Burn360** caplet with food before your morning cardio session. This product will promote increased energy and water elimination. To avoid sleeplessness do not use a **Burn360** caplet if you are performing cardio in the evening. Do not consume your second **Burn360** caplet past 4-5 pm. First time users and individuals sensitive to stimulants should break caplet in half to assess their tolerance. You can always take the remaining half shortly thereafter if you assimilate to the product nicely.

- DRINK PLENTY OF WATER
- DO NOT CONSUME MORE THAN 3 CAPLETS DAILY.
- TAKE WITH FOOD. DO NOT TAKE THIS PRODUCT ON AN EMPTY STOMACH.
- IF AT ANY TIME YOU DO NOT FEEL WELL WHILE USING THIS PRODUCT OR WHILE FOLLOWING THIS PROGRAM, STOP IMMEDIATELY.

MOST IMPORTANTLY – Just because you don't "feel it" working does not mean that it is not. You don't feel your multivitamin working right? We use clinically studied ingredients proven to increase caloric expenditure thereby increasing fat loss, ie., **Capsimax** – which is proven to burn 278 calories throughout your day before you even step foot on the treadmill. Trust us, it is working! If you have any questions or need clarification regarding this program please feel free to contact us. We are happy to help. Email Us @ info@body360nutritionals.com

*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.

PRODUCT DIRECTIONS: As an adult dietary supplement, consume 1 caplet with 8 oz. of water with your morning meal. Consume another caplet with 8 oz. of water with your afternoon meal.



BURN360° 5-DAY DIET PLAN

BURN360° FIVE DAY DIET PLAN

THE SWEAT & BURN CARDIO SYSTEM

For an athletic individual: Perform 2 cardio sessions daily. Days 1-5. For less fit/ beginners: Perform 1 cardio session daily. Days 1-5.

Exercise Modality: Any of the following are acceptable forms of cardiovascular training. Exercise Bike – Upright or Recumbant, Elliptical Trainer, Treadmill.

How To: Refer to the chart below for your cardiovascular prescription. Adjust and modify to suit your needs and exercise level.

ATHLETIC/MORE FIT			
	Duration	Exercise	When
DAY 1	30	Bike	Early Morning
	30	Elliptical	Evening
DAY 2	30	Bike	Early Morning
	30	Elliptical	Evening
DAY 3	40	Bike	Early Morning
	30	Elliptical	Evening
DAY 4	40	Bike	Early Morning
	40	Elliptical	Evening
DAY 5	40	Bike	Early Morning
	40	Elliptical	Evening



THE DIET DIETARY GUIDELINES

“KEEP IT SIMPLE. KEEP IT CLEAN.”

Protein- Emphasize! Lean, complete protein. Served plain or marinated w/ sodium free seasoning.

Goal: 1 serving of good quality, complete protein per meal. If you choose to eat salmon, eliminate 1 serving of healthy fats for that day.

EXAMPLES OF LEAN, COMPLETE PROTEIN			
Protein	Low Carb Serv./Gram Equiv.	High Carb Serv./Gram Equiv.	Allowed
Egg whites	6 = 18 g	6 = 18 g	Days 1-5
Chicken (white meat only, no skin)	6 oz = 24 g	6 oz = 24 g	Days 1-5
Turkey (white meat only, no skin)	6 oz = 24 g	6 oz = 24 g	Days 1-5
Salmon	3 oz = 42 g	6 oz = 42 g	Days 1-5
Tilapia	6 oz = 42 g	6 oz = 42 g	Days 1-5
Flounder	6 oz = 42 g	6 oz = 42 g	Days 1-5
Sole	6 oz = 42 g	6 oz = 42 g	Days 1-5
Cod	6 oz = 42 g	6 oz = 42 g	Days 1-5
Tuna (not canned)	6 oz = 42 g	6 oz = 42 g	Days 1-5

Please note chart represents approx. values.

Carbohydrates

It is important to incorporate a low glycemic index into your diet. Low glycemic carbohydrates prevent glucose levels from peaking. Neglecting to fuel your body regularly causes blood glucose levels to peak and valley which can cause and increase in hunger and low energy.

Goal/Carbohydrate

Types Low Glycemic “starchy” carbohydrates are allowed for the first two meals (Meals 1 & 2.) Starchy carbohydrates should be eliminated and replaced with fibrous carbohydrates or fruit carbs for your last two meals (Meals 3 & 4.)

EXAMPLES OF ACCEPTABLE STARCHY CARBOHYDRATES		
Food	High Carb Day Serv. Size /Gram Equiv	Allowed
Oatmeal	1/3 cup = 20 g	Days 1-5
Yam	1/2 of small medium = 20 g	Days 1-5
Sweet Potato	1/2 small medium = 20 g	Days 1-5
White Rice	1/3 cup = 22 g	Days 1-5
Brown Rice	1/3 cup = 22 g	Days 1-5

EXAMPLES OF ACCEPTABLE FIBROUS CARBOHYDRATES			
Food	Low Carb Serv. Size /Gram Equiv	High Carb Serv. Size /Gram Equiv	Allowed
Spinach	1 cup = 5 g	2 cups = 10 g	Days 1-5
Cucumbers	1 cup = 3 g	2 cups = 6 g	Days 1-5
Tomatoes	1 cup = 10 g	2 cups = 20 g	Days 1-5
Broccoli	1 cup = 6 g	2 cups = 12 g	Days 1-5
Cauliflower	1 cup = 6 g	2 cups = 12 g	Days 1-5
Asparagus	1/2 cup = 5 g	1 cups = 10 g	Days 1-5
Radishes	1 cup = 2 g	2 cups = 4 g	Days 1-5
Zucchini	1 cup = 7 g	2 cups = 14 g	Days 1-5
Eggplant	1 cup = 5 g	2 cups = 10 g	Days 1-5
Cabbage	1 cup = 4 g	2 cups = 8 g	Days 1-5
Celery	1 cup = 4 g	2 cups = 8 g	Days 1-5
Lettuce	1 cup = 5 g	2 cups = 10 g	Days 1-5
Mixed Greens	1 cup = 5 g	2 cups = 5 g	Days 1-5
Green Beans	1/2 cup = 5 g	1 cups = 10 g	Days 1-5
Collard Greens	1 cup = 5 g	2 cups = 10 g	Days 1-5

EXAMPLES OF ACCEPTABLE FRUIT CARBOHYDRATES			
Food Type	Low Carb Serv. Size	High Carb Serv. Size	Allowed
Apples	1/4 apple = 2.5 g	1/2 apple = 5 g	Days 1-5
Strawberries	1/4 cup = 2.5 g	1/2 cup = 5 g	Days 1-5
Raspberry	1/4 cup = 7 g	1/2 cup = 14 g	Days 1-5
Blueberry	1/4 cup = 10 g	1/2 cup = 21 g	Days 1-5
Blackberry	1/4 cup = 3.5 g	1/2 cup = 7 g	Days 1-5
Cherries	4 cherries = 4 g	8 cherries = 8 g	Days 1-5
Orange	1/4 orange = 2 g	1/2 orange = 4 g	Days 1-5
Plum	1/2 plum = 3 g	1 plum = 6 g	Days 1-5

EXAMPLES OF ACCEPTABLE HEALTHY FATS			
Food Type	Low Carb Serv. Size	High Carb Serv. Size	Allowed
Raw Flax Seeds	1 oz	1 oz	Days 1-5
Flax Seed Oil	1Tbsp	1Tbsp	Days 1-5
Raw Seeds (pumpkin, sunflower, sesame)	1 oz	1 oz	Days 1-5
Raw Nuts (almonds, cashews; unsalted)	8 pieces	8 pieces	Days 1-5
Avocado	1Tbsp	1Tbsp	Days 1-5
Light Extra Virgin Olive Oil	1Tbsp	1Tbsp	Days 1-5

LET’S PUT IT TOGETHER

Below you will find a few sample meal plans. Use these sample meal options as examples to follow for each day. Refer to the protein, carbohydrate and healthy fats lists to replace foods that you desire to eat. Feel free to mix and match from the charts above to make any combination that you would like. Add light, homemade dressings such as balsamic vinegar, olive oil and black pepper to help add flavor.

EXAMPLE MENU OPTION #1	
Time	Food Type
9AM MEAL 1	6 egg whites Broccoli 1 cup
12PM MEAL 2	Tuna 6 oz Tomatoes 1 cup
3PM MEAL 3	Turkey 6 oz Asparagus 1 cup
6PM MEAL 4	Chicken 6 oz Cabbage 1 cup

EXAMPLE MENU OPTION #2	
Time	Food Type
9AM MEAL 1	6 egg whites Spinach 1 cup
12PM MEAL 2	Chicken 6 oz Eggplant 1 cup
3PM MEAL 3	Tuna 6 oz Spinach salad 2 cups
6PM MEAL 4	Haddock 6 oz Green Beans 1 cup

EXAMPLE MENU OPTION #3	
Time	Food Type
9AM MEAL 1	6 egg whites Oatmeal 1/3 cup
12PM MEAL 2	Chicken 6 oz Yam 1/2
3PM MEAL 3	Salmon 6 oz Cauliflower 2 cups
6PM MEAL 4	Chicken 6 oz Mixed Greens 2 cups

EXAMPLE MENU OPTION #4	
Time	Food Type
9AM MEAL 1	6 egg whites Oatmeal 1/3 cup
12PM MEAL 2	Tilapia 1/3 cup Brown Rice
3PM MEAL 3	Turkey 6 oz Cauliflower 2 cups
6PM MEAL 4	Chicken 6 oz Cucumbers 2 cup

Note: Include 1 serving of healthy fats during meal 1 and 2 for days 1-5.

