

Trilivy!

RESET





Your guide to reset.

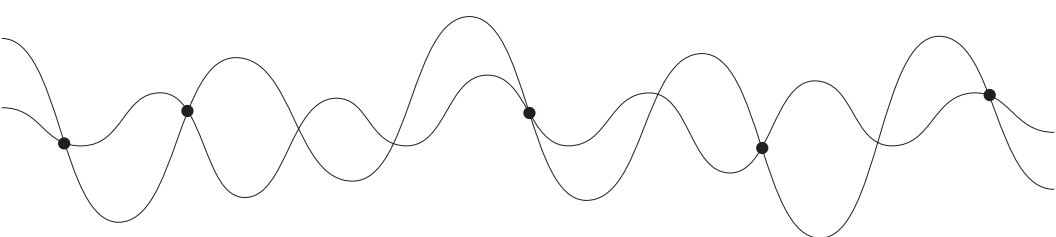
Reverse metabolic dysfunction*, reset metabolism, and improve body composition with healthy, quality weight loss that builds the foundation for lasting health.

*In a clinical study, individuals on the Trilivvy Reset Plans experienced a reduction of 14% visceral fat and 97 to 98% of lean mass was retained at 16 weeks. Arterburn LM, Coleman CD, Kiel J, et al. Randomized controlled trial assessing two commercial weight loss programs in adults with overweight or obesity. *Obes Sci Pract.* Feb 2019;5(1):3-14. doi:10.1002/osp4.312



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Let's get started.

Ready to rebuild your metabolic health?

Your body is sending signals. Low energy. Stubborn weight that won't budge. Cravings that seem impossible to ignore. These aren't just everyday frustrations — they're signs your **metabolism is out of sync** like more than 90% of U.S. adults struggling with metabolic dysfunction.¹

Let's reset it.

Better metabolic health comes from doing the **right things** in the **right order**. Our **Reset Plans** have a **clinically proven** blueprint that combines targeted nutrition, personalized support, and behavior change — all in one streamlined approach designed to fit your life.



The science of Metabolic Synchronization®.

Trilivy's breakthrough science **reverses metabolic dysfunction** with a targeted reset of the body's metabolism.*

Built on 40+ years of scientific and clinical heritage and 30+ research studies, **Metabolic Synchronization** starts with **healthy, quality weight loss** — reducing visceral fat, retaining lean mass, and protecting the muscle that supports optimal metabolic health.

The result? A body healing from the inside out. Looking, feeling, and functioning better.

How it works: Our clinical trial.

Losing weight is one thing. Losing the *right* weight is another. Our Reset Plans are **clinically proven to improve body composition and deliver transformative outcomes.***



VISCERAL FAT REDUCTION

Not all fat is created equal. Visceral fat — the bad kind that wraps around your organs — is a primary driver of metabolic dysfunction. Individuals on the Reset Plans experience a **14% reduction** in visceral fat.*



LEAN MASS RETENTION

Individuals on the Reset Plans **retain 97 to 98%** of their lean mass* — meaning weight loss comes primarily from fat, not the healthy tissue your body needs to support metabolic health.



HEALTHY MUSCLE PROTECTION

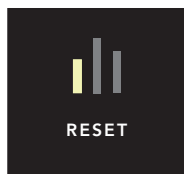
Muscle isn't just about strength. It supports energy metabolism. The Reset Plans are clinically proven to protect muscle during weight loss.*

When your body resets, everything starts to shift. Energy improves. Sleep deepens. Healthy habits start stacking — one simple choice leading to the next.

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Trilivy's comprehensive metabolic health system.

Trilivy's **three-phase** metabolic health system combines science-backed plans and products, personalized coaching, and healthy habit creation to reverse metabolic dysfunction and advance your metabolic health*.



Phase 1: Reset *(You're here)*

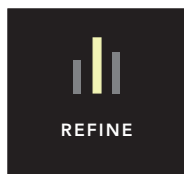
The **first step** in your **guided journey** to optimal metabolic health.

Kickstart your transformation by activating a **strong and targeted fat burn** to help you lose the *right* weight — and improve body composition, not just change the number on the scale.

Targeted nutrition plans in this phase combine self-prepared, whole food meals with **nutrient-dense** meal replacements formulated with our **MetaVantage Technology™** — a platform of proprietary ingredient formulas designed to optimize metabolism by unlocking key metabolic pathways.

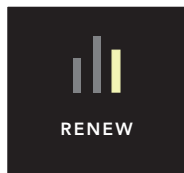
The **MetaVantage Reset Formula** further supports metabolic health by helping reduce waist circumference** while also supporting normal fat metabolism and healthy insulin function.*

All Reset plans are **clinically proven** and designed to work in real life.



Phase 2: Refine

Once you've reached a healthy weight, it's time to move from weight loss into a new phase of confidence and control. Continue to improve metabolic flexibility and refine your body composition with an **optimal metabolic health** plan that supports muscle health and improves overall well-being.



Phase 3: Renew

Once you've reset your metabolism and refined your body composition, something shifts. You're creating vitality with an **optimal metabolic health** framework that supports healthspan — the number of years you live in good health.

Your healthiest self is within reach.

This is more than a quick fix. It's a reset — and a path to living in sync with your healthiest self.

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Our approach.

Our three-part delivery model combines science, human guidance, and healthy habits for a uniquely comprehensive approach to quality weight loss and optimal metabolic health.



SCIENCE & PRODUCTS

Nutrition on a mission,
built by experts and
backed by scientific rigor
and clinical heritage.



COACH & COMMUNITY

In a world of automation
and AI, our coaches' human connection helps
clients lose up to **10x** more weight and **17x** more fat.*



HABITS OF HEALTH® TRANSFORMATIONAL SYSTEM

Evidence-based,
proprietary educational
framework for creating
healthier, **lasting habits**.

1 Science & products.

Trilivy is built on 40+ years of scientific and clinical heritage.

Our Reset phase is grounded in **research**, led by **credentialed experts** working alongside a **scientific advisory board**, and validated by science.

This is nutrition on a metabolic mission, specially crafted for the Reset phase:

Reset Feelings

Nutrient-dense meal replacements designed to give your body the right balance of protein, fiber, and essential nutrients to enter a strong and targeted fat-burning state.

Every Reset Fueling contains the MetaVantage Reset Formula which further supports metabolic health by helping reduce waist circumference** while also supporting normal fat metabolism and healthy insulin function

Lean & Green™ Meals

Self-prepared, whole-food meals featuring lean protein, non-starchy vegetables, and healthy fat.

2 Coach & community.

Human connection is our superpower.

Only 17% of U.S. adults feel confident tackling lifestyle change alone.² That's where your coach comes in.

Most Trilivy™ coaches were clients first, giving them the insights to build authentic relationships that deliver proven results.* They're **the human side of science**, turning knowledge into action through accountability, encouragement, and real-life strategies.

Your coach is your co-pilot — someone who believes in you until you believe in yourself. With the support of a Trilivy coach, **clients lose up to 10x more weight and 17x more fat than those who try on their own.***

*In a clinical study, individuals on the Reset 5 & 1 Plan with support of a Trilivy coach successfully lost 10x more weight and 17x more fat than those who tried to lose weight on their own. Arterburn LM, Coleman CD, Kiel J, et al. Randomized controlled trial assessing two commercial weight loss programs in adults with overweight or obesity. *Obes Sci Pract.* Feb 2019;5(1):3-14. doi:10.1002/osp4.312.

**Salminen, S., M.C. Collado, A. Endo, et al. The International Scientific Association of Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of postbiotics. *Nat Rev Gastroenterol Hepatol* 2021; 18/9: 649-667

LET'S GET STARTED

Your coach offers:

- **Connection.** A real person who listens, understands your goals, and meets you where you are.
- **Guidance.** Practical, personalized direction — not just inspiration — to help you translate a plan into daily action.
- **Accountability.** They check in, follow up, remind you why you started, and keep you moving when life gets loud.

There's no straight line to success, so your coach helps you **navigate** the steps, **adjust** when needed, and **build sustainable changes** one habit at a time.

When you add support from a community of people on the same journey, that momentum becomes unstoppable. The Trilivy™ community features:

- Coach-led support calls and webinars
- Exclusive Trilivy community events
- Private social media groups offering 24/7 connection
- Access to our knowledgeable Nutrition Support Team comprised of Registered Dietitians and Certified Personal Trainers

3 Habits of Health® Transformational System.

The Habits of Health Transformational System, developed by Dr. Wayne Scott Andersen (Dr. A), is an educational framework informed by behavioral science. It focuses on six macro habits — foundational lifestyle pillars that support whole-person well-being:



Healthy weight
management



Healthy eating
& hydration



Healthy
motion



Healthy sleep &
energy management



Healthy
mind



Healthy
surroundings

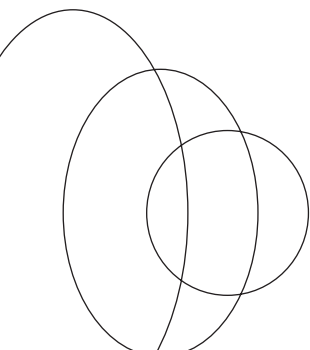
The goal? **Better understand** your relationship with food, **be more mindful** of your patterns, and **get the tools** you need for lasting behavior change.

By emphasizing “**micro habits**” — small, intentional actions that are easy to practice consistently — we make a healthy lifestyle second nature.

Trilivy™ and GLP-1 medications.

Our Reset Plans provide structured, scientifically informed nutrition that can complement the use of obesity medications. The plans feature portion-controlled Fuelings fortified with micronutrients and high-quality protein to support lean mass, ensuring consistent nutrition even during periods of reduced appetite. The structured eating pattern also helps clients maintain steady intake and meet their protein and nutrient needs while working toward healthy, quality weight loss.

Beyond nutrition, Trilivy's coaching and habit-based framework support long-term lifestyle change. While medications may assist with appetite regulation, the program emphasizes a comprehensive, lifestyle-based approach to help you develop sustainable healthy habits that support optimal metabolic health and well-being with ongoing accountability and support to help you succeed long-term, with or without medication.



Getting started.

This is your moment to reset your body’s metabolism and build the foundation for health and wellness.

During the Reset phase, you’ll follow one of three core plans that activate strong and targeted fat burn, fueling your body with **six small, purposeful meals every two to three hours**.

This next section provides helpful tips and resources for starting any of the Reset Plans.

Get ready the night before:	Helpful reminders:
Review this Reset Guide keep it handy as your go-to playbook on this journey. Pick your Reset Fuelings and plan your Lean & Green meal(s) for tomorrow. Snap a before photo just for you! It’s a great way to track your progress visually. Use a smart scale to track weight and body composition. Schedule your coach call for tomorrow at a time that works for you. Write down any questions you have for your coach.	Eat within 1 hour of waking up to kickstart your metabolism. Stay hydrated aim for 64 oz of water throughout the day.* Eat every 2–3 hours and use a journal, tracker, or your preferred wellness tools to monitor meals, motion, hydration, body composition, and more. *We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.



Before you begin.

Check in with your healthcare provider before starting your metabolic health journey — and keep them updated along the way, especially if you're taking medications like Coumadin (Warfarin), lithium, diuretics, or medications for weight loss, diabetes, high blood pressure, thyroid conditions, or dietary supplements.

Trilivy's [Overview for Healthcare Providers](#) is a good resource for you to take to and discuss with your healthcare provider. For our complete medical disclaimer, see the final page of this guide.

✔ Stay connected with your coach.

Your coach is one of the biggest reasons this program works. They provide caring, one-on-one support to help you set goals, stay accountable, and build healthy habits. Lean on them as you start your journey.

✔ Track your progress.

Log your weight, body composition, measurements, and journey photos regularly. Tracking your meals, hydration, and physical activity, along with reflecting on the guided questions in "Your Lifebook" or personal journal, can provide valuable insights that help you strengthen healthy habits, stay motivated, and celebrate every win.

✔ Stay motivated with daily tips and inspiration.

Opt in to receive daily text messages starting the day you begin your plan, with motivation, healthy reminders, helpful tips, and inspiration designed to keep you focused and on track.

✔ Engage with the Trilivy community.

Share your transformation story and connect with others on social media. Tag your coach and use #Trilivy to inspire others. Tune in to coach-led support calls to ask questions and learn more about the program and products.

✔ Stay informed.

Read the weekly newsletter and our [blog posts](#) for tips, education, and extra support along your journey.

✔ Visit your coach's personalized website.

Access your Premier+ orders and find more information and support tools to help you along the way to optimal metabolic health.

✔ Discover new, delicious recipes.

Visit the [Trilivy blog](#) or [Pinterest](#) for access to Lean & Green recipes designed by culinary experts and dietitians. You'll find meal inspiration, cooking tips, and nutritious options to help support your healthy lifestyle.

Reset with a friend, stay inspired.

Reset is better together. Whether it's a friend, partner, or coworker, sharing the journey keeps you accountable, inspired, and connected.

Refer them through our [Client Referral Program](#) and earn **\$50 in credits**.*

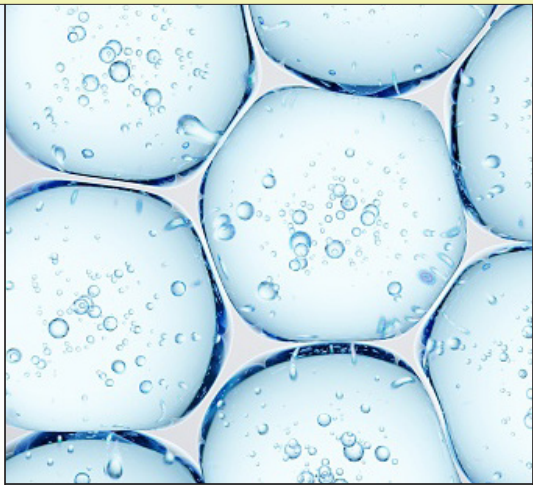
*Client Referral Program official Terms and Conditions apply.



Trilivy Reset Plans.

Clinically proven, quality weight loss.*

**In a clinical study, individuals on the Trilivy Reset Plans experienced a reduction of 14% visceral fat and 97 to 98% of lean mass was retained at 16 weeks. Arterburn LM, Coleman CD, Kiel J, et al. Randomized controlled trial assessing two commercial weight loss programs in adults with overweight or obesity. Obes Sci Pract. Feb 2019;5(1):3-14. doi:10.1002/osp4.312*



Reset 5 & 1 Plan.



Our clinically proven Reset 5 & 1 Plan provides a targeted reset of the body's metabolism by activating a strong and targeted fat burn, which improves body composition through reducing bad visceral fat, retaining lean mass, and protecting healthy muscle.*

The plan makes it simple with high-quality protein spaced evenly throughout the day to help you retain lean mass as you lose weight. Your goal isn't just a lower number on the scale. It's about improving body composition while creating energy to power your transformation inside and out.

On this plan, you'll eat five Reset Fuelings and one Lean & Green meal each day, giving your body the right balance of high-quality protein, carbohydrates, and healthy fat to enter a strong and targeted fat burn.

Every Reset Fueling is nutritionally interchangeable, calorie- and carbohydrate-controlled, and nutrient-dense, providing high-quality protein, essential fiber, vitamins, minerals, and probiotics. Reset Fuelings are formulated with MetaVantage Technology™. The MetaVantage Reset Formula further supports metabolic health by helping reduce waist circumference**, while also supporting normal fat metabolism and healthy insulin function.

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Reset 5 & 1 Plan Snapshot

Our structured approach to nutrition **spaces meals 2–3 hours apart** — providing the right balance of protein, fiber, and essential nutrients and allowing your body to enter a strong and targeted fat burning state.

Here's what a day on the Reset 5 & 1 Plan can look like:



BREAKFAST
Reset Fueling



MID-MORNING
Reset Fueling



LUNCH
Reset Fueling



MID-AFTERNOON
Reset Fueling



DINNER
Lean & Green
meal



EVENING
Reset Fueling

Reset 5 & 1 Active Plan.

Clinically proven, quality weight loss.*



The Reset 5 & 1 Active Plan builds on the proven foundation of the Reset 5 & 1 Plan by adding targeted support for muscle health and physical activity. While maintaining the same structured approach to calorie control, balanced nutrition, and fat burn, the Reset 5 & 1 Active Plan can support your journey with the addition of Trilivy Essential Amino Acids (EAAs).

Designed for those who want to stay active during weight loss, this plan supports up to 45 minutes of light to moderate daily exercise, with an emphasis on resistance and strength training to help activate and protect healthy muscle.

Each day, you'll follow the core Reset structure — five Reset Fuelings and one Lean & Green meal — with the addition of up to two servings of Trilivy EAAs. This clinically studied blend³⁻⁸ of essential amino acids helps:

- Activate muscle protein synthesis**
- Support healthy muscle**
- Reduce post-exercise muscle soreness**

Trilivy EAAs feature a precise amino acid profile, including a 4:1:1 ratio of branched-chain amino acids, designed to complement your nutrition and movement goals.

For detailed usage instructions, refer to the [Trilivy EAAs](#) section of this guide.

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**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.

Reset 5 & 1 Active Plan Snapshot

Our structured approach to nutrition **spaces meals 2–3 hours apart** — providing the right balance of protein, fiber, and essential nutrients and allowing your body to enter a strong and targeted fat burning state.

Here's what a day on the Reset 5 & 1 Active Plan can look like:



BREAKFAST
Reset Fueling
+ EAAs



MID-MORNING
Reset Fueling



LUNCH
Reset Fueling



MID-AFTERNOON
Reset Fueling +
Exercise + EAAs



DINNER
Lean & Green
meal



EVENING
Reset Fueling

Reset 4 & 2 Active Plan.

Clinically proven,
quality weight loss
that supports an active
lifestyle and flexibility.*



The Reset 4 & 2 Active Plan is designed for those who seek the structure of a clinically proven program with nutritional flexibility to support a more active lifestyle. By providing a balance of structured nutrition and personal choice, the Reset 4 & 2 Active Plan helps you reset your body's metabolism and begin building the foundation for lasting health.

This plan is ideal if you incorporate consistent movement in your day or if you want **additional dietary variety and flexibility** for personal or lifestyle reasons. On this plan, we encourage gradually working up to about 60 minutes of physical activity most days of the week, with a specific focus on resistance and strength training to support muscle health.

(Refer to the [Exercise Recommendations](#) section of this guide for more information.)

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Reset 4 & 2 Active Plan Snapshot

Our structured approach to nutrition spaces meals **2–3 hours** apart — providing the right balance of protein, fiber, and essential nutrients and allowing your body to enter a strong and targeted fat burning state.

Here's what a day on the Reset 4 & 2 Active Plan can look like:



BREAKFAST
Reset Fueling
+ EAAs



MID-MORNING
Reset Fueling



LUNCH
Lean & Green
meal



MID-AFTERNOON
Reset Fueling +
Exercise + EAAs



DINNER
Lean & Green
meal



EVENING
Reset Fueling



Every Reset Fueling is nutritionally interchangeable, calorie- and carbohydrate-controlled, and nutrient-dense, providing high-quality protein, essential fiber, vitamins, minerals, and probiotics, along with our MetaVantage Reset Formula to support metabolic health. Trilivy EAAs use a clinically studied combination of EAAs³⁻⁸, with an approximate 4:1:1 ratio of branched-chain amino acids that helps activate muscle protein synthesis*, reduce muscle soreness after exercise*, and support healthy muscle.*

For detailed usage instructions and more information, please refer to the [Trilivy EAAs](#) section of this guide.

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**Arterburn LM, Coleman CD, Kiel J, et al. Randomized controlled trial assessing two commercial weight loss programs in adults with overweight or obesity. Obes Sci Pract. 2019;5(1):3-14. doi: 10.1002/osp4.312. In a clinical study, individuals on the [new 5&1 plan name] experienced a reduction of 14% visceral fat and 98% of lean mass was retained at 16 weeks.*

Note: If you opt not to have EAAs, you may choose Trilivy Popcorn or a healthy whole food snack instead from one of these nutrient-dense food groups. These snacks do not provide the same nutrition and benefits as the Trilivy EAAs, but serve as an alternative for those who wish to incorporate more whole foods.

Dairy

Choose: 1 serving of unsweetened or lower sugar dairy, such as 1 cup of unsweetened low-fat milk, or ½ cup Greek yogurt.

Fruit

Choose: 1 serving of fruit, such as 1 small piece of fresh fruit, ½ cup chopped fruit, or ¾ cup fresh berries.

Starch

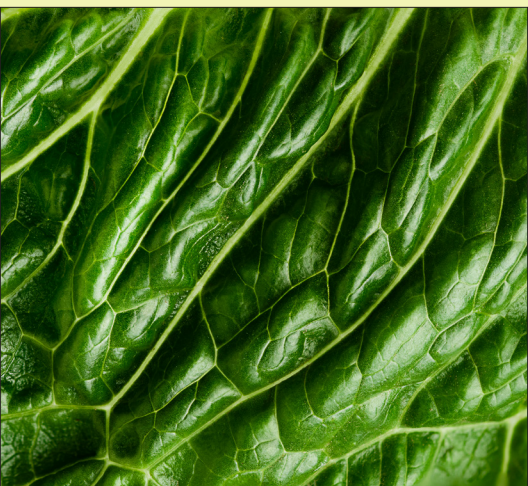
Choose: 1 serving of whole grains or starchy vegetables, such as 1 slice of whole-grain bread or ½ cup of cooked beans or lentils.

Nutrition on a mission.

No matter which Reset Plan you're on, your nutrition is purpose-driven.

Every meal and Fueling is carefully designed to support your metabolism, retain lean muscle, and fuel your transformation from the inside out.

You'll eat six nutrient-dense meals daily, each carbohydrate-controlled with high-quality protein and healthy fats to help you stay energized, satisfied, and on track toward your goals.



Reset Fuelings.

Our nutrient-dense Fuelings are scientifically designed to provide the foundation for your transformation. Each Fueling is pre-portioned, calorie- and carbohydrate-controlled, and nutritionally interchangeable, featuring high-quality protein, fiber, probiotics, and 24+ vitamins and minerals.

Each Fueling has a **nearly identical nutritional profile** designed by our team of food scientists and refined by our Registered Dietitians and nutrition team, which means you can swap them in and out with ease.

They contain no colors, flavors, or sweeteners from artificial sources.

A key feature of the Fuelings is that they are formulated using **MetaVantage Technology™**, a platform of proprietary ingredient formulas designed to optimize metabolism by unlocking key metabolic pathways.

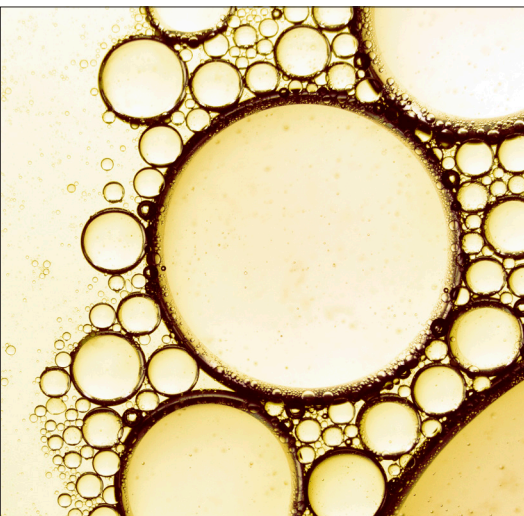
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Lean & Green™ meals.

A Lean & Green meal includes five to seven ounces of cooked lean protein plus three (3) servings of non-starchy vegetables and up to two servings of healthy fats, depending on your lean protein choices. Enjoy your Lean & Green meal any time of day — whatever works best for your schedule.



Healthy Fats.

Every day, incorporate up to two (2) servings of healthy fats into your Lean & Green meal, depending on your lean protein choices. Healthy fats are important because they help your body absorb vitamins like A, D, E, and K. They also help your gallbladder work properly.

Refer to the [Condiments & Healthy Fats List](#) in this guide for a list of options with proper portion sizes.



The “Lean”.

- ✓ Portion size recommendations are for cooked weight.
- ✓ Choose meats that are grilled, baked, broiled or poached — not fried.
- ✓ Each week, try to eat at least two servings of fish rich in omega-3 fatty acids (salmon, tuna, mackerel, trout, or herring).
- ✓ Feel free to choose any of our meatless options like tofu and tempeh.

The Lean.

Choose the appropriate serving size of any protein from the list below. We've sorted protein options into leanest, leaner, and lean categories. All options are appropriate for the Trilivy Reset Plans; this just helps you make informed food choices. For a variety of Trilivy Lean & Green™ recipes, visit the [Trilivy blog](#).

LEANEST :

7 oz cooked



2 healthy fat servings



- ✓ **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- ✓ **Shellfish:** crab, scallops, shrimp, lobster
- ✓ **Game meat:** buffalo, elk, deer
- ✓ **Ground turkey or other meat:** 98% lean or greater
- ✓ **Turkey:** light meat
- ✓ **Meatless:** 14 egg whites, 2 cups liquid egg substitute, 5 oz seitan, 1½ cups 1% cottage cheese, 12 oz non-fat plain Greek yogurt (15g carb or less per 12 oz)

LEANER:

6 oz cooked



1 healthy fat servings



- ✓ **Fish:** swordfish, trout, halibut
- ✓ **Chicken:** breast or white meat, no skin
- ✓ **Ground turkey or meat:** 95–97% lean
- ✓ **Pork:** chop or tenderloin
- ✓ **Meatless:** 2 whole eggs + 4 egg whites, 2 whole eggs + 1 cup liquid egg substitute, 1½ cups 2% cottage cheese, 12 oz 2% plain Greek yogurt

LEAN:

5 oz cooked



0 healthy fat servings



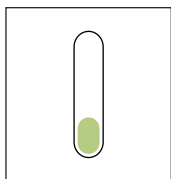
- ✓ **Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- ✓ **Lean beef:** steak, roast, ground
- ✓ **Lamb**
- ✓ **Ground turkey/meat:** 85–94% lean
- ✓ **Chicken/turkey:** dark meat
- ✓ **Meatless:** 15 oz tofu, 3 whole eggs (up to twice weekly), 1 cup shredded reduced-fat cheese, 1 cup part-skim ricotta cheese (2–3g fat per oz), 5 oz tempeh



The Green.

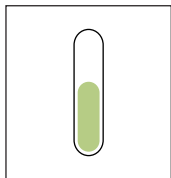
Choose three (3) servings from our Green Options list below for each of your Lean & Green™ meals. We've sorted vegetable options into lower, moderate, and higher carbohydrate levels. Each one is appropriate on the Trilivy Reset Plans; the list helps you make informed food choices. Choose three servings from the Green Options List: 1 serving = ½ cup raw or cooked vegetables (unless otherwise specified).

Example: 1 cup of fresh spinach + ½ cup cooked broccoli + ½ cup cooked mushrooms.



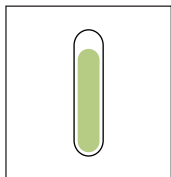
LOWER CARBOHYDRATE

- ✓ **1 cup:** collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine) mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)
- ✓ **½ cup:** celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)



MODERATE CARBOHYDRATE

- ✓ **½ cup:** asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, spinach (cooked), summer squash (scallop or zucchini)



HIGHER CARBOHYDRATE

- ✓ **½ cup:** broccoli, red cabbage, chayote squash, collard or mustard greens (cooked) green or wax beans, kabocha squash, kohlrabi, leeks (cooked), okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes, turnips, spaghetti squash, hearts of palm, jicama, Swiss chard (cooked)

Note: All vegetables promote healthful eating. But on the Trilivy Reset Plans, we eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame, and Brussels sprouts) to enhance your results. Once you've achieved your healthy weight, we encourage you to include ALL vegetables for long-term healthy eating.

Lean & Green meal nutritional parameters.

- ✓ 250–400 calories
- ✓ 10–20 grams total fat
- ✓ ≤20 grams total carbohydrate
(ideally <15 grams)
- ✓ ≥25 grams protein

Trilivy Essential Amino Acids.

Essential amino acids (EAAs) are your body's frontline for supporting healthy muscle during weight loss. EAAs cannot be made by the body and must be supplied from food or supplementation. Trilivy EAAs are specially formulated to support healthy muscle*, aid in post-exercise muscle recovery*, activate muscle protein synthesis*, and reduce muscle soreness after exercise.*

*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.

How to use

For maximum results, Trilivy EAAs should be consumed within 15 minutes of your first sip.



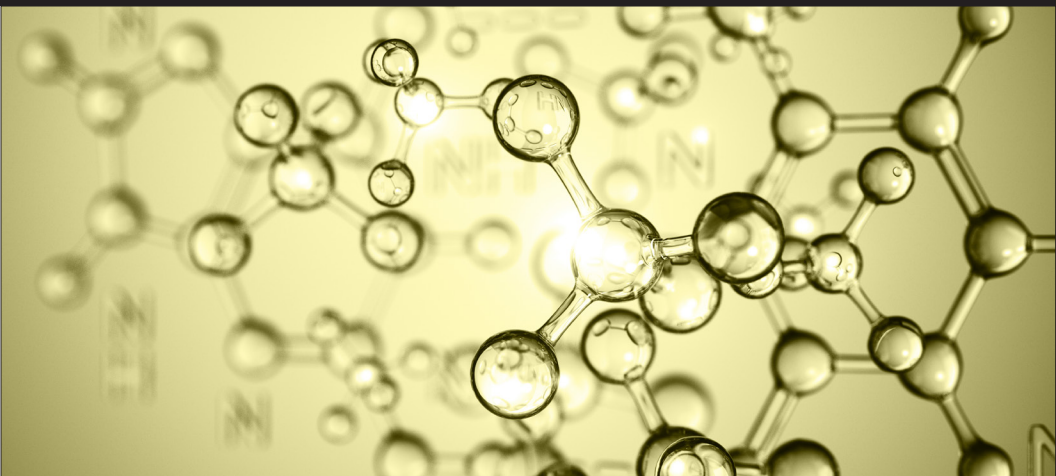
Exercise days

Consume two servings daily.
One serving with your first meal or Reset Fueling of the day
and one serving during or immediately following exercise.



Non-exercise days

Consume one serving daily with a meal or Reset Fueling,
preferably as the first meal of the day.



Extras.

Optional condiments.

While on any of the Trilivy™ Reset Plans you're able to use condiments to add flavor and zest to your meals, just remember that they contribute to overall carbohydrate intake. We recommend reading food labels for carbohydrate information and controlling condiment portions for optimal results. For a list of condiment options, refer to the [Condiments & Healthy Fats List](#) in this guide.

Optional snacks.

For those following the Reset 5 & 1 Plan: In addition to your five Fuelings and one Lean & Green™ meal, you may choose one of these optional snacks daily. Each keeps your progress and your energy moving forward.

- 3 celery stalks
- 1 sugar-free fruit popsicle
- ½ cup sugar-free gelatin
- 1 package Trilivy Reset snacks
- Up to 3 pieces sugar-free gum or mints
- 2 dill pickle spears
- ½ oz. of nuts: almonds (10 whole), walnuts (7 halves) or pistachios (20 kernels)*

Trilivy GO.

Our Trilivy GO product line is the perfect answer when life's just too busy for cooking. Each Trilivy GO option is a complete Lean & Green meal on the Trilivy Reset Plans — with the right portions of lean protein, vegetables, and fat. Each meal is made with nutritious, delicious ingredients and takes only minutes to prepare.

Beverages.

Hydration is a key step to feeling your best and supporting metabolic health. Aim for 64 ounces** of water daily. Calorie-free, carbohydrate-free beverages work too. Want more flavor? Add Trilivy Infusers. Caffeinated drinks are fine in moderation (no more than 300 mg of caffeine per day) — and watch the add-ins (sugar or cream). Staying hydrated supports your journey to better energy and health.

Dining out.

At Trilivy, we understand that there will be times when you are out with friends and family and need to make healthy eating decisions. Our [Dining Out Guide](#) will empower you to make healthier choices, whether you are dining out, picking up take-out after a busy day, or taking part in a special occasion.

*Be mindful that nuts are a rich source of healthy fat and additional calories — choose this optional snack sparingly.

**We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

Condiments & healthy fat lists.

Condiments list

A condiment serving should contain no more than 1 gram of carbohydrate per serving. You can enjoy up to three (3) condiment servings per Lean & Green™ meal on the Trilivy™ Reset Plans.

Fresh Herbs		
1 cup Basil (whole leaves)	1 tsp Garlic (minced)	2 Tbsp Rosemary
½ cup Basil (chopped)	1 clove Garlic (whole)	2 Tbsp Sage
2 Tbsp Capers	2 tsp Ginger root	2 Tbsp Spearmint
¼ cup Chives (chopped)	2 tsp Lemongrass	1 Tbsp Thyme
1 cup Cilantro	¼ cup Parsley	
1 cup Dill weed	¼ cup Peppermint	
Dried Herbs & Spices		
½ tsp Allspice	1 tsp Cumin seed (ground)	½ tsp Pepper
½ tsp Anise seed	½ tsp Curry powder	1 tsp Poppy seed
2 tsp Basil (whole leaves)	½ tsp Dill seed	1 tsp Poultry seasoning
1 tsp Basil (ground)	1 tsp Dill weed	½ tsp Pumpkin pie spice
2 tsp Bay leaf	½ tsp Fennel seed	1 tsp Rosemary
½ tsp Caraway seed	¼ tsp Fenugreek seed	1 tsp Saffron
½ tsp Cardamom	½ tsp Garlic powder	2 tsp Sage
½ tsp Cayenne pepper	½ tsp Ginger (ground)	¼ tsp Salt
1 tsp Celery seed	1 tsp Mace	1 tsp Savory
½ tsp Chili powder	2 tsp Marjoram	1 Tbsp Spearmint
1 Tbsp Cilantro	1 tsp Mustard seed (ground)	½ tsp Spice mixes
½ tsp Cinnamon	½ tsp Nutmeg	1 Tbsp Tarragon (whole leaves)
1 tsp Cloves (whole)	½ tsp Onion powder	1 tsp Tarragon (ground)
½ tsp Cloves (ground)	1 tsp Oregano (whole leaves)	1 tsp Thyme (whole leaves)
1 tsp Coriander seed	½ tsp Oregano (ground)	1 tsp Thyme (ground)
½ tsp Crushed red pepper	½ tsp Paprika	½ tsp Turmeric
1 tsp Cumin seed (whole)	1 Tbsp Parsley	

Condiments list (cont.)

Baking & Cooking Ingredients	
2 tsp Almond flour ½ tsp Baker's yeast ½ tsp Baking powder 1 tsp Baking soda 1 cube Bouillon ⅓ – 1 cup Broth or stock ½ tsp Bran – wheat, rice, corn 1 tsp Cocoa powder (unsweetened) 2 tsp Coconut (shredded, unsweetened) 10 sprays Cooking oil spray (1/4 second) ½ tsp Cornmeal ½ tsp Cream of tartar 1 tsp Extracts 2 tsp Lemon or lime juice 1 Tbsp Lemon or lime zest 3 Tbsp Liquid egg substitute 1 tsp Nutritional yeast (small flakes)	2 tsp Nutritional yeast (large flakes) 1 Tbsp Onion (chopped) ⅓ ounce Pine nuts (~20 kernels) ½ tsp Ranch dressing mix 1 Tbsp Seaweed (dried) 2 Tbsp Seaweed (fresh) Seeds: ½ tsp Chia seeds 1 tsp Hemp seeds 1 tsp Flax seeds (whole or ground) 1 tsp Poppy seeds 1 tsp Pumpkin seeds 1 tsp Sesameseeds 1 tsp Sunflower seeds (kernel only) 2 tsp Slivered almonds ½ tsp Wheat germ
Dairy, Cheese, & Milk Substitutes	
2 Tbsp Greek yogurt (plain, nonfat or low-fat) 1 Tbsp Sour cream (regular or light) 1 wedge Spreadable cheese wedges 1 Tbsp Whipped topping (Cool Whip) 2 Tbsp Whipped topping (Reddi-whip) Cheeses: 1 Tbsp Cheeses: Blue, feta, parmesan (regular) 2 Tbsp Cheeses: Blue, feta, parmesan (reduced-fat) ½ Tbsp Cream cheese (regular) 1 Tbsp Cream cheese (light) Cream substitutes: ½ tsp Cream substitutes (regular) 1 tsp Cream substitutes (sugar-free)	Milks: 1 cup Almond milk (unsweetened) 1 cup Cashew milk (unsweetened) 1 Tbsp Coconut milk (canned, regular) 2 Tbsp Coconut milk (canned, light) ½ cup Coconut milk (refrigerated, unsweetened) 1 Tbsp Cow's milk (unflavored) 1 Tbsp Rice milk (unsweetened) 2 Tbsp Soy milk (unsweetened)

Condiments list *(cont.)*

Sauces & Syrups	
½ tsp Barbecue sauce (regular)	1 Tbsp Soy sauce (regular or low sodium)
1 Tbsp Barbecue sauce (sugar-free)	1 tsp Sriracha
½ tsp Catsup (regular)	1 tsp Steak sauce
1 Tbsp Catsup (reduced sugar)	½ tsp Sweet and sour sauce
½ tsp Cocktail sauce (regular)	2 Tbsp Syrups/flavorings (sugar-free)
1 Tbsp Fish sauce	1 tsp Teriyaki sauce
½ tsp Honey mustard sauce	1 tsp Tomato paste
1 tsp Horseradish	¼ cup Vinegar (cider, white, wine)
2 Tbsp Hot sauce	1 tsp Vinegar (balsamic)
1 tsp Mustard (dijon)	½ tsp Wasabi
1 Tbsp Mustard (yellow)	½ tsp Worcestershire sauce
1 tsp Oyster sauce	¼ cup Parsley
1 Tbsp Salsa (tomato)	¼ cup Peppermint
Flavor Enhancers	
1 packet Calorie-free sweetener	5 drops Liquid stevia
½ packet Crystal Light “On the Go” sticks	½ tsp Mio

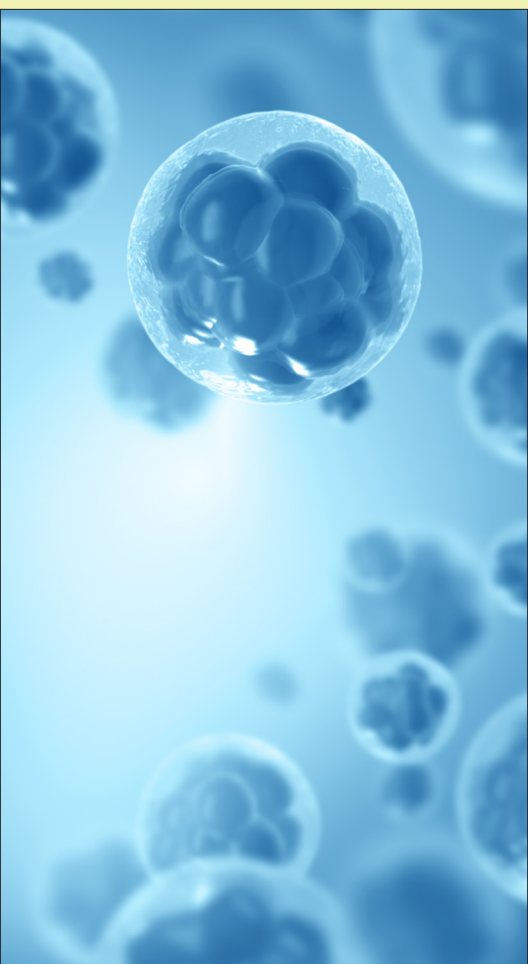


Healthy fats list

Monounsaturated and polyunsaturated fats are considered more beneficial to your health than saturated fats. We recommend choosing the majority of your healthy fat servings from those two categories. A healthy fat serving should contain about 5 grams of fat and less than 5 grams of carbohydrate. The following healthy fats meet the guidelines for one healthy fat serving.

Monounsaturated Fats	Polyunsaturated Fats
1 ½ Tbsp Almond flour 1 ½ oz. Avocado 2 Tbsp Guacamole 5–10 olives Olives (black or green) 1 Tbsp Pesto Milks: 2 cups Almond milk (refrigerated, unsweetened original or unsweetened vanilla) Oils: 1 tsp Avocado oil 1 tsp Canola oil 1 tsp Olive oil 1 tsp Peanut oil Nuts: ½ oz. Almonds (~8 pieces) ½ oz. Brazil nuts (~2 pieces) ½ oz. Cashews (~6 pieces) ½ oz. Hazelnuts (~6 pieces) ½ oz. Macadamia nuts (~3 pieces) ½ oz. Peanuts (~12 pieces) ½ oz. Pecans (~5 halves) ½ oz. Pistachios (~18 pieces) Seeds: 1 Tbsp Sesame seeds	½ Tbsp Margarine (regular) 1 Tbsp Margarine (reduced-fat) ½ Tbsp Mayonnaise (regular) 1 ½ Tbsp Mayonnaise (light) 1 Tbsp Mayonnaise (reduced-fat with olive oil) Nuts: ⅓ oz. Pine nuts (~55 kernels) ⅓ oz. Walnuts (~4 halves) Oils: 1 tsp Flaxseed oil 1 tsp Grapeseed oil 1 tsp Safflower oil 1 tsp Sesame oil 1 tsp Soybean oil Seeds: 1 Tbsp Chia seeds 2 Tbsp Flax seeds (ground) 1 Tbsp Flax seeds (whole) 1 Tbsp Hemp seeds 1 Tbsp Poppy seeds 1 Tbsp Pumpkin seeds 1 Tbsp Sunflower seeds (kernel only)
Saturated Fats	
½ Tbsp Butter 1 ½ Tbsp Coconut (shredded, unsweetened) 3 Tbsp Cream (half & half) 1 Tbsp Cream cheese (regular) 2 Tbsp Cream cheese (low-fat) 2 Tbsp Sour cream	Milks: 2 Tbsp Coconut milk (canned, regular) ¼ cup Coconut milk (canned, light) 1 cup Coconut milk (unsweetened original or unsweetened vanilla)
Salad Dressings <i>(Note: When choosing a salad dressing, look for options that are lower in sugar.)</i>	
1 Tbsp Regular salad dressing	2 Tbsp Reduced-fat salad dressing

Exercise recommendations



Exercise recommendations.

Regular physical activity is a cornerstone of optimal health, supporting metabolic function, cardiovascular strength, and long-term weight management. By incorporating movement into your daily life, you not only enhance your energy levels but also help protect healthy muscle and support a healthy metabolism.

RESET 5 & 1 PLAN

Up to **45 minutes**
of light to moderate
physical activity
most days.

RESET 5 & 1 ACTIVE PLAN

45 minutes of
light to moderate
physical activity
most days.

RESET 4 & 2 ACTIVE PLAN

60 minutes of
physical activity
most days.



Finding what works for you

As you build your routine, focus on finding activities you enjoy and that fit your lifestyle. There are many ways to stay active — whether through on-demand workouts, group fitness classes, or independent exercise — so explore different options to find what works best for you.

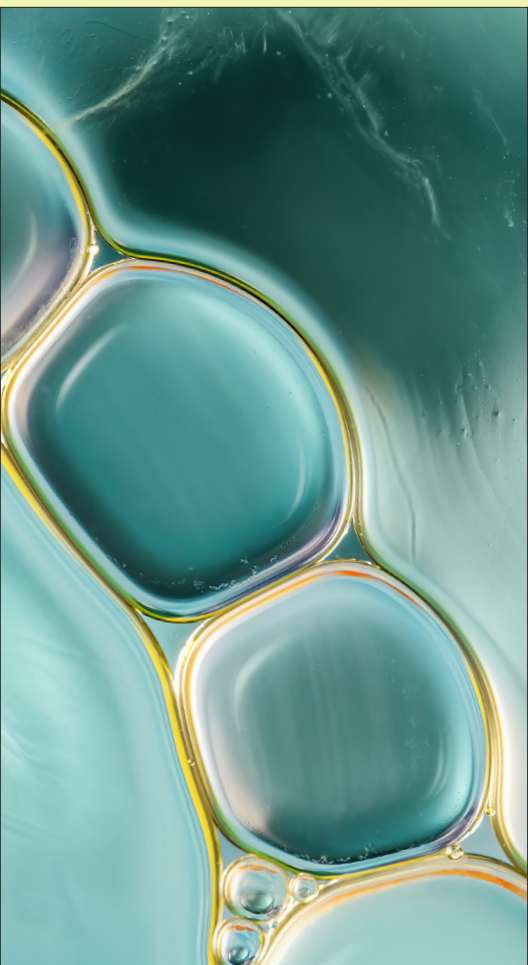
We recommend starting slowly and progressing gradually to help you stay consistent. You may also benefit from working with a Certified Professional Trainer (CPT), especially if you are looking for guidance on proper form. Always consult with your healthcare provider before beginning or advancing your exercise routine, and stay in regular contact with your Trilivy™ coach for ongoing support and accountability.

For all Reset Plans: To help retain lean mass and muscle, incorporate a strength training routine that includes all of your major muscle groups 2–3 times a week. As you progress, consider adding other types of exercise into your routine for optimal health like aerobic and lifestyle exercise.

	Intensity	Frequency	Examples	Notes
Lifestyle	Low	Throughout the day	Active commuting, household chores, movement breaks, social activity	Best for beginners. Focuses on “NEAT” (Non-Exercise Activity Thermogenesis).
Aerobic Activity	Medium	Begin with 15–20 minutes per day & gradually work up to 30–45 minutes; 4–5 days per week	Brisk walking, cycling, swimming, dancing, aerobic classes	Increase duration gradually. Focuses on increasing your heart rate and improving cardiovascular health.
Strength & Resistance Training	Med - High	2–3 days per week	Bodyweight, resistance bands, free weights, machine equipment, pilates, power yoga	Focuses on all major muscle groups (legs, back, chest, core, arms).
High Intensity Training	High	Based on fitness level and skill	Running, spinning, jumping rope, vigorous strength training, advanced aerobics	Not for beginners or Reset 5 & 1 Plans. Requires 5–10 min warm-up & cool-down.

Note: If you do not currently exercise and are just starting a Reset Plan, we recommend you gradually increase the time and intensity of your workouts. Before you begin exercising, consult with your healthcare provider to make sure your exercise plan is appropriate for you, and stay in regular contact with your Trilivy coach so they can support you on your journey.

What's next: Refine.



WHAT'S NEXT: REFINE.

You reached your goal weight and reset your metabolism — now it's time to continue optimizing your metabolic health, building and maintaining muscle, and improving overall wellness. The Refine phase keeps your metabolic health progressing, helping all your hard work translate into long-term health and vitality.

The Refine Plan is designed to improve metabolic flexibility with a weight management plan that helps minimize regain and refines body composition.

Building on the habits that led to your successful weight loss in the Reset Phase, our Refine Plan works by introducing greater nutritional flexibility, using structure to reduce decision fatigue and increase self-efficacy while supporting muscle health, digestion and more.

Work with your Trilivy™ coach as you prepare to begin the next phase of your journey.



Resources

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3. Fujita, S., et al., Nutrient signalling in the regulation of human muscle protein synthesis. *J Physiol*, 2007. 582(Pt 2): p. 813-23.
4. Dreyer, H.C., et al., Leucine-enriched essential amino acid and carbohydrate ingestion following resistance exercise enhances mTOR signaling and protein synthesis in human muscle. *Am J Physiol Endocrinol Metab*, 2008. 294(2): p. E392-400.
5. Pasiakos, S.M., et al., Leucine-enriched essential amino acid supplementation during moderate steady state exercise enhances postexercise muscle protein synthesis. *Am J Clin Nutr*, 2011. 94(3): p. 809-18.
6. Dickinson, J.M., et al., Leucine-enriched amino acid ingestion after resistance exercise prolongs myofibrillar protein synthesis and amino acid transporter expression in older men. *J Nutr*, 2014. 144(11): p. 1694-702.
7. Pasiakos, S.M., et al., Human Muscle Protein Synthetic Responses during Weight-Bearing and Non-Weight-Bearing Exercise: A Comparative Study of Exercise Modes and Recovery Nutrition. *PLoS One*, 2015. 10(10): p. e0140863.
8. Dickinson, J.M., et al., The impact of postexercise essential amino acid ingestion on the ubiquitin proteasome and autophagosomal-lysosomal systems in skeletal muscle of older men. *J Appl Physiol*, 2017. 122(3): p. 620-30.

MEDICAL DISCLAIMER.

The Company ("We") recommends that you consult your healthcare provider prior to starting and during any weight loss or metabolic health program. Do NOT use any Trilivy™ Program, Plans, Products or Kits if you are pregnant or under the age of 13.

Before starting a weight loss or metabolic health program, talk with your healthcare provider about the Trilivy Program, Plans, Products, and Kits as appropriate, and about any dietary supplements or medications you are using, especially Coumadin (Warfarin), lithium, diuretics, or medications for weight loss, diabetes, high blood pressure or thyroid conditions. Do not utilize any Trilivy Program, Plans, Products or Kits until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver, or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The Trilivy for Teens Plan is the only Trilivy Plan appropriate for teens (13 to 17 years of age). The Reset 5 & 1 Plan and Reset 5 & 1 Active Plan are NOT appropriate for teens, sedentary older adults (65 years and older), nursing mothers, people with gout, individuals with Type 1 diabetes, and those who exercise more than 45 minutes per day or participate in high intensity activity – if you fall into one of these categories, please consult your healthcare provider, refer to Trilivyhealth.com and talk with your Trilivy coach about other Trilivy Plans that may be appropriate. For special medical or dietary needs, including food allergies or decreased appetite with weight loss medications, refer to our program information online, consult your healthcare provider and talk to your Trilivy coach. Do not consume a Trilivy product if you are allergic to any of the product's ingredients, which are listed on the product packaging and on the Trilivy website.

We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

Before taking any dietary supplement or changing your dietary intake, or starting a weight loss, metabolic health or exercise program, we recommend consulting with your healthcare provider first, especially prior to starting any Trilivy Reset Active Plans or ASCEND™ Daily Nutrients Pack. Clients should seek professional support for specific exercise program prescriptions. The Reset 5 & 1 Active Plan is not appropriate for those who exercise more than 45 minutes per day or participate in high intensity activity. Trilivy Essential Amino Acid Blend, Trilivy Whey Protein, and ASCEND™ Daily Nutrients Pack (Multivitamin-mineral supplement and Omega-3 supplement) products are not recommended for individuals under 18 years of age.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease, temporary hair thinning, or muscle loss in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the Trilivy Program, Plans, Products and Kits are not labeled, advertised, or promoted for any specific medical purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The Trilivy Program, Plans, Products and Kits, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. Prescriptions must be provided by a licensed healthcare professional. Trilivy does not prescribe or dispense medications.

As individuals may have different responses to dietary products and dietary supplements, or changes in diet, consult with your healthcare provider regarding any medical concerns.

For further information regarding this Medical Disclaimer, contact the Nutrition Support Team, available via text at 206.828.1605, email at NutritionSupport@medifastinc.com, or via webchat on Coach Support HQ and Client Support HQ.

