

# VIVRI<sup>®</sup> CHALLENGE

## INTERMITTENT FASTING



# THE BEST VERSION OF YOURSELF

LOADING... 



# VIVRI ESSENTIAL

## NUTRITION SYSTEM

With you in mind, VIVRI has created the most practical nutrition system in the world. The VIVRI Essential Nutrition System (ENS) provides your body with the wide variety of nutrients it needs to function well.

## NOURISHING YOUR BODY HAS NEVER BEEN THIS SIMPLE!

The VIVRI Essential Nutrition System is designed for everyone and for today's lifestyle.

VIVRI is extremely practical. Enjoy the products in the way that fits best with your lifestyle.



## IT'S A FLEXIBLE PLAN. YOU DECIDE!



### BREAKFAST

### MID-MORNING

(or before your workout)

### LUNCH

### MID-AFTERNOON

(or any time of the day)

### DINNER

*First Shake Me!®*  
+ optional fruit

*Power Me!®*  
+ healthy snack

*Balanced meal*  
of 500-700 Calories\*

*Cleanse Me!®*

*Second Shake Me!®*  
+ optional salad  
(interchangeable with lunch meal)



Drink 8 glasses of water during the day

\* Your 500-700 calorie meal needs to be balanced and nutritious (discover delicious recipes at [vivri.com](http://vivri.com))

## RECOMMENDATIONS



Make your meals based on the VIVRI Plate



Do at least 30 minutes of exercise a day



Check out the recommended recipes

- Avoid alcoholic beverages
- Follow the VIVRI Essential Nutrition System
- Get support from your Leader



With VIVRI® products, you get 100% of the required daily nutrients for a meal.\*



## MICRO NUTRIENTS

- ✔ Vitamins
- ✔ Minerals

**=1%** of required nutrients

THERE ARE TWO TYPES OF ESSENTIAL NUTRIENTS:

## MACRO NUTRIENTS

- ✔ Proteins
- ✔ Carbohydrates
- ✔ Healthy fats

**=99%** of required nutrients

\* In accordance with the parameters established by the U.S. Food and Drug Administration for a diet of 2000 calories per day. It is not recommended to replace all meals.

# VIVRI<sup>®</sup> PRODUCTS



**Vegan**

## Shake Me!

### CHOCOLATE FUSION™

FUSIÓN DE CHOCOLATE

Complete Meal Replacement  
Sustituto Completo de Comida



**Cleanse Me!**

PINEAPPLE ORANGE  
PINA NARANJA



**Power Me!**

ORANGE MANGO  
NARANJA MANGO

NET WT.  
CONT. NET.  
1.76 oz (50g)



SHAKE ME!®



This material is for exclusive use in the U.S.

# CONTAINS

- 45 Essential Nutrients<sup>(1)</sup>** **45**
- All Macro and Micro Essential Nutrients**
- 23 Essential Vitamins and Minerals** **23**
- 21 g Premium Vegan Protein<sup>(2)(3)</sup>** **21**
- All Essential Amino Acids**
- Gluten-Free (<20 ppm)**
- 8 Vegetables** **8**  
spinach, kale, Brussel sprouts, broccoli sprouts, broccoli, carrot, onion and tomato



- Prebiotics<sup>(4)</sup>**
- B+** **Vitamins B6, B12, Biotin and Antioxidants**
- 3&6** **Omega 3 and 6**
- B9** **Folic Acid**
- 5** **5 g Fiber<sup>(3)</sup>**
- Natural Sweetener**
- Nutrients that Boost the Immune System**

## PROMOTES<sup>(5)</sup>

- Weight Management**
- Muscle Mass Maintenance**
- Appetite Control**
- Satiety and Portion Control**

## CERTIFICATIONS<sup>(6)</sup>

- CERTIFIED VEGAN**
- GLUTEN FREE TESTED**
- CGMP GUARANTEED**
- BATCH WITH NUTRITIONAL CONTENT 100% VERIFIED**
- PREMIUM QUALITY**
- MICROBIOME NOURISHING**
- LOW CARB**
- Diabetic Friendly**
- GRI Low Glycemic**

### All of the Good, None of the Bad! Try the delicious varieties of Shake Me! with:

- ✓ Natural Ingredients
- ✓ No Preservatives
- ✓ Gluten-Free Certified
- ✓ No Artificial Colors
- ✓ No Added Hormones
- ✓ Vegan
- ✓ No Added Sugar
- ✓ Low Glycemic Index
- ✓ Non-GMO Ingredients
- ✓ No Artificial Sweeteners
- ✓ Vegetarian

Check the individual label for the nutritional content of each product. For further information, contact your trusted LIV or your VIVRI supplier.

# EASY HEALTHY AND DELICIOUS



## Chocolate Fusion

[1] Shake Me! contains 45 essential nutrients that integrally strengthen your body to do any activity and lead even the most demanding lifestyle.

[2] High-quality protein (from Yellow Pea, Whole Brown Rice, Amaranth, Quinoa, Buckwheat, Millet, Chia, Chlorella and Spirulina).

[3] Data shown in Shake Me! CHOCOLATE FUSION.

[4] Substances that stimulate the growth of healthy bacteria, helping produce digestive enzymes that have favorable effects on the intestinal flora.

[5] This material is for exclusive use in the U.S. 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.

[6] Certifications may vary from product to product.

**POWER ME!®**



# CONTAINS



**Green Tea**  
(Polyphenols - EGCG)<sup>(1)</sup>



**Guarana Seed Extract**



**Yerba Mate Extract**



**B Complex:**  
B1, B2, B3, B5, B6, B12<sup>(2)</sup>



**Natural Sweetener**



**Kosher Certification**



**Naturally Gluten-Free**



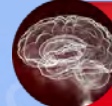
**B+**

**Biotin**



**Vegan Certification**

**Caffeine that stimulates your brain**



**With Natural Fruit and Vegetables Extracts**



**Energy from Natural Sources**



## PROMOTES<sup>(3)</sup>



Fat Burning



Natural Energy



Protection Against Oxidative Stress

## CERTIFICATIONS<sup>(4)</sup>



**All of the Good, None of the Bad!** Try the delicious varieties of Power Me! with:

- ✓ Natural Ingredients
- ✓ Vegetarian
- ✓ No Added Hormones
- ✓ Non-GMO Ingredients
- ✓ No Artificial Sweeteners
- ✓ No Preservatives
- ✓ Vegan
- ✓ Gluten-Free Certified
- ✓ No Artificial Colors
- ✓ Natural Flavors

Check the individual label of each product for its nutritional information and certifications. For further information, you can contact your trusted LIV or your VIVRI supplier at any time.

# YOUR ANTIOXIDANT STRENGTH



Fruit Punch

Orange - Mango

[1] Contains the same amount of EGCG antioxidants as a cup of green tea.

[2] Vitamins B1 (Thiamin), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic Acid), B6 (Pyridoxine), B12 (Cyanocobalamin).

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CLEANSE ME!®



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# CONTAINS



Aloe Vera



Prickly Pear Fiber



3 g of Fiber



15 Calories per Portion



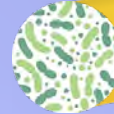
With Natural Fruit and Vegetable Extracts



Natural digestive



Prebiotics<sup>TM</sup>



Kosher Certification



Natural Sweetener



Vegan Certification



Gluten-Free (<20 ppm)



## PROMOTES<sup>(2)</sup>



Intestinal Flora and Digestive Balance



Maintenance of a Healthy Metabolism



Nourishes Good Bacteria

## CERTIFICATIONS



**All of the Good, None of the Bad!** Try the delicious varieties of Cleanse Me! with:

- ✓ Natural Ingredients
- ✓ Vegan
- ✓ Non-GMO Ingredients
- ✓ Natural Flavors
- ✓ No Preservatives
- ✓ Free of Hormones
- ✓ No Artificial Colors
- ✓ No Added Sugar
- ✓ Vegetarian
- ✓ Gluten-Free Certified
- ✓ No Artificial Sweeteners

Check the individual label of each product for its nutritional information and certifications. For further information, you can contact your trusted LIV or your VIVRI supplier at any time.

# YOUR NATURAL BALANCE



*Jamaica Hibiscus*

*Pineapple - Orange*

*Lime Lemon Chia*

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# QUICK AND EASY TO PREPARE



**Step 1:**  
Fill the Shaker halfway  
with cold or room  
temperature water.  
Add ice, if desired.



3 Scoops



1 Scoop



1 Scoop

**Step 2:**  
Add the appropriate amount of  
product indicated on the pouch.



**Step 3:**  
Shake! And enjoy!

It is important to follow these preparation instructions to make sure the product is mixed well.



# JOURNAL



# DAY 1

“Self-trust is the first secret of success.”

- Ralph Waldo Emerson

INITIAL WEIGHT \_\_\_\_\_

Breakfast: \_\_\_\_\_

Glasses of water I drank today \_\_\_\_\_

Midday: \_\_\_\_\_

I did not consume any alcohol today

Lunch/Dinner: \_\_\_\_\_

I did not eat to satisfy an emotional need or craving

Midafternoon: \_\_\_\_\_

Physical activity: \_\_\_\_\_ min. \_\_\_\_\_

Lunch/Dinner: \_\_\_\_\_

My **energy** level today is:

On a scale of 1 to 5, my **appetite** today is:



Low

1

2

3

4

5

High

This is what I will do for myself today: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# DAY 2

“Every human benefit and enjoyment, every virtue and every prudent act is founded on compromise and barter.” - Edmund Burke

Breakfast: \_\_\_\_\_

Glasses of water I drank today \_\_\_\_\_

Midday: \_\_\_\_\_

I did not consume any alcohol today

Lunch/Dinner: \_\_\_\_\_

I did not eat to satisfy an emotional need or craving

Midafternoon: \_\_\_\_\_

Physical activity: \_\_\_\_\_ min. \_\_\_\_\_

Lunch/Dinner: \_\_\_\_\_

My **energy** level today is:

On a scale of 1 to 5, my **appetite** today is:



Low

1

2

3

4

5

High

I will work to achieve my goals by doing the following: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



# DAY 3

“The only place where success comes before work is in the dictionary.” - Vidal Sassoon

Breakfast: \_\_\_\_\_

Glases of water I drank today \_\_\_\_\_

Midday: \_\_\_\_\_

I did not consume any alcohol today

Lunch/Dinner: \_\_\_\_\_

I did not eat to satisfy an emotional need or craving

Midafternoon: \_\_\_\_\_

Physical activity: \_\_\_\_\_ min. \_\_\_\_\_

Lunch/Dinner: \_\_\_\_\_

My **energy** level today is:

On a scale of 1 to 5, my **appetite** today is:



Low



High

I deserve to be the best version of myself because: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# DAY 4

“Whether you think you can, or you think you can't, you're right.” - Henry Ford

Breakfast: \_\_\_\_\_

Glases of water I drank today \_\_\_\_\_

Midday: \_\_\_\_\_

I did not consume any alcohol today

Lunch/Dinner: \_\_\_\_\_

I did not eat to satisfy an emotional need or craving

Midafternoon: \_\_\_\_\_

Physical activity: \_\_\_\_\_ min. \_\_\_\_\_

Lunch/Dinner: \_\_\_\_\_

My **energy** level today is:

On a scale of 1 to 5, my **appetite** today is:



Low

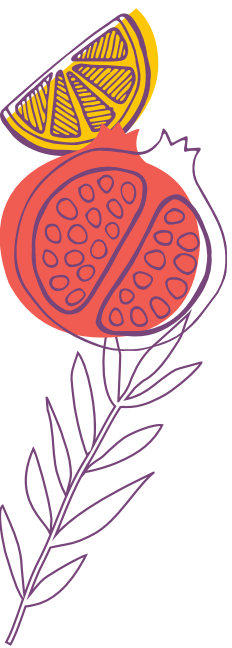


High

My favorite VIVRI product so far is: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_





## DAY 5 "If you're asked to walk one mile, walk two."

- Og Mandino

Breakfast: \_\_\_\_\_

Glases of water I drank today \_\_\_\_\_

Midday: \_\_\_\_\_

I did not consume any alcohol today

Lunch/Dinner: \_\_\_\_\_

I did not eat to satisfy an emotional need or craving

Midafternoon: \_\_\_\_\_

Physical activity: \_\_\_\_\_ min. \_\_\_\_\_

Lunch/Dinner: \_\_\_\_\_

My **energy** level today is:

On a scale of 1 to 5, my **appetite** today is:



Low

1

2

3

4

5

High

My motivation to become a better person is: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## DAY 6 "We are what we repeatedly do. Excellence then, is not an act but a habit." - Aristotle

Breakfast: \_\_\_\_\_

Glases of water I drank today \_\_\_\_\_

Midday: \_\_\_\_\_

I did not consume any alcohol today

Lunch/Dinner: \_\_\_\_\_

I did not eat to satisfy an emotional need or craving

Midafternoon: \_\_\_\_\_

Physical activity: \_\_\_\_\_ min. \_\_\_\_\_

Lunch/Dinner: \_\_\_\_\_

My **energy** level today is:

On a scale of 1 to 5, my **appetite** today is:



Low

1

2

3

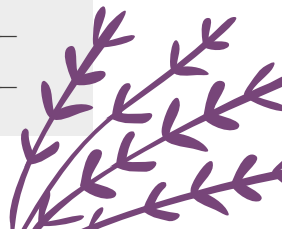
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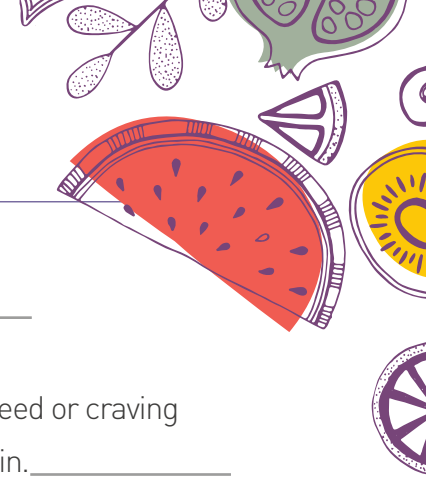
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High

When I'm upset the best thing I can do for myself (regarding food) is: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_





## DAY 7 "You will never know limits until you push yourself to them." - Anonymous

Breakfast: \_\_\_\_\_

Glasses of water I drank today \_\_\_\_\_

Midday: \_\_\_\_\_

I did not consume any alcohol today

Lunch/Dinner: \_\_\_\_\_

I did not eat to satisfy an emotional need or craving

Midafternoon: \_\_\_\_\_

Physical activity: \_\_\_\_\_ min. \_\_\_\_\_

Lunch/Dinner: \_\_\_\_\_

My **energy** level today is:

On a scale of 1 to 5, my **appetite** today is:



Low

1

2

3

4

5

High

I'm proud of myself because: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## DAY 8 "All our dreams can come true, if we have the courage to pursue them." - Walt Disney

Breakfast: \_\_\_\_\_

Glasses of water I drank today \_\_\_\_\_

Midday: \_\_\_\_\_

I did not consume any alcohol today

Lunch/Dinner: \_\_\_\_\_

I did not eat to satisfy an emotional need or craving

Midafternoon: \_\_\_\_\_

Physical activity: \_\_\_\_\_ min. \_\_\_\_\_

Lunch/Dinner: \_\_\_\_\_

My **energy** level today is:

On a scale of 1 to 5, my **appetite** today is:



Low

1

2

3

4

5

High

At the end of the day 10, I will reward myself with (non-food related): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## DAY 9 "There is no failure here sweetheart, just when you quit." - U2

Breakfast: \_\_\_\_\_

Glasses of water I drank today \_\_\_\_\_

Midday: \_\_\_\_\_

I did not consume any alcohol today

Lunch/Dinner: \_\_\_\_\_

I did not eat to satisfy an emotional need or craving

Midafternoon: \_\_\_\_\_

Physical activity: \_\_\_\_\_ min. \_\_\_\_\_

Lunch/Dinner: \_\_\_\_\_

My **energy** level today is:

On a scale of 1 to 5, my **appetite** today is:



Low

1

2

3

4

5

High

What has motivated me to stay with the program up until now has been:

---

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## DAY 10 "To start a great project, you need courage. To finish a great project you need perseverance." - Anonymous

FINAL WEIGHT \_\_\_\_\_

Breakfast: \_\_\_\_\_

Glasses of water I drank today \_\_\_\_\_

Midday: \_\_\_\_\_

I did not consume any alcohol today

Lunch/Dinner: \_\_\_\_\_

I did not eat to satisfy an emotional need or craving

Midafternoon: \_\_\_\_\_

Physical activity: \_\_\_\_\_ min. \_\_\_\_\_

Lunch/Dinner: \_\_\_\_\_

My **energy** level today is:

On a scale of 1 to 5, my **appetite** today is:



Low

1

2

3

4

5

High

Today I will reward myself with: \_\_\_\_\_

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# MY VIVRI<sup>®</sup> PLATE



# MY VIVRI PLATE

## HEALTHY OILS



Minimize or eliminate oils. When cooking or on salads, use only healthy oils such as olive, coconut, canola or sunflower. Each tablespoon of oil contains approximately 120 calories. Avoid butter and trans fats.

## VEGETABLES

Main component of a healthy diet. The greater the quantity and variety of vegetables you eat, the better.

## FRUITS

Take your daily serving of fruit and avoid those high in sugar. Variety matters.





Create your own healthy meals with the VIVRI Plate.  
For best results, follow these guidelines.



## WATER

Drink 8 glasses of water a day. Coffee, tea or mineral water are allowed without added sugar. Avoid sugary and/or artificially sweetened drinks, including sodas and juices.



## WHOLE GRAIN

Consume whole grains such as brown rice, whole-wheat bread and wheat pasta. Avoid refined grains such as white rice and white bread.

## HEALTHY PROTEIN

Yellow peas, brown rice, amaranth, quinoa, buckwheat, millet, chia, chlorella, and spirulina.



# SUGGESTED FOOD LIST

This is only a guide where we suggest foods high in nutrients and low in sugar and fat.



## PROTEINS



GO!

**Seeds and nuts:** pumpkin seeds, sunflower seeds, sesame seeds, walnuts, cashew nuts, almonds, and hazelnuts.

Every 40 grams of seed provides 8 to 9 grams of protein.

**Legumes:** beans, chickpeas, lentils, lima beans, and soybeans.

1 cup provides approximately 18 grams of protein.

**Quinoa:** 90 grams of quinoa provide 8 grams of protein.

**Spirulina:** 2 tablespoons provide 8 grams of protein.

**Hemp seeds:** 3 tablespoons provide 10 grams of protein.

**Chia:** 2 tablespoons provide 4 grams of protein.

**Yeast:** 3 tablespoons provide 12 grams of protein.

**Green leaves and mushrooms:** 100 grams provide 2 to 5 grams of protein.



# VEGETABLES



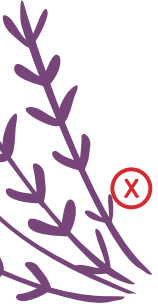
GO!

All vegetables are allowed, as they are an important source of vitamins and protein. It is recommended to cook the vegetables for a maximum time of 5 minutes, since they lose their vitamins if they are cooked too long/overcooked. In addition, it is recommended to cook or steam the whole vegetable and cut it afterwards.



STOP!

Fry any type of vegetable.



# FRUITS



GO!

3/4 cup of blueberries, 20 natural cherries, 4 Chabacano peaches, 3 yellow plums, 7 prunes, 2 yellow peaches, 3 guavas, 2 figs, 1 1/2 kiwis, 2 tangerines, 1 cup of mango, 1 apple, 1/3 of a melon, 2 oranges, 1 cup of papaya, 1 cup of strawberries, 1/2 of a pear, 3/4 of a cup of pineapple, 1/2 of a banana, 1 cup of watermelon, 18 grapes, and 1 cup of blackberries.



STOP!

Fruits in syrup.

# GRAINS, FLOUR AND CEREALS



GO!

Brown rice, wheat pasta and amaranth.



STOP!


White rice and white pasta, white bread and refined flours.

# OIL



GO!

Use only sporadically in small amounts or spray-canned: extra virgin olive oil, canola oil, flaxseed oil, coconut oil and sunflower oil.

- 
- ⊗ **STOP!**  
Butter, margarine, mayonnaise, high fat dressings and nuts (only small amounts).

## BEVERAGES

- ✓ **GO!**  
Natural water, water prepared with fresh fruit, mineral water, tea or coffee without adding sugar. You can drink Cleanse Me! (dissolve in the desired amount of water, up to two times per day).
- ⊗ **STOP!**  
Alcohol, fruit juices and sodas (including low caloric ones).

## SWEETENERS

- ✓ **GO!**  
Stevia.
- ⊗ **STOP!**  
Artificial sweeteners, refined sugar, high fructose corn syrup, honey and evaporated cane juice.

## CONDIMENTS

- ✓ **GO!**  
Use natural ones with zero calories such as fresh herbs: parsley, coriander, oregano, etc. You can also use lime, lemon, or seasonings without calories. Use little to no salt.
- ⊗ **STOP!**  
Avoid all products high in sodium (salt), fat or sugar.

- Eat moderate portions, but without going hungry.
- Diversify your food and do not skip any meal.

# RECIPES



## OPTION 1-LUNCH/DINNER



660 CALORIES



### Bean mash

#### Ingredients:

- 1 cup of cooked Peruvian beans
- 1 cooked tomato
- ¼ small onion
- ½ teaspoon oregano
- 1 tablespoon vegan sour cream (recipe below)
- ½ avocado
- 25 g tortilla chips

#### Preparation:

Blend the beans, along with the tomato and onion. Then, add the ½ tablespoon of oregano, plus cream, avocado and tortilla chips to go with. Best when served hot.

#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.



## OPTION 2-LUNCH/DINNER



530 CALORIES

### Cauliflower chorizo tostadas



#### Ingredients:

- 2 cups cauliflower
- 5 sun-dried tomatoes
- 1 chipotle pepper
- ½ tablespoon onion powder
- 1 tablespoon paprika
- ½ tablespoon nutritional yeast
- ½ teaspoon cumin
- 2 tablespoons avocado oil
- 1 mirasol chili hydrated and deveined
- Salt and pepper to taste
- ½ cooked potato without skin
- ⅓ cup fried beans
- 2 dehydrated toast

#### Preparation:

Process ¼ of the cauliflower until it is like rice, dice the potato and stir in a pan. Process the other ¼ of the cauliflower with the tomatoes, chipotle pepper, onion powder, paprika, nutritional yeast, cumin, mirasol chili, salt and pepper. Put the avocado oil in a hot frying pan. Add all the ingredients until they are a little browned. Serve on dehydrated toast with fried beans.



#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.

## OPTION 3-LUNCH/DINNER



510 CALORIES

### Chia and cauliflower croquettes



#### Ingredients:

- 300 g cauliflower
- 3 tablespoons chia
- Basil to taste
- Salt and pepper
- Oregano
- 150 ml water
- 1 teaspoon avocado oil
- ½ avocado

#### Tomato sauce:

- 4 pieces of tomato
- 1 Garlic
- ¼ onion
- Salt and pepper

#### Preparation:

Soak 2 tablespoons of chia in 100 ml of water.

Grate the cauliflower until it has the consistency of rice or flour, add the salt, pepper, basil and oregano, and chia until everything is mixed well.

Once everything is blended, start making the croquettes in a pancake shape.

Place them in a sheet with a teaspoon of avocado oil to prevent sticking, and bake them for 20 to 30 minutes.

For the sauce, cook the tomatoes, onion and garlic, and season to taste.



#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.

## OPTION 4-LUNCH/DINNER



560 CALORIES



### Pasta with nopales

#### Ingredients:

- 1 cup wholemeal pasta of your choice
- A little salt and herbs to taste
- 1 teaspoon avocado oil
- ½ cup hot water
- ¼ tablespoon dried and crushed tree chili
- 2 pieces of nopales (cactus), julienned
- 1 cup sliced mushrooms
- 1 clove garlic, finely chopped
- 1 tablespoon sesame seeds
- 2 tablespoons vegan cream
- ⅓ chunk of vegan Parmesan cheese

#### Vegan Parmesan Cheese:

- 150 g unsalted cashew nuts
- 4 tablespoons brewer's yeast or nutritional yeast
- 1 teaspoon fine sea salt
- 1 teaspoon garlic powder

#### Preparation:

Cook the pasta in enough water with a little salt and the aromatic herbs, leave for 20 minutes or until al dente; remove and drain.

Put the nopales in a frying pan, sautéing them with a little oil and garlic. When they are shiny, mix with the mushrooms until they are well cooked.

Add the pasta and leave for 5 minutes.

Serve the pasta with nopales and sprinkle with the sesame seeds, vegan sour cream and vegan Parmesan cheese.

To make the vegan Parm, simply put all the ingredients in a blender and blend until they are powdered.

#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.

## OPTION 5-LUNCH/DINNER



570 CALORIES

### Pumpkin pasta with avocado sauce



#### Ingredients:

- 3 pumpkins
- 1 large avocado
- 2 tablespoons lemon juice
- 4 tablespoons cashews
- Basil
- 1/3 of water (85 ml)
- 150 g cherry tomatoes

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#### Preparation:

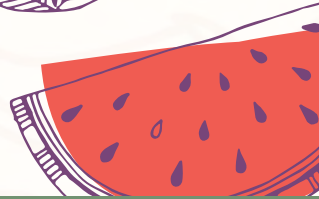
Cut the pumpkin in a spiral pasta form. Steam it. Blend the sauce's ingredients in the blender (avocado, lemon, cashew, basil and water).

In a container, mix the pumpkin spaghetti with the avocado sauce. Serve with cherry tomatoes.

#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.



## OPTION 6-LUNCH/DINNER



565 CALORIES



### Carrot tinga

#### Ingredients:

- 1 slice of white onion
- 1 ½ cup carrots
- Chipotle pepper to taste
- 2 tomatoes
- 1 clove garlic
- 1 roasted red pepper
- Salt and pepper
- ⅔ avocado
- 2 dehydrated toast slices

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#### Preparation:

Cut the onion half-moon and fry it until it becomes transparent, add pepper, garlic and tomato.

Grate the carrot and mix it with the onion, then fry it for 10 minutes.

Blend the tomato, garlic, salt, pepper to taste and add to the pan.

Serve the 2 dehydrated toasts with lettuce and avocado.



#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.

## OPTION 7-LUNCH/DINNER



540 CALORIES



### Jícama ceviche

#### Ingredients:

- 1 cup cubed jicama
- Serrano pepper
- 1 cup cubed cucumber
- 1/2 cup celery
- 1 piece of tomato
- 1/2 piece of onion
- 1/2 cup tomato juice
- 1 handful cilantro
- 2 tablespoons lemon juice
- 1/3 avocado
- 2 dry toast
- 2/3 cup cooked soybeans

#### Preparation:

Cut the ingredients into small cubes.

Cook the soy with a clove of garlic, a slice of onion, bay leaf and salt. Mix all the ingredients.

Serve with avocado, on toast.

#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.



## OPTION 8-LUNCH/DINNER



495 CALORIES



### Mushroom juice

#### Ingredients:

- 250 g mushrooms
- 1 cup cooked beans
- 1 handful cilantro
- 6 bunches of spring onion
- 1 teaspoon avocado oil
- Juice of 1 lemon
- 2 tortillas

#### Ingredients for the sauce:

- ¼ cup green tomatoes
- 1 handful coriander
- 1 clove garlic
- ¼ onion
- Salt and pepper to taste
- Green chili (optional)
- Water if necessary

#### Preparation:

Cook the tomatoes without the skin until the skin opens, add the onion and garlic. Once cooked, add them to the blender with salt and pepper to taste. If it is thick, you can add more water.

In a pan with avocado oil, add the onions and mushrooms until golden brown. Transfer the sauce to a saucepan; heat, then add the mushrooms and onions. Serve with beans, cilantro, onion and lemon.



#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.

## OPTION 9-LUNCH/DINNER



340 CALORIES



### Cauliflower yakimeshi

#### Ingredients:

- 4 cups cauliflower florets
- 125 g cream cheese vegan (recipe below)
- ½ cup diced onion
- 1 teaspoon olive oil
- 1 sliced green chili
- 1 ½ cup diced raw carrot
- 1 ½ cup diced butternut squash
- ⅓ avocado

#### Preparation:

Cook the cauliflower florets for 10 minutes.

In a frying pan, add 1 tablespoon of olive oil, then add the onion, green chili, carrot and pumpkin at the end, until they are thoroughly mixed. Add the florets and stir.

Next, add soy sauce to the entire mixture. Let it cook for 10 minutes.

Serve with avocado and option to add vegan cream cheese.



#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.

## OPTION 10-LUNCH/DINNER



490 CALORIES



### Mushrooms in red sauce

#### Ingredients:

- 2 tomatoes
- clove garlic
- ½ chopped onion
- 250 g mushrooms
- 1 ½ cup spinach
- 1 guajillo chili
- 2 arbol chilies
- 3 corn toasts or tortillas
- ½ avocado
- ⅓ cup refried beans
- 1 teaspoon olive oil

#### Preparation:

Add the tomatoes, garlic clove and chilies to a pot, then fill the pot with water until it boils.

Mix the ingredients and discard the water.

In a saucepan with a teaspoon of olive oil, add the onion and cook for 3 minutes over medium heat, then add the mushrooms and spinach. Cook for 3 to 5 minutes.

Add the sauce and incorporate all the ingredients.

Serve with avocado and put it on toast or tortillas.



#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.

## OPTION 11-LUNCH/DINNER



530 CALORIES



### Stuffed peppers

#### Ingredients:

- 2 red bell peppers
- ½ cup cooked quinoa
- ⅓ avocado
- ⅓ cup blueberries
- ¼ cup chopped parsley
- 4 tablespoons red onion
- 2 tablespoons olive oil

#### Preparation:

Cut the peppers in half, slather with olive oil, add salt and pepper. Roast for 20 minutes at 200 °C.

Mix the quinoa with the blueberries, parsley and purple onion. Add salt and pepper. Fill the peppers with the mixture and finish with the avocado on top.



#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.

## OPTION 12-LUNCH/DINNER



570 CALORIES



### Lentil vegetable soup

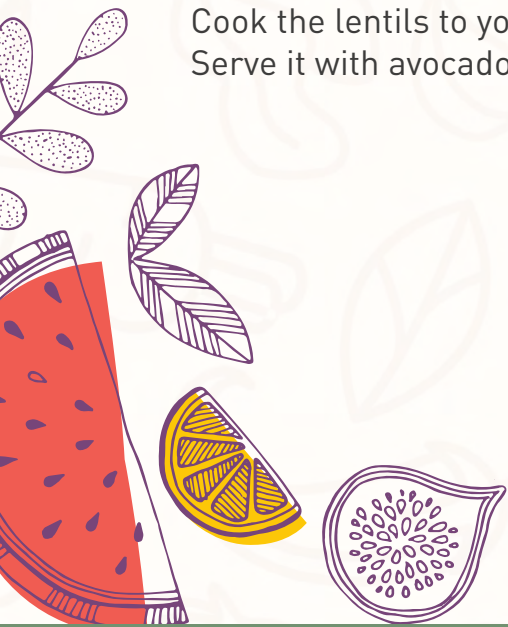
#### Ingredients:

- 1 ½ cup cooked lentils
- 1 cup mixed greens
- ½ avocado
- 2 corn tortillas

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#### Preparation:

Cook the lentils to your liking and add a cup of cooked vegetables. Serve it with avocado and 2 tortillas.



#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.

## OPTION 13-LUNCH/DINNER



400 CALORIES



### Red lentil, tomato, and kale soup

#### Ingredients:

- 1 tablespoon olive oil
- 2 large garlic cloves, minced
- 1 sweet onion, diced
- 3 celery stalks, diced
- 1 bay leaf
- 1 ½ teaspoons ground cumin
- 2 teaspoons chili powder
- ½ teaspoon ground coriander
- ½ teaspoon paprika
- ⅛ teaspoon cayenne pepper
- 2 diced tomatoes
- 5 to 6 cups vegetable broth
- 1 cup raw red lentils, rinsed and drained
- A little sea salt and pepper to taste
- 1 cup chopped kale or spinach

#### Preparation:

In a large pot, sauté the onion and garlic in the olive oil for about 4-5 minutes over medium heat.

Add the celery and sauté for a few more minutes.

Add the bay leaf and the cumin, chili powder, coriander, paprika, and pepper. Add the tomatoes, broth and lentils. Bring to a boil, reduce heat, and then simmer uncovered for about 20 to 25 minutes, or until the lentils are tender and fluffy.

Add kale or spinach and cook until wilted.

Serve in a bowl.



#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.

## OPTION 14-LUNCH/DINNER



300 CALORIES



### Grilled vegetable skewers

#### Ingredients:

##### For the dressing:

- 1 small clove garlic
- 2 tablespoons fresh tarragon
- 4 tablespoons fresh chives
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon apple cider vinegar
- 2 tablespoons water
- 1/3 cups avocado pulp (1/2 small avocado)

- 1/4 teaspoon sea salt
- Freshly ground black pepper, to taste

##### For the skewers:

- 1 bell pepper
- 1/2 red onion
- 1/2 pumpkin
- 1 cup mushrooms
- 1 teaspoon olive oil
- Pinch salt and pepper

---

#### Preparation:

For the dressing: mince the garlic in a food processor. Now add the tarragon and chives and process until chopped. Finally, add the rest of the ingredients and process until the dressing is smooth (or almost). Adjust seasonings to taste if desired.

For the skewers: Preheat the skillet over medium-low heat. Chop vegetables into desired sizes and place on vegetable skewers. Spread the oil on the vegetables to coat all sides and season with salt and pepper. Cook the skewers for about 15 minutes, rotating every 5 minutes. Serve skewers immediately with dressing on top.

#### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.

## COMPLEMENTARY RECIPE 1



920 CALORIES  
250 ml Portion



### Vegan sour cream

#### Ingredients:

- 1 cup or 150 g cashew nuts (raw), unsalted
- 1 cup or 250 ml water
- 2 tablespoons lemon juice
- 1 tablespoon nutritional or brewer's yeast (optional)
- ¼ tablespoon salt

---

#### Preparation:

Let the nuts soak overnight in water, at room temperature. If you're in a hurry, you can leave them in hot water for at least an hour. Strain the nuts, discard the water and put them in a blender together with the rest of the ingredients. Then, beat until they are not solid. Serve immediately or store vegan sour cream in an airtight container in the fridge for 3-5 days.



## COMPLEMENTARY RECIPE 9



740 CALORIES  
500 g Portion



### Vegan cream cheese

#### Ingredients:

- 2 cups or 500 g unsweetened soy yogurt
- ½ tablespoon sea salt
- ½ tablespoon onion powder (optional)
- 1 tablespoon dried dill (optional)

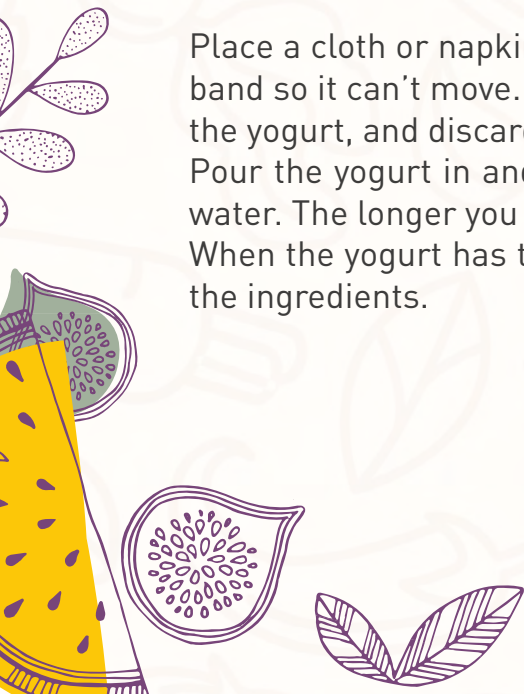
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#### Preparation:

Place a cloth or napkin in a jar or cylindrical container and secure it with a rubber band so it can't move. What we want is to separate the solid from the liquid part of the yogurt, and discard the water it releases.

Pour the yogurt in and let it rest in the fridge for at least 8 hours so that it loses water. The longer you wait, the denser the cheese will be.

When the yogurt has the desired consistency, pour into a bowl and add the rest of the ingredients.



# HEALTHY SNACK 1



65 CALORIES  
1 Cup Portion



## Roasted kale chips

### Ingredients:

- 2 cups kale
- 1 tablespoon nutritional yeast
- 1 tablespoon salt
- 1 tablespoon avocado oil

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### Preparation:

Massage the kale with avocado oil, salt and yeast until it's all covered. Place on a tray with wax paper and bake for 10 minutes at 180°C until crispy.



## HEALTHY SNACK 2

Option to accompany the recipes



200 CALORIES

150 g Portion



## Chickpea hummus

### Ingredients:

- 500 g cooked chickpeas
- 3 tablespoons tahini
- 2 tablespoons olive oil
- A little salt and pepper to taste
- 1 pinch ground cumin
- Juice of 1 lemon
- 2 cloves garlic
- Fresh parsley

### Tahini paste:

- 50 g toasted sesame seeds
- 50 - 75 ml water
- Salt

### Preparation

Start by making the tahini paste; place the toasted sesame in a food processor, add a little water and a pinch of salt. Blend until you get a paste. If the texture is too thick, add a little more water, but be careful not to make it too runny.

Place the cooked chickpeas, olive oil, garlic, lemon juice in the food processor and blend for a few minutes until you get a thick, lump-free dough.

Mix in the cumin powder, add salt, pepper and finally add the tahini.

Blend everything again until all the ingredients are even throughout.

Let cool in the refrigerator or if you prefer, eat it directly.

Place on a plate or bowl and drizzle over with a drizzle of olive oil, chopped parsley, cumin grains or paprika. Different amounts of spices will give different flavors!




### Recommendations:

- You can have a glass of Cleanse Me! to accompany your food.

This recipe was provided by María Esther Martín Barba LIV, whose collaboration we appreciate.

## TIPS FOR A HEALTHIER LIFESTYLE

- ✓ Bake your meals instead of frying them
  - ✓ Choose the most natural and healthy food possible (unprocessed)
  - ✓ Eat your meals at the same time every day
  - ✓ Get the portions and the minimum suggested calories for every meal
  - ✓ Have raw vegetables on hand as low-calorie snacks
  - ✓ Opt for appetite suppressants low in calories: soups and teas
  - ✓ Never prepare your Shake Me! with less than 1 serving (3 scoops)
  - ✓ Eat lots of fresh vegetables
  - ✓ Drink at least 8 glasses of water a day
- Remember that all recipes prepared with oil can also be prepared without it, so we suggest reducing and even avoiding oil when preparing your meals, because it is high in calories. If you still want to use oil, we suggest the following healthier options:

-  Coconut oil (117 Cal per tablespoon)
-  Olive oil (120 Cal per tablespoon)
-  Sunflower oil (120 Cal per tablespoon)



# KEY TIPS

## TO START

Get rid of any temptations in your home by discarding all unhealthy food from your cupboards.



CANDIES



WHITE BREAD



SODAS  
(INCLUDING LOW  
CALORIC SODAS)



CHIPS



DESSERTS



## MAKE AN EDUCATED CHOICE BEFORE EACH MEAL

### EMOTIONAL EATING

VS.

### PHYSICAL HUNGER

Your appetite increases suddenly

You want to eat one food in particular

You feel the urge to eat immediately

You keep eating even after you feel satisfied

You feel guilty after you are done eating

Your appetite increases gradually

You are able to consider various options

You don't have to eat immediately

You stop when you are satisfied

You feel fine after you eat

# PRIORITIZE

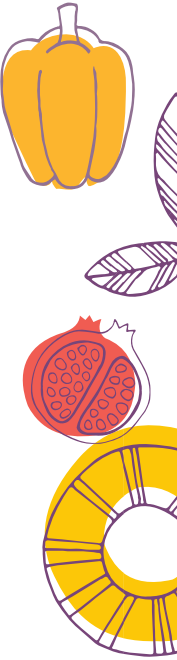
## YOUR GOAL

### **YOUR GOAL VS. YOUR SOCIAL COMMITMENTS**

We know it is challenging to have a social life in which you do not control the selection of food or beverages being served. However, you always control the decisions you make. You can resist any temptation with a little bit of planning. For example, if you are eating out at a restaurant, try choosing one that offers a variety of healthy options.

Take this time to get out of your comfort zone and become more independent.

Use this moment to reflect upon the habits that work for you and the ones that do not.



# FREQUENTLY ASKED QUESTIONS

-FAQs-





### 1- Can I skip my Shake Me! if I don't feel hungry?

We recommend that you drink two shakes and have one balanced meal, even if you don't feel hungry. Aside from your appetite, your body must get necessary nutrients in a consistent manner to help your metabolic rhythm work properly. Consuming fewer calories by eliminating a meal may result in fatigue and malnourishment.

### 2- Is it normal to suddenly feel irritated and cranky during the first few days of my challenge?

Every person is different. You are changing your eating habits. Your body needs time to adjust. Don't worry; it is temporary. Find comfort in knowing that you are making the right decision, detoxifying your body and giving it a well-deserved rest.

### 3- Why are the first three days of the challenge so important?

The first three days your body detoxifies itself. For most, this transition is easy and will result in a feeling of being energized and better nourished. However, there is a possibility of a slight headache or change in consistency and frequency of bowel movements, as a natural consequence of the body cleansing process. We suggest drinking a lot of water to help the process of removing toxins.

After the first three days, your body gets used to getting essential nutrition and the amount of food it needs to function well. It is important to listen to your body and give it what it asks for, as long as it is nutritious and healthy.

### 4- How many times a day can I have Cleanse Me! and Power Me!?

We recommend consuming them once a day. Both can be consumed up to 2 times a day depending on your needs and pace of life. If you are mild-sensitive to caffeine, you can take half a portion of Power Me! **Caffeine sensitive people, children and pregnant or nursing women should not consume** Power Me!

### 5- How important is it to exercise at the start of the challenge?

Exercise is fundamental to healthy living. However, it is recommended that in the first 3 days, you maintain your normal physical activity. Starting on the 4th day, you may increase your regular exercise or start with 30 minutes 3 times a week. To maintain a healthy weight is 80% nutrition and 20% exercise. When you exercise regularly you achieve better results.





### **6- How can I combine exercise with the products?**

You can consume Shake Me! after exercising, it will serve as a recovery drink and food for your muscles. Power Me! is great before, during and after exercising, to have the required energy to complete your workout, or to re-energize you upon competition. Cleanse Me! is also great as hydrating drink during your workout or simply as “naturally flavored water” during the day.

### **7- What certifications support VIVRI products?**

VIVRI products are manufactured at FDA-registered facilities in the United States, in accordance with the Good Manufacturing Practices (GMP) endorsed by NSF International, complying with specific food safety and quality standards. Each product also has specific certifications or labels, such as Vegan, Gluten-free, Diabetic-Friendly, Low Glycemic or Kosher. Products are distributed around the world in strict compliance with all standards outlined by the following institutions: FDA (USA and Puerto Rico), COFEPRIS (Mexico), INVIMA (Colombia), AUPSA (Panama) DIGESA (Peru) and MINSA (Costa Rica).

### **8- Some days I feel hungrier than others. What can I do about it?**

All eating regimens require an adjustment period. The body goes through a detox



period while adapting to the new eating regimen. These changes may manifest in different ways and last from one to five days.

Drink lots of water and keep your fridge and pantry stocked with healthy and low-calorie options. E.g. sliced cucumbers and jicama, salads, vegetable soup, etc.

If it is time for your snack and you do not have any fruits at hand, you can have half a serving of Shake Me! instead.

### **9- Why can't I drink alcoholic beverages?**

You will have better results while on the Challenge if you avoid them. Alcohol eliminates healthy bacteria in your body, causes dehydration, affects the adrenals, hinders liver detoxification, feeds intestinal yeast, and often contains approximately 7 calories per gram.

Because of this, you may be better off drinking mineral water with a splash of lemon during a social event. The most important thing is not to stress about not drinking alcohol. Sometimes we consume alcoholic beverages to fill an emotional need or due to peer pressure. Think of this "alcohol free" time as a well-deserved vacation for your liver and a chance to learn more about yourself and who you are.

### **10- I have a medical condition. Can I do the VIVRI Challenge?**

People with medical conditions must first consult with their doctors. As a company, VIVRI cannot answer any questions related to any medical condition or medication. Your team, as well as your VIVRI Leader, can discuss the importance of leading a healthy lifestyle, the benefits of using VIVRI products and the effectiveness of the Essential Nutrition System, but not as they relate to any medical condition.

We strongly encourage you to review the labels of our products with your doctor. Should you have any questions about this policy or other guideline, please contact us at [hello@vivri.com](mailto:hello@vivri.com)

### **11- To whom may I direct my additional questions?**

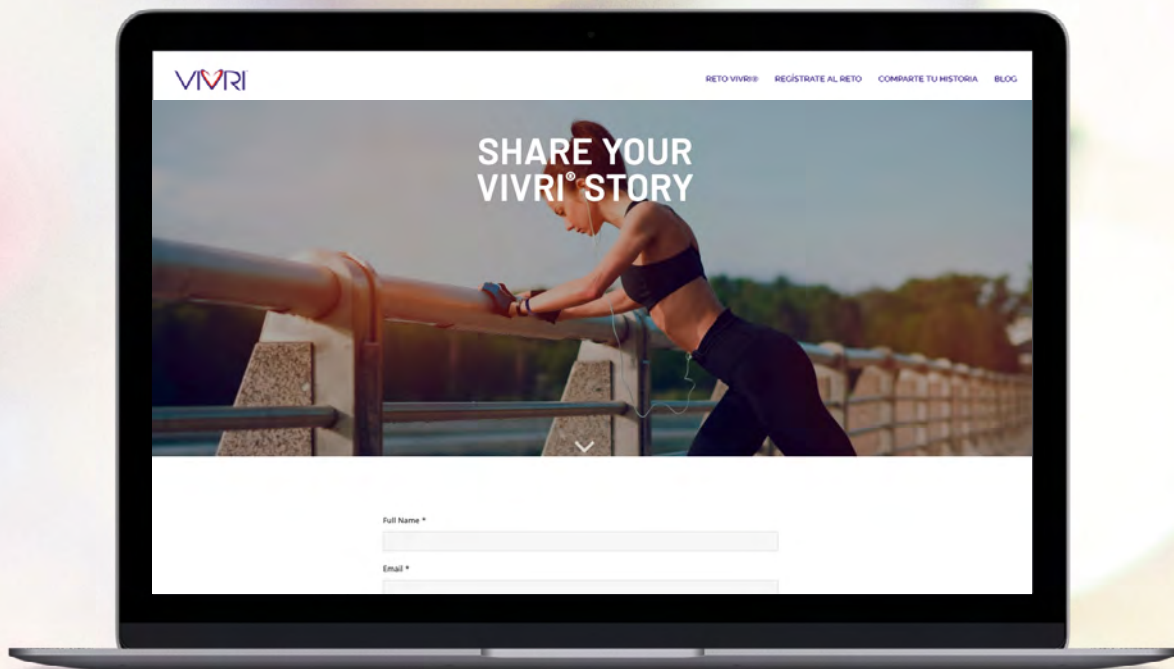
Address your additional questions to [hello@vivri.com](mailto:hello@vivri.com) or contact us through our social networks.

**\*This material is for exclusive use in the U.S. These statements have not been evaluated by the FDA. VIVRI® products are not intended to cure, diagnose, treat, or prevent any disease.**

**People with any medical condition, pregnant or nursing women, as well as kids most consult their physician before consuming any product.**

**VIVRI® products must be part of a healthy lifestyle, that includes sleeping, workout and good nutrition, with adequate fruits and vegetables.**

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INVITE MORE PEOPLE TO ACHIEVE  
THE BEST VERSION OF THEMSELVES!  
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# Learn the three ways to become the best version of you

## VIVRI CHALLENGE

Achieve results in 10 days and discover the wonder of VIVRI Essential Nutrition, effective, practical and delicious.

## VIVRI LIFESTYLE

Discover the freedom to incorporate VIVRI Essential Nutrition into your daily lifestyle.

## VIVRI FASTING

The best version of Intermittent Fasting; effective, practical and delicious.



# VIVRI®

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