



The R3 Total Wellness Program

Melaleuca's R3 Weight Loss Plan helps you enjoy the foods you love without counting calories or keeping a journal. Through three two-week phases—Reset, Reintroduce, and Real Life—you'll eat according to hunger, boost energy, and shift your metabolism from fat-storing mode to fat-burning mode. In six weeks, you'll learn how to lose weight, maintain that weight loss, and get back on track for life.

THE FIVE PRACTICES OF R3

PRACTICE	RESET (Weeks 1-2)	REINTRODUCE (Weeks 3-4)	REAL LIFE (Weeks 5-6)
1. AVOID NO LIST Stay away from foods that are on the No List as best as you can.	●	●	●
2. PROTEIN WITHIN 60 MIN Eat a protein source according to hunger within 60 minutes of starting your day.	●	●	●
3. EAT EVERY 3 HOURS Eat foods from the Yes List according to hunger every three hours, preferably including a protein.	●	●	●
4. ADD 3 NO LIST SERVINGS Reintroduce three small servings of foods from the No List per week according to hunger. Choose the lowest-glycemic foods from the No List first.	—	●	●
5. ONE PLEASURE MEAL Enjoy one pleasurable meal of your choice, without any guilt, one time during these two weeks.	—	—	●

- Eat according to hunger. Stop eating when you become satisfied, not full.
- Eat sparingly from the high-fat foods on the Yes List (nuts, cheese, and avocados).
- If you are pregnant, nursing, or diabetic, you may start in the Reintroduce phase.
- If you currently exercise, continue your routine. If you're not currently exercising, start moving your body for 10 minutes per day, gradually increasing to 150-250 minutes per week.



THE YES & NO LISTS



Getting Started

Weigh yourself and take measurements with a flexible measuring tape on day one and at the end of each two-week period.

	DAY 1	WEEK 2	WEEK 4	WEEK 6
Date				
Weight				
1 Neck				
2 Right Upper Arm				
3 Right Forearm				
4 Chest				
5 Upper Mid Belly				
6 Belly Button				
7 Hips				
8 Right Thigh				
9 Right Calf				

