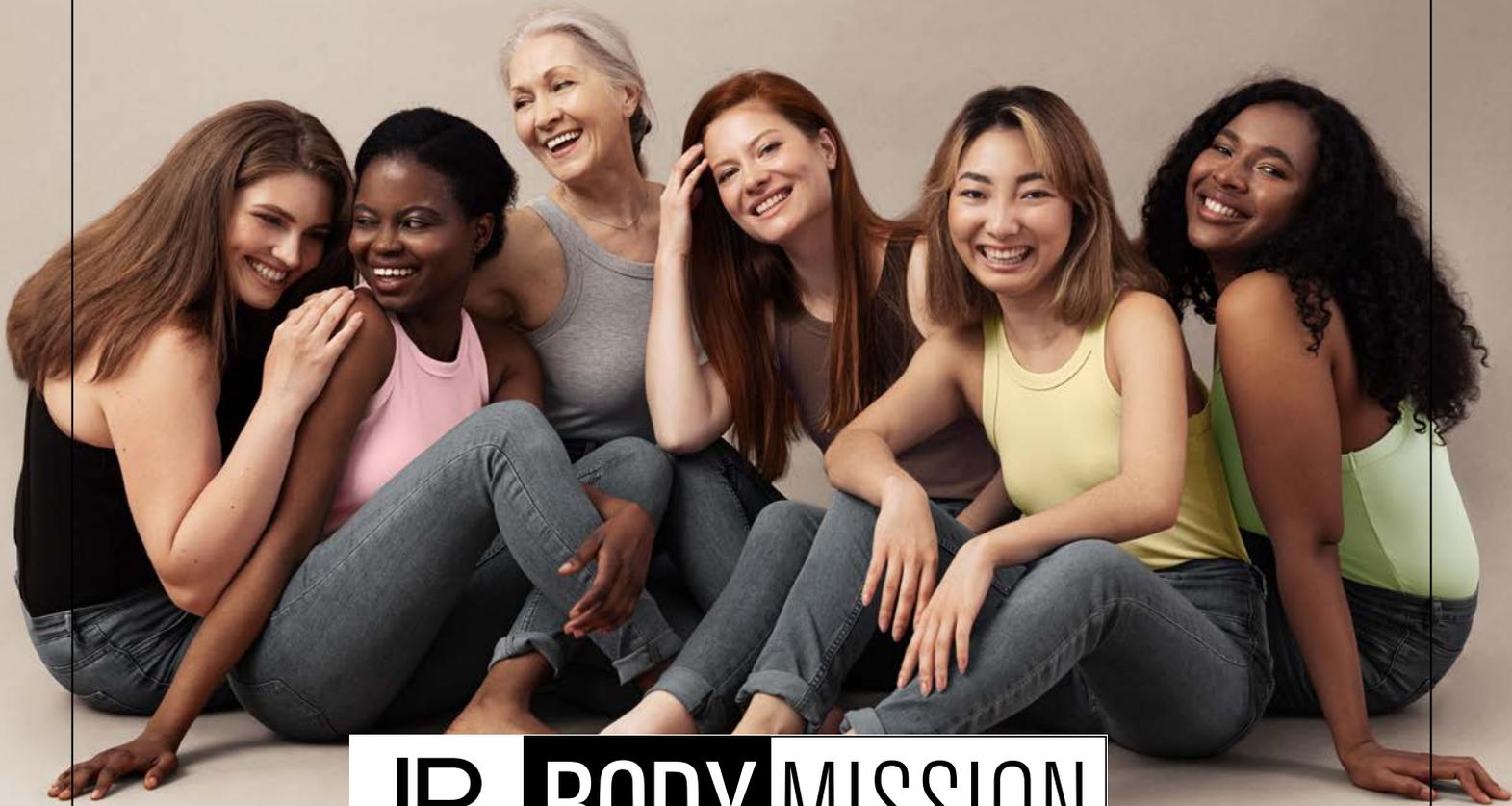


THE SMART WAY TO FEELING
GREAT ABOUT YOUR BODY

LR BODY MISSION BOOKLET



LR BODY MISSION

LR BODY MISSION



LET'S DO IT!

YOU'VE MADE A GREAT CHOICE.

With your **LR BODY MISSION**, you can reach your feel-good weight¹ in next to no time. No matter what your goal, with delicious products, a balanced diet, plenty of exercise and tips for a healthy lifestyle, your **LR BODY MISSION** is sure to help you reach it.

In this brochure, we'll show you how easy it is!

¹ **Weight control:** Following a low-calorie diet and replacing two of your main daily meals with this type of replacement meal (LR FIGUACTIVE Shakes, Soups or Flakes) promotes weight loss. In order to achieve the stated effect, two main meals should be replaced each day. **Maintaining your weight:** Following a low-calorie diet and replacing one of your daily meals with this type of replacement meal (LR FIGUACTIVE Shakes, Soups or Flakes) will help you maintain your weight after a successful weight loss. In order to achieve the stated effect, one main meal a day should be substituted with a replacement meal.



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LR BODY MISSION

ARE YOU READY FOR MORE?

By ordering your **LR BODY MISSION**, you have already taken your first step towards your feel-good weight¹. Now, all you need to do is get started. We have good news – it's really easy!

Your **LR BODY MISSION** consists of 3 parts:



Delicious LR **FIGUACTIVE** meals



Smart companions for reaching your feel-good weight¹



Online support on www.body-mission.com with plenty of tips for a healthy lifestyle and sufficient exercise.



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To help you kick-start your **LR BODY MISSION**, we have compiled an overview showing you how to prepare the LR **FIGUACTIVE** products and how you can use the smart companions.

REPLACE 1-2 MEALS A DAY

Do you want to maintain or reduce your weight?¹ Then replace 1 or 2 meals a day with LR **FIGUACTIVE** Shakes, Soups or Flakes. You can enjoy the remaining meals as usual.



SHAKES

Mix 3 tbsp. with 300 ml of soy milk



3 x + 300 ml



SOUPS

Dissolve 7 tbsp. in 350 ml of hot water



7 x + 370 ml



FLAKES

Stir 6 tbsp. in 300 ml of soy milk



6 x + 300 ml

SMART COMPANIONS*

Three great LR LIFETAKT products support you on your way to your feel-good weight¹.



Pro Balance:

Take 4 tablets after each meal for a healthy acid-base balance²



Protein Power:

For when you're feeling peckish in the evening and to promote muscle growth³



Herbal Fasting Tea:

To ensure a sufficient daily intake of liquids

¹ Dietary supplements are no substitute for a varied and balanced diet and a healthy lifestyle.

² The magnesium in Pro Balance helps reduce tiredness and fatigue and helps balance electrolytes.

³ Protein helps maintain and increase muscle mass.

ONE WEEK WITH THE LR BODY MISSION

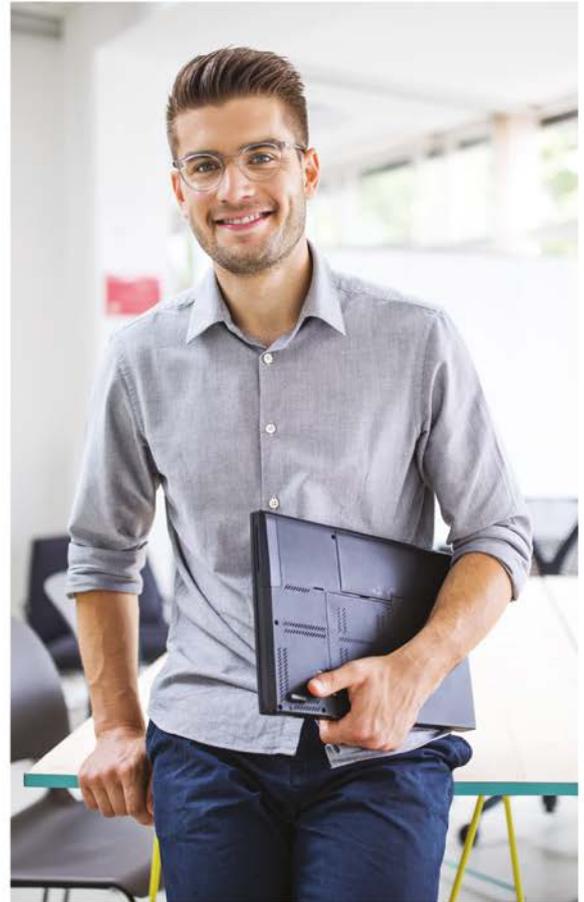
Hi, my name is Stefan. I'm 36 years old and work in sales. Over the past few months, life has been

pretty stressful, and I had to go away on business quite a lot. I really want to get rid of the excess kilos I gained during that time.

What attracted me to the **LR BODY MISSION** is its simple concept. The Shakes, Soups and Flakes are quick and easy to prepare, which allows me to integrate the programme into my daily routine.¹ In addition, I receive plenty of support, helping me get back to a healthy lifestyle with a balanced diet and a fair amount of exercise. What intrigued me most was the great choice of flavours.

I've decided to go for the following products, which will now accompany me for about 30 days:

- 2 x Shakes (Soft Vanilla, Lovely Coffee)
- 2 x Soups (Spicy Curry, Yummy Veggie)
- 1 x Crusty Raspberry Flakes



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Weekly diet plan with fish and meat:

DAY1

MORNING



LUNCH

Mince and bell pepper stir-fry

EVENING



DAY2

MORNING



LUNCH

Fish on a bed of vegetables

EVENING



DAY3

MORNING



LUNCH

Broccoli salad with turkey breast

EVENING



DAY4

MORNING



LUNCH

Chicken casserole with curry and mango

EVENING



DAY5

MORNING



LUNCH

Mexican cereal stir-fry with mince

EVENING



DAY6

MORNING



LUNCH

Pollack salad with mustard dressing and potatoes

EVENING



DAY7

MORNING



LUNCH

Bean pasta with pork fillet

EVENING



YOUR SMART COMPANIONS*

Pro Balance: Take 4 tablets after each meal.

Protein Power: For when you're feeling peckish in the evening.

Herbal Fasting Tea: To ensure a sufficient daily intake of liquids.

* Dietary supplements are no substitute for a varied and balanced diet and a healthy lifestyle. Some products are not available in certain countries.

ONE WEEK WITH THE LR BODY MISSION

Hi, my name is Elisa. I'm 30 years old, and I'm at the end of my parental leave. Of course, I gained a few pounds during my pregnancy – who doesn't? But now I'd really like to get back to my prepregnancy weight, so I searched for a solution that would work with my day-to-day life as a young mum.

It was important to me to find a programme that wouldn't ask me to eat the same thing every day. I wanted variety while losing weight.¹ I also follow a vegan diet. I'm particularly impressed with the Shakes – they're super-easy to prepare and taste divine. I also like to visit www.body-mission.com for advice on a balanced diet and for tips on how to exercise well.

I've ordered the following products, which will last me about one month:

3 x Shakes (Soft Vanilla, Fruity Strawberry, Smooth Cocoa)

1 x Soup (Juicy Tomato)

1 x Crusty Raspberry Flakes



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Vegan weekly diet plan:



DAY1

MORNING



LUNCH

Vegan chili

EVENING



DAY2

MORNING



LUNCH

Asian wok-fried vegetables

EVENING



DAY3

MORNING



LUNCH

Mushroom and vegetable stir-fry

EVENING



DAY4

MORNING



LUNCH

Burger with aubergine patty

EVENING



DAY5

MORNING



LUNCH

Hearty pancake with mushrooms

EVENING



DAY6

MORNING



LUNCH

Baked broccoli with lentils

EVENING



DAY7

MORNING



LUNCH

Summer rolls with peanut sauce

EVENING



YOUR SMART COMPANIONS*

Pro Balance: Take 4 tablets after each meal.

Herbal Fasting Tea: To ensure a sufficient daily intake of liquids.

* Dietary supplements are no substitute for a varied and balanced diet and a healthy lifestyle. Some products are not available in certain countries.

LR

FIGU
ACTIVE

YOUR LR FIGUACTIVE MEALS

The choice is huge – something you'll already have noticed when you ordered your **LR BODY MISSION**. You not only have the choice between Shakes, Soups and Flakes, but also between many delicious flavours. All LR **FIGUACTIVE** products are low in sugar* and contain many high-quality and natural ingredients. To illustrate, let's take a closer look at one of our best-selling products:



VEGAN

LOW IN SUGAR*,
SWEETENED WITH
STEVIA

RICH IN FIBRE

HIGH PROTEIN
CONTENT**

NATURAL FLAVOURS



GLUTEN-FREE***



LACTOSE-FREE



MADE IN GERMANY



A CHOCOLATE DREAM COME TRUE

- Low in sugar, sweetened with stevia
- High in fibre, e.g. Psyllium seed husks
- High protein content (vegan protein from peas, chickpeas and broad beans)
- Only natural flavours
- 100 % vegan
- Free from gluten & lactose
- Free from palm oil, artificial colours & flavour enhancers



* Except Juicy Tomato Soup – this contains sugar from natural sources (e.g. tomatoes). No sugar added. The LR FIGUACTIVE Crusty Raspberry Flakes are low in sugar when prepared as intended. ** Proteins help maintain and increase muscle mass. *** Except the LR FIGUACTIVE Crusty Raspberry Flakes

GOOD TO KNOW

Have a look here
and see
the first recipes



Dr. med. Sven Werchan talks about LR **FIGUACTIVE**

MAKE LR **FIGUACTIVE** YOUR OWN

For even more variety, you can enhance your Shakes, Soups and Flakes with delicious additional ingredients. Blueberries in your Shake? Broccoli in your Soup? Awaken your inner master chef and allow your inspiration to run wild.



YOUR ONLINE SUPPORT

Regardless of whether you want to lose weight¹ or maintain your weight¹ – a healthy lifestyle with a balanced diet and plenty of exercise is part of the deal.

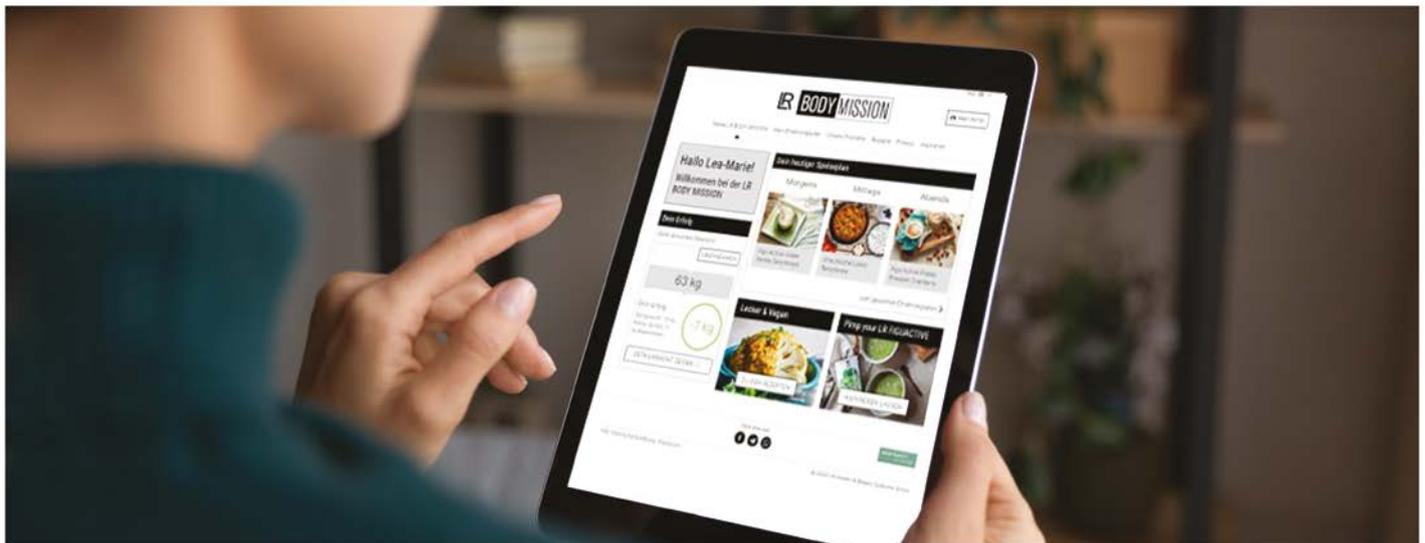
On www.body-mission.com, you can receive digital support.

Drop by and get all the help you need!

COMPILE YOUR PERSONAL DIET PLAN



START YOUR LR BODY MISSION AND TRACK YOUR PROGRESS



TRY NEW RECIPES



YOUR COMPANIONS



Throughout your **LR BODY MISSION**, you need to take care to stay sufficiently hydrated. The Herbal Fasting Tea is ideal for this.



Proteins are important to maintain and promote muscle growth². Protein Power is 80 % pure protein derived from five different sources.



Pro Balance provides you with essential nutrients and gives your body all the alkaline minerals and trace minerals it needs for optimum inner balance³.

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DAY _____

	TIME	MEALS & DRINKS (INCL. LR BODY MISSION)
BREAKFAST		
LUNCH		
SUPPER		
SNACKS		

How many main meals in total have you replaced with the **LR BODY MISSION**?
(please tick)

Two main meals

One main meal

	DURATION	TYPE OF SPORT OR PHYSICAL EXERCISE
EXERCISE		

LR BODY MISSION

EAT SMART! EVEN AFTER YOUR LR BODY MISSION

You have reached your feel-good weight and want to maintain it long-term? Simply keep replacing one meal¹ a day with an LR **FIGUACTIVE** Soup, Shake or Flakes. Just contact your LR Sales Partner and ask about additional LR **FIGUACTIVE** products.

