

*Zest*al
TRIM

Weight Wellness

Getting Started!



Zest

Congratulations on your selection of Zest Trim to help safely and sustainably reach your Healthy weight wellness goals without Needles or Nausea.





Zest^{al} TRIM



Zest^{al} Trim contains plant-based ingredients that can produce the results as the very expensive options available by prescription.

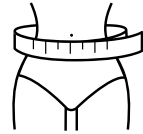
Naturally derived ingredients that will control cravings, help to balance blood sugar levels, maintain a healthy metabolism, boost mood and provide sustained energy without the usual jitters!

Helpful general tips to maximize your experience with Zestal Trim!

1

Weigh and Measure before you Start!

This will give you a baseline to compare your progress against as you continue your journey with Zestal Trim. Tracking these metrics at the outset allows you to see the tangible results of your efforts, motivating you to stick with your new healthy habits. See the Zestal Trim weight tracking sheet we've created for you.



2

Weigh and measure after 3 days.

Give your body a chance to respond to the addition of Zestal Trim and your improved eating habits.



3

Be mindful of “old habits”.

We don't mean count every calorie, just be aware of what you are putting in your mouth and WHY.



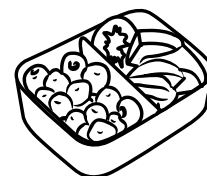
- Don't eat while watching TV, sitting at your desk or in bed.
- Schedule time for your meals and savor your food.
- Include all food groups but mindful of how prepared.
- Keep plenty of healthy snacks around... fresh fruit, raw unsalted nuts, raw or steamed veggies, cottage cheese, boiled eggs, etc.
- Select whole, organic unprocessed foods as much as possible.

Helpful general tips to maximize your experience with Zestall Trim!

4

Don't deprive yourself

of some of your favorites, just delight in smaller portions.



5

Drink plenty of water.

Drink 8-10 ounces of warm or room temperature water first thing in the morning to hydrate and stimulate your metabolism.



6

Get Enough Sleep

Get enough sleep, aiming for 7-9 hours each night, to allow your body to rest and recover. Quality sleep is crucial for maintaining energy levels, improving mood, and supporting overall health. Establish a relaxing bedtime routine to help you unwind, such as reading a book, practicing deep breathing exercises, or indulging in a warm bath. Avoid screens and caffeine before bed to ensure a restful night's sleep. Consistent sleep patterns can make a big difference in your wellness journey.



ZESTAL TRIM TIPS



You've got this!!
my fave!



1 **Start your morning** with a small portion of healthy protein.



2

Enjoy your Zestral Trim:

Mix briskly with 10-12 ounces of cool to cold water. (if you like juice, choose a lower-sugar variety) This product does contain 200mg of caffeine, if you drink coffee in the AM, we recommend that you wait about 30-60 minutes after to drink your Zestral Trim!

3

**Drink all within
30 minutes** or
less for maximum
benefits.



4

**Swirl or Shake
before each sip .**

The gentle motion
helps to mix the
natural ingredients,
ensuring that every
sip is as effective
and refreshing as
possible.

5

Within minutes, you should feel a **light burst of energy and mood boost!** Get up and move around....



6

You might notice some stomach rumbles as many ingredients work in the gut. You **should not** experience a drop in blood sugar or cravings that would normally accompany a “growling” stomach.



7

Listen to your body's signals and eat only when you are genuinely hungry. Stop eating when you are no longer hungry. It's really OK to have food left on your plate.



8

Zestall Trim will help you overcome the bad habits of oversized servings and “cleaning” your plate. In fact, several of the ingredients in this product work in the gut and will signal you when you are not hungry any longer. Eating past that point could cause some minor discomfort.



9

You may break up your serving throughout the day if desired but drink no later than 4 pm.



10

Finally practice gratitude and sincere appreciation for the food that you are eating and gratefulness for the energy and nutrients it provides.



ZESTAL TRACK IT



Let's goooo!!





TODAY'S DATE: _____ S M T W T F S

Weight Loss

WEEKLY TRACKER

STARTING NUMBERS:

WEIGHT: _____

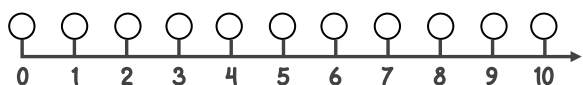
WAIST: _____

HIPS: _____

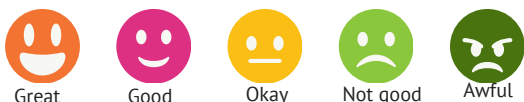
UPPER ARM: _____

UPPER THIGH: _____

ENERGY: 1-10 (1 being the lowest):



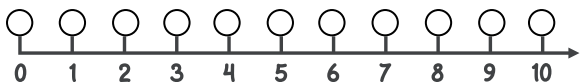
MOOD:



CRAVINGS:



MOVEMENT 1-10 (1 being the lowest):



AFTER 7 DAYS:

WEIGHT: _____

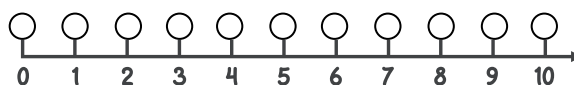
WAIST: _____

HIPS: _____

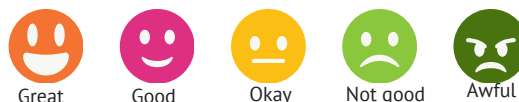
UPPER ARM: _____

UPPER THIGH: _____

ENERGY: 1-10 (1 being the lowest):



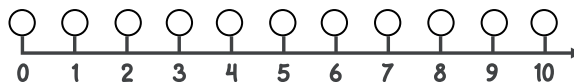
MOOD:



CRAVINGS:



MOVEMENT 1-10 (1 being the lowest):



Repeat weekly.

This tracker helps you monitor your progress and adjust your routine to achieve your health goals. Remember, consistency is key. Celebrate small victories and stay motivated by reflecting on the positive changes you notice each week. Stay focused, and remember that every step forward is a step towards a healthier you.

Zestful

TODAY'S DATE: _____ S M T W T F S

Daily Water

TRACKER

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



WEEK

DAILY GOAL

RESULT

Zest

TODAY'S DATE: _____ S M T W T F S

My Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.