



THE 30 DAY *Healthy Challenge*

Take care of your body and lose
weight by eating healthy.

Body by Biju



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Biju

YOUR VIRTUAL COACH

Hi, I am Biju, a certified personal trainer who has helped people of all shapes and sizes become healthier and more active. I worked for GNC for 21 years and I am an expert in supplements and nutrition.

I am excited to start this weight loss journey with you.

Losing weight is really simple.... just follow the plan I've outlined in this book.

Have questions about the program?

eMail: 30dayhealth@bodybybiju.com

A WARM

WELCOME

DEAR CLIENT,

As an expert in weight loss and supplements with over 33 years of experience, I am thrilled that you have decided to accept my 30-day health challenge. Congratulations on taking the first step towards transforming your health and wellness.

This program is focused solely on helping you **achieve your weight loss goals** through dietary changes. It will require sacrifice and hard work. Every portion and meal must be measured to ensure maximum results.

Please note: that we do not allow substitutions, unless for allergy purposes. Stick to the plan! Why? **Because it works!**

Remember, you've got this! Let's make the next 30 days the beginning of a healthier, happier you.

**YOUR 30 DAYS STARTS RIGHT NOW...
YOU GOT THIS!**

Body by Biju

ACHIEVE YOUR GOALS!

BODY BY BIJU



MEET BIJU

Biju is an expert in the areas of nutrition, supplements, and exercise which allows him to create customized plans that are tailored to eating right and exercising.

He is also a certified personal trainer under NCSF. He received training from Mr. India during his early teenage years and has been working in the bodybuilding, fitness, and nutrition industry for 33 years.

Moreover, Biju has developed this 30-Day Health Challenge program, which caters to those who find it challenging to lose weight. The program focuses on setting realistic goals and adopting healthier lifestyles.

INTRODUCTION

WELLNESS
TRANSFORMATION
NUTRITION
VITAMIN
WEIGHT LOSS
CALORIES
NATURAL
BEAUTY
ASSESSMENT
WALK
EAT
EXERCISE
PLANNING
REGENERATION
LIFESTYLE
ENERGY
MOTIVATION
WEIGHT LOSS
HEALTHY
TRAINING
CARDIO
ENERGY
PERFORMANCE

HEALTHY

PERFORMANCE
WEIGHT LOSS
ACTIVE
TRAINING
TRANSFORMATION
WALK
IMPORTANT
DURANCE
MOVE
HEALTHY
RESOLUTION
CARDIO
PERFORMANCE
FOOD
TRANSFORMATION
FITNESS
PERFORMANCE
POWER
MAINTAIN
FOOD
ACHIEVE
BODY

30-DAY HEALTH CHALLENGE PLAN

You Do or You Don't! If you don't follow the plan it won't work, it's that simple!

Why is it so hard to lose weight?

Losing weight is a goal that many people aspire to achieve, whether for health reasons or personal. However, it is often easier said than done. And most people are doing it all wrong. Despite the abundance of weight loss programs, diets, and fitness routines available, many individuals still struggle to shed unwanted pounds and maintain a healthy weight.

There are many factors that contribute to your failure. Understanding these factors can help you by learning effective strategies for achieving and maintaining weight loss goals.

It can be a challenging journey, and it requires a significant amount of effort and dedication. However, one of the main reasons why many people fail to achieve their weight loss goals is because they give up too quickly. When you don't see immediate results, it can be easy to become discouraged and lose motivation. However, it's important to remember that losing weight is a gradual process, and it takes time to see significant changes.

It's also important to recognize that weight loss isn't just about the number on the scale. While the scale can be a helpful tool for tracking progress, it doesn't tell the whole story. For example, you may be losing fat but gaining muscle, which can result in little to no change in your overall weight. Additionally, other factors such as stress, sleep, and hormonal imbalances can impact your weight loss progress. It's important to focus on overall health and well-being rather than just the number on the scale.

To increase your chances of success, it's important to set realistic goals and expectations for yourself. Rapid weight loss isn't sustainable or healthy, and it can often lead to rebound weight gain. **Instead, focus on this 30-Day challenge and following the program. Why? Because it works!**

**Remember, the journey to weight loss
is a marathon, not a sprint.**

TIP

DRINK LEMON WATER THROUGHOUT THE DAY

Why? It helps you with weight loss, improves your digestion, improves your skin, and helps with the detoxification process.





UNDERSTAND THE PLAN

This Plan Is Strictly Dieting For Weight Loss

Achieving your weight loss goals requires sacrifice, determination, and hard work. Everything you eat and drink must be measured, and there can be no substitutes, except for any necessary accommodations for allergies. It's essential to stay focused on your goal and maintain consistency throughout the journey.

Staying motivated and committed to your weight loss journey can be challenging, but remember that every step you take is one step closer to your goal. Celebrate your successes along the way and don't be too hard on yourself if you slip up. With the right mindset, dedication, and consistency, you can achieve your weight loss goals and live a healthier, happier life.

30 DAYS... YOU'VE GOT THIS!

BREAK IT DOWN

YOUR ROADMAP TO SUCCESS

Where many have failed, you will succeed! Work the plan, be honest with yourself, and you will lose the weight.

Before you start...

READ THIS ENTIRE BOOK

Make sure read and understand everything in this book.

START

DO YOUR SHOPPING

Gather your groceries and supplements as outlined in this book. This is key to your success.

1

MEAL PLAN

Follow the meal plan as outlined for the full 30 days. It's easy and You can do this!

2

KEEP ACTIVE

Don't just sit around. Go for a walk, ride a bike, or do some yard work. Some exercise is better than none.

3

STAY THE COURSE

You may have to push yourself to stay on track. It will all be worth it.

4

END OF YOUR 30-DAYS

You Made It! Looking back you should feel more energized and lost some weight.

FINISH

The background of the top half of the page is a bright yellow surface with a marbled, stone-like texture. It is framed by a thick black border at the top and bottom. Four black screws are visible, one in each corner of the yellow area.

CAUTION

BEFORE YOU START

Do not start your 30-Day Challenge until you have acquired all the essential items outlined in this eBook.

It includes your grocery list, supplements, and seasonings that must be readily available. This preparation is crucial to achieving your weight loss objectives.



GROCERY SHOPPING

You are going to need some grocery items for this 30-Day Health Challenge. Don't worry, we've outlined everything you need below.

Planning your food can help you make healthier food choices, as pre-planned meals and snacks are often more nutritious than quick and easy processed or fast foods.

When you make healthier food choices you should monitor portion sizes and calorie intake. This is how you lose weight. It's really that simple.

Here is a list of groceries you will need for this program.

GROCERY LIST

Here is a list of groceries you'll need for this 30 day challenge.

- ✓ **Lemons** (whole)
- ✓ **Beef~Ground** (80/20 grade)
- ✓ **Top Sirloin Steaks**
- ✓ **Eggs** (Organic brown)
- ✓ **Black Coffee or Tea**
- ✓ **Chicken Breasts or Boneless Tenders** (Skinless)
- ✓ **Fish**
- ✓ **Fresh Vegetables**
- ✓ **Fruit**
- ✓ **Green Salad** (Spring Mix, Spinach)
- ✓ **Salad Dressing**
- ✓ **Cold Cuts**
- ✓ **Cheese**



SUPPLEMENTS

Supplements play an important role in supporting overall health and well-being. They can help fill nutrient gaps in our diets and provide additional vitamins, minerals, and other beneficial compounds that may be lacking.

However, it's important to remember that supplements are not a replacement for a healthy diet and lifestyle. Consulting with a healthcare professional can help determine if supplements are necessary and which ones may be best for your individual needs.

*** It is important to remind you that you should wait for all your supplements to come in before starting your 30-Day Challenge Plan. Supplements are key to your success.*

SUPPLEMENTS LIST

Here is a list of supplements you'll be taking for this 30 day challenge.

Liver Pills: Natures Craft - Liver Support with milk thistle. 60 Capsules

When it comes to weight loss, the first organ in the body to protect is your liver function. The liver pill assists in a detox and flushing the toxins. It is major in helping with your metabolism and it supports your immune function.

Apple Cider Vinegar pills: Nutriflare - Raw unfiltered Apple Cider Vinegar with the Mother, 1600 MG, 120 Vegetable capsules

Blood sugar regulating, helps really well in digestion, keeps cholesterol low, and it is great for the skin.

BCAA Powder: Xtend Original 7 G BCAA - Post workout with Amino Acids, Sugar-free, 30 servings, Choose flavor.

BCAA Power is important as it decreases muscle soreness and increases muscle growth. It is also great in reducing fatigue, which is why we have it in the afternoon to keep you going. A very important daily supplement because it also encourages the weight loss as it helps suppress your hunger.

MultiVitamins: GNC Mega Men, 90 count, GNC Ultra Mega Womens, 90 count

This supplement is the most important yet the least taken pill and yet there are so many options on the market. It is so easy, swallow one, and not only does it help with the nutritional gaps, but if you take one every day thru this 30 days you will notice a change in your energy, your moods, and it can help with anxiety and stress. We recommend time released and to take in the morning after breakfast.

Organic Triple Fiber Supplement: Nutriflare - Inulin, Acacia, Psyllium Husk. Use the recommended 2 scoops per day in water

Normalizes Bowel movement, Lowers cholesterol, Helps control blood sugar, Aids in achieving a healthier weight, Helps alleviate inflammation. Soluble fiber helps you lose weight because it curbs your appetite which makes new calorie intake easier

WHERE TO BUY SUPPLEMENTS



GRAB THEM AT YOUR LOCAL GNC STORE OR ONLINE THROUGH AMAZON

You can locate all the supplements needed for the 30-day challenge plan at either your nearby GNC store or on Amazon. This is the optimal choice to obtain all your necessary supplements.

It's important to note that when purchasing your multivitamins, you should consider your gender and ensure that you select the appropriate men's or women's version.

Note: Product labels may change from what is pictured here. Be sure to verify you are ordering the right supplements as outlined.



SEASONINGS

Seasonings themselves do not contribute to weight loss, but they can certainly enhance the taste and flavor of healthy foods, which can make them more appealing and satisfying. This, in turn, also helps you stick to a healthy and balanced diet that supports weight loss.

Using seasonings and spices in cooking can also help reduce the need for added salt, sugar, or high-fat ingredients, which can be beneficial for weight loss and overall health. Additionally, some spices and seasonings may have metabolism-boosting or appetite-suppressing properties, which can support weight loss efforts

SEASONINGS LIST

Here are some seasonings you can use for this 30 day challenge.

GOOD



Low Sodium Spices



Pepper



ALL Powders Acceptable



A1 & Worcestershire
and Heinz57

BAD



No Salt or Salt Seasoning



No Sugar



No BBQ, Mustard, Ketchups

While we all enjoy flavorful food, it is important to limit our intake of salt and sugar. Here are some options to add taste to our meals without compromising on health:

You can opt for low-sodium spices such as Mrs. Dash, Flavormate, Kirkland organic no-salt seasoning, McCormick Perfect Pinch, Dak's Look Ma. You can also use pepper and all powdered spices like garlic and onion. However, it is recommended to avoid using BBQ sauce, mustard, and ketchup, and instead use A1, Worcestershire, and Heinz57. You can also drizzle a little olive oil on meat and top it with herbs such as basil, crushed bay leaves, parsley, oregano, rosemary, coriander, cinnamon, cumin, curry, ginger, garlic, dill, dry mustard, marjoram, mint, chili/cayenne, chives, and anise seed, as well as jerk seasoning.

FOOD MEASUREMENTS



WHAT'S YOUR BODY TYPE?

MEN AND WOMEN 150 LBS OR MORE

6 OUNCES OF MEAT AND 1 CUP FOR VEGETABLES AND SMALL FRUITS

MEN AND WOMEN 150 LBS OR UNDER

4 OUNCES OF MEAT & 1/2 CUP FOR VEGETABLES AND SMALL FRUITS

"If you follow the diet, and add the supplements, serious weight loss happens If you do the supplements and dont do the diet, it wont work"

FIRST THING IN THE MORNING

Start the day with a supplement.

✓ **1 Liver pill FIRST THING IN THE MORNING**

✓ **1 Apple Cider pill FIRST THING IN THE MORNING**

A good morning routine can help set the tone for a productive and positive day. So first, let's start each day by taking your two supplements.

Here are other things to help you get your day started.

- Wake up at a consistent time: Waking up at the same time every day can help regulate your body clock and improve sleep quality.
- Drink water or lemon water: Drinking a glass of water first thing in the morning can help hydrate your body and kickstart your metabolism.
- Stretch or exercise: Doing some light stretching or exercise, such as yoga or a morning walk, can help energize your body and improve mood.
- Eat a healthy breakfast: Eating a balanced and nutritious breakfast can provide your body with the necessary energy and nutrients to start the day. Follow the plan.
- Practice mindfulness: Taking a few minutes to practice mindfulness, such as meditation or deep breathing, can help reduce stress and improve mental clarity.

Overall, a good morning routine should be personalized to your needs and preferences, but incorporating elements such as hydration, exercise, healthy eating, and mindfulness can help set the stage for a successful and positive day.

AM ROUTINE

BREAKFAST

**YEP, IT IS THE MOST IMPORTANT MEAL. DON'T SKIP THIS!
TIME TO MAKE YOU IMPORTANT EVERY MORNING!**



Ground Beef

80/20 grade
for flavor.

OR

Top Sirloin

High quality protein, anemia/iron deficiency prevention, lowers heart disease, but best of all it has ATP = Muscle Strength.



2 Scrambled or Hard Boiled Eggs

Organic brown is preferred as they are the highest absorption of protein.



Coffee or Tea

Yes, you can have your favorite coffee, BUT no more than 1~12 ounce cup.



Take 1 MULTIVITAMIN PILL

Breakfast is referred to as the most important meal of the day for good reason. It provides the body with the necessary fuel and energy to start the day off right. Skipping breakfast can lead to a variety of negative consequences, such as low energy levels, decreased concentration, and mood swings. Moreover, breakfast can help regulate blood sugar levels. Skipping a meal is not a way to lose weight. A nutritious breakfast can also aid in weight management by reducing cravings and preventing overeating later in the day. Therefore, it is essential to prioritize breakfast and ensure that it includes a healthy balance.

AFTERNOON ROUTINE

LUNCH

**Maintaining your blood sugar and energy throughout the day.
Don't forget to get up and move around.**

✓ **Chicken Breast or Chicken Tenders**

Fish can be alternated 1-2 days a week

✓ **Fresh Vegetables**

Any vegetable but corn, corn is fattening and non-digestible.
Fresh or frozen only, NO CAN veggies, that is pure sodium.

You can choose any vegetable except for corn, as it is considered fattening and difficult to digest. It is recommended to opt for fresh or frozen vegetables rather than canned ones, as canned vegetables tend to have high sodium content.

Consuming excessive amounts of sodium can lead to a range of health problems, such as high blood pressure, heart disease, and stroke. Therefore, it is advisable to select fresh or frozen vegetables to ensure that you are getting the maximum nutritional benefit from your meal without adding unnecessary sodium to your diet.

SNACK

Afternoon Snack

Fruit

1 Apple, 1 Banana, 1 Pear, or Measured Berries, etc...

**1 Scoop BCAA powder flavored or unflavored.

You can enjoy a variety of fruits, such as one apple, one banana, one pear, and a measured amount of berries, for a nutritious snack. Additionally, it is recommended to add one scoop of BCAA powder, which can be flavored or unflavored, to supplement your diet.

Snacking can be a good idea if done in a healthy and balanced way. Snacks can help curb hunger between meals, provide energy to sustain physical activity, and deliver necessary nutrients to the body.

However, it is important to choose healthy snack options, such as fruits, and avoid processed and high-sugar snacks that can lead to weight gain and other health problems.

Moreover, snacking should be done in moderation, as excessive snacking can lead to overconsumption of calories and contribute to obesity.

Therefore, it is advisable to stick to this plan and DO NOT skip your snacks.

DINNER

Dinner is an important meal as it provides the body with the necessary nutrients and energy to recover from the day.

✓ **3 Scrambled Eggs**

Organic brown is preferred as they are the highest absorption of protein.

✓ **Green Salad**

Spinach, Spring Mix , Romaine, Iceberg, etc.
2-3 TBSP Salad Dressing (store bought or homemade)

For a healthy dinner meal option, you can have three scrambled eggs, preferably organic brown. You can pair your eggs with a green salad made from spinach, spring mix, romaine, iceberg, or other leafy greens of your choice.

Additionally, you can add 2-3 tablespoons of salad dressing, which can be store-bought or homemade, to enhance the flavor of your salad.

Dinner is an important meal as it provides the body with the necessary nutrients and energy to recover from the day's activities and prepare for the next day. Eating a balanced and healthy dinner can help regulate blood sugar levels, improve digestion, and promote better sleep. Moreover, a nutritious dinner can aid in weight management by preventing overeating and reducing cravings later in the evening.

However, it is important to avoid consuming heavy or high-fat meals before bedtime, as they can lead to indigestion, heartburn, and disrupted sleep. Therefore, it is advisable to prioritize a healthy and balanced dinner as part of a balanced diet to support overall health and wellbeing.

SNACK

Nighttime Snack

✓ **2 ~ ¼ inch slices of Deli Cold Cuts**

Natural, the person behind the counter slicing for you.

✓ **2 ~ ¼ inch slices of Cheese**

Many great options to enjoy

✓ **Decaf Black Coffee or Tea**

A little bit of magic taste acceptable. No more than 4 ounce cup.

You can enjoy two ¼ inch slices of deli cold cuts that are natural and sliced fresh by the person behind the counter. Additionally, you can add two ¼ inch slices of your preferred cheese to complete your snack. For a beverage option, you can choose decaf black coffee or tea, but it is recommended to limit yourself to a 4-ounce cup and avoid adding excessive sugar or creamer to keep the calorie intake in check.

Snacking before bedtime should be approached with caution, as consuming heavy or high-fat meals can lead to indigestion, heartburn, and disrupted sleep. However, a light and healthy snack before bedtime can help regulate blood sugar levels and prevent hunger pangs that can disrupt sleep.

Follow the plan and DO NOT skip your snacks.

BEFORE BEDTIME

End the day with a supplement.

✓ **1 Liver pill BEFORE BEDTIME**

✓ **1 Apple Cider pill BEFORE BEDTIME**

Sleep is essential for maintaining optimal health and wellbeing. It plays a vital role in regulating various bodily functions, including hormone levels, metabolism, and immune system function. Additionally, sleep is crucial for cognitive functions, such as memory consolidation, learning, and problem-solving, and yes... weight loss.

Adequate sleep is also important for mental and emotional wellbeing. Lack of sleep can lead to irritability, mood swings, and difficulty managing stress. This all leads to over eating and weight gain.

Therefore, it is essential to prioritize sleep and aim for 7-9 hours of quality sleep each night. This can be achieved by establishing a consistent sleep routine, creating a relaxing sleep environment, and avoiding stimulants, such as caffeine and electronics, before bedtime.

By prioritizing sleep, individuals can support their overall health and well-being and improve their quality of life.

HOW ARE YOU PROGRESSING?

TRACK YOUR PROGRESS

AT THE END OF EACH DAY YOU CAN LOG YOUR WEIGHT AND
TRACK YOUR PROGRESSION FOR THIS CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30



WHY DO MOST DIETS FAIL?

EATING LESS FOOD

Up to 98% of people, according to research, regain all the weight that they lost within five years, and up to two-thirds of people end up regaining more weight than they lost," and that's because "our bodies are really designed to protect us against famine.

So eating less food does not help you lose weight.

Follow the plan as outlined and **YOU WILL SEE RESULTS!**

If you follow the diet plan and add the supplements, serious weight loss happens.

If you do the supplements and don't do the diet, it won't work.

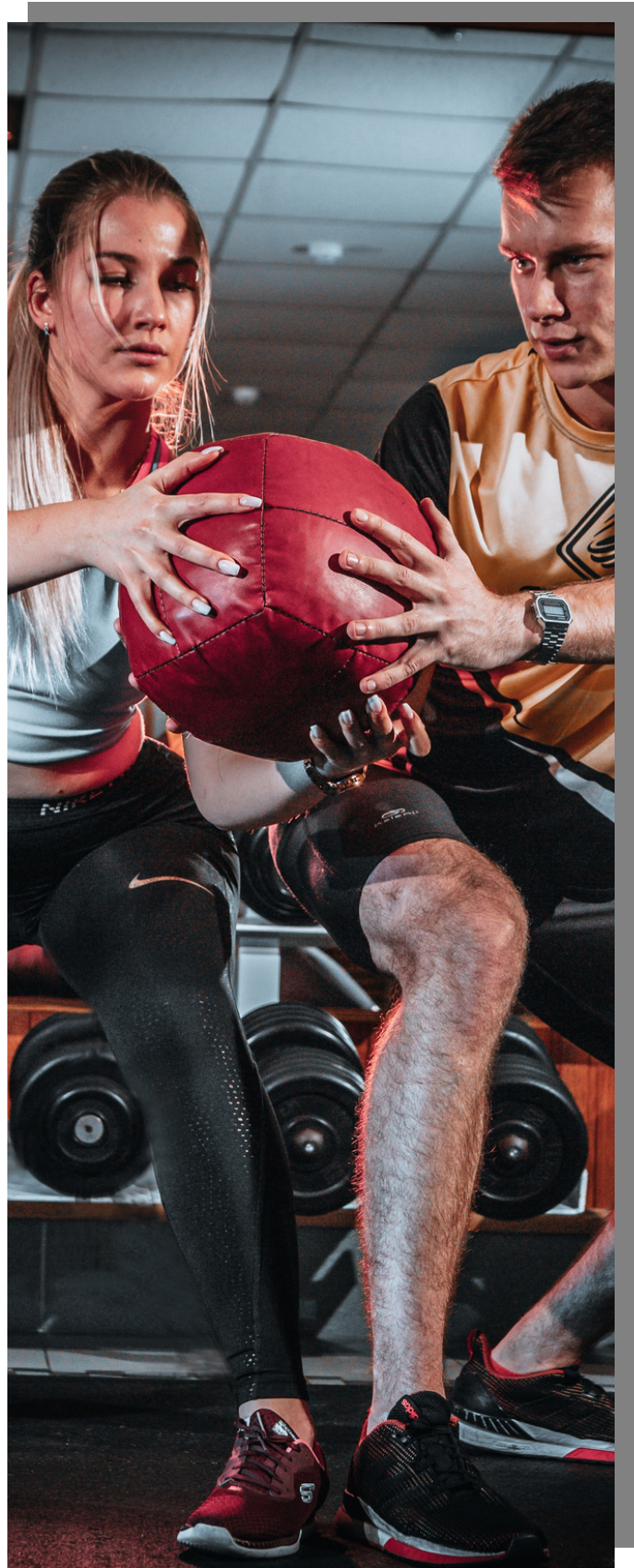
Bijw

Did You Know?

“

**IT TAKES FIVE
MINUTES TO
CONSUME 500
CALORIES. IT
TAKES TWO
HOURS TO BURN
THEM OFF WITH
EXERCISE.**

”



CLIENT SUCCESS STORIES



My gut fat, chronic joint pain in my knees, and low energy was all gone after the 30-day challenge.

It works!



David M / Lost 15 lbs
70 Years Old



Being a mom with 3 kids, time is an issue, I loved the 30 days challenge because it was so easy with my schedule, and I had a hard time losing weight.

Go for it!



Jamie S / Lost 20 lbs
42 Years Old



I thought something was wrong with me and I after going to go to the doctor, it was my nutrition all along. The 30-day challenge woke me up! I am on the road to a better me!



Susan D / Lost 18 lbs
47 Years Old

CLIENT SUCCESS STORIES



I only have 1 lung and 1 kidney left. I could never get the love handles and stubborn fat gone, just hated it! **The 30-day challenge finally did the trick.**
I am not going back!



Bob M / Lost 20 lbs
65 Years Old



I tried to lose weight on my own, but hit a wall, so I tried the 30 days challenge. **Every week I was losing weight.** I have never had this much success.

I am continuing on the plan and feel the best I ever have!



Milton H / Lost 24 lbs
35 Years Old



I have a rare auto immune disease causing me to get rashes, losing my hair, and dry skin so much I was always itching & cracking. There is only so much medicines will do. My food choices was the contributor. The 30 days not only improved my skin and hair, I amazingly lost weight.
I feel so good!



Janice M / Lost 15 lbs
68 Years Old

CONGRATS

**DON'T STOP!
KEEP IT GOING**

YOUR JOURNEY HAS JUST BEGUN

You've tackled the hardest part of any weight loss program... you made it through your first 30 days. But, the journey is not over just yet. You have to maintain your healthy living. Hopefully, by now, you've discovered just how easy it is to eat right and stay active.

We appreciate to taking this journey with us.

If you are curious about where you go from here, keep reading. We need your help and have a special gift for you. See next page.

STAY FIT! STAY HEALTHY!

THANK YOU!



WE VALUE YOUR FEEDBACK

At The End Of Your 30 Day Journey, we would love to hear from you and reward your efforts for helping us.

Provide Us with Your Feedback: Submit a 1-minute video testimonial recorded on your phone or send an eMail response to let us know how you did and what you thought of the program.

As a gesture of gratitude, **we'll send you the next steps for advancing your wellness journey at no cost**, in exchange for your valuable feedback testimonial. This is our way of expressing our heartfelt thanks for taking the time to share your thoughts with us.

Submit all testimonials to: **30dayhealth@bodybybiju.com**



DON'T KEEP US A SECRET

**LET OTHERS KNOW
ABOUT YOUR
ACHIEVEMENTS IN
JUST 30 DAYS!**

**ASSIST OTHERS IN
PURSUING A
HEALTHY LIFESTYLE**

Inspire those around you by sharing your incredible accomplishments after completing The 30-Day Health Challenge! Let them know in just a month, they can transform their life and embrace a healthier lifestyle. By recounting your success story, you have the power to motivate and support others in their quest for improved well-being. So, go ahead and spread the word about The 30-Day Health Challenge, and let your friends, family, and colleagues discover the amazing benefits of taking charge of their health and happiness.



30 DAY CHALLENGE

What You Put In Your Body Is What You Get Out!

As your coach, I want to emphasize the importance of what you put in your body. Simply put, what you eat is what you get out of your body. Your body is like a machine that needs the right fuel to function optimally. If you feed it with unhealthy and processed foods, you can expect to feel sluggish, tired, and even sick. On the other hand, if you fuel your body with nutritious foods and a proper diet, you can expect to feel energized, strong, and healthy. So, let's work together to make sure you're getting the most out of what you put in your body!

Biju
