



SMARTMEAL

SYSTEM GUIDE

The intelligent choice for ideal results.

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GETTING STARTED

Do you have a specific goal or two? Getting healthy, stronger, fit, feeling great or wanting to turn around your lifestyle? Congrats! With SmartMeal, you have made an intelligent choice for ideal results. SmartMeal is your delicious meal-replacement shake designed for easy and convenient consumption.

This brochure can provide a helpful starting point and to make sure you stay motivated and on track. Whatever your goals, whether they be weight management, increasing your athleticism, needing simple on-the-go nutrition, or looking for a healthier alternative, SmartMeal provides a great alternative for any occasion.



GETTING STARTED

WHAT IS SMARTMEAL?

This brochure can provide a helpful starting point and to make sure you stay motivated and on track. Whatever your goals, whether they be weight management, increasing your athleticism, needing simple on-the-go nutrition, or looking for a healthier alternative, SmartMeal provides a great alternative for any occasion.

Ready to use your new SmartMeal shake? It's as easy as 1-2-3.



1. **SWITCH SMART:** Say no to the typical, unhealthy meal. Switch it out for SmartMeal instead.
2. **MIX SMART:** Two scoops of SmartMeal mixed with water for instant deliciousness.
3. **SNACK SMART:** If you're feeling some additional cravings, let's talk about how to handle those the smart way.

SMART SNACKS

SNACK SMART

Staying true to your SmartMeal routine requires smart-snacking. Preparation and good alternatives to satisfy your cravings alongside the power of Synergy's SmartMeal creates a strong foundation for success.

AIM FOR PROTEIN

Aim for something that leans on protein instead of refined carbs or sugar. Try a handful of nuts, a cup of cottage cheese, or even a hard-boiled egg. Protein provides retentive energy so it can keep you better satisfied for a longer period of time.

REDUCE YOUR SUGAR

Having a sweet tooth should never stop you from persuing a healthier lifestyle. It is not necessarily a bad thing if you pursue healthier options. Instead of grabbing a candy bar, pastry or more processed sugars, try eating a piece of fruit or better yet, will some good veggies do the trick? Fresh snap peas, apples and nut-butter, or carrot sticks with hummus can help satisfy a sweet craving without sidetracking your healthy goals.

THINK CARB SMART

Diets rich in dietary fiber are preferable over refined white breads and pastas. If using flour, try swapping out half the amount of all-purpose flour with almond-flour or whole grain flour! You can also change up refined white rice and pasta with whole grain options, veggie substitutes or complex grains such as quinoa.

ARE YOU ACTUALLY JUST THIRSTY?

Sometimes a tall glass of water goes a long way. Stay on track and treat yourself to hydration!



GENERAL LIFESTYLE TIPS

STAY ACTIVE

Whether you are at your desk, commuting, or relaxing at home, a lot of hours throughout a day is spent sitting. Change your habits and become more active by exercising for at least 30 minutes, five days per week. Not only does exercise burn calories, but it also stimulates your metabolism and can even put you in a better mood.

No, time is not an excuse - 30 minutes of exercise only counts for 2% of your entire day! Do your body a favor and get your blood pumping with some additional movement.

Need some exercise inspiration? Here are some activities to try:

- Aerobics
- Cycling
- Dancing
- H.I.I.T. (Interval Training)
- Hiking
- Kickboxing
- One-on-one sports (tennis, badminton)
- Pilates
- Team Sports (basketball, soccer)
- Walking
- Weight training
- Yoga

DON'T FORGET YOUR H₂O

Hydration is crucial as your body loses water throughout the day. Restore and hydrate your system by drinking about 8 cups of water throughout the day. Add Synergy's ProArgi-9+ or e9 formulas to water to help meet your hydration requirements, while giving yourself a nutritional boost!

TRACK YOUR PROGRESS

Keeping track of progress is a great way to improve your motivation and reach success. Who does not like to see improvements? Remember that, some changes might be gradual.

GENERAL LIFESTYLE TIPS

Why not keep yourself accountable and motivated by creating a personal day-to-day habit tracker. Track your water intake, nutrition, sleep, mood and exercise.

Are you focused on weight management? Commit to weekly or bi-weekly check-ins and ensure you are on the right course. Whether you are marking your weight with weekly weigh-in's or snapping a few pictures twice a month, visually recording your progress can help you better see your unique changes happening each day.

GET ACCOUNTABLE

Tell your friends, family, or doctor about your goals. Tell them you want to succeed and share when you are starting your lifestyle journey with SmartMeal. Most importantly, tell them you would like their support. Invite them to encourage & motivate you or challenge them to participate with you. Having a third party keep you on track is a great way to stay responsible, accountable, and committed. You will want them to celebrate your success with you.

IN FACT...

Synergy WorldWide wants to celebrate your success with you! Tag Synergy on social media when you share your journey, progress and results, and use the hashtag **#MySmartMealJourney**. We would love to spotlight your journey on our page (only with your permission, of course).

Facebook: [@synergyworldwide.eu](https://www.facebook.com/synergyworldwide.eu)

Instagram: [@synergyworldwide.eu](https://www.instagram.com/synergyworldwide.eu)



WEIGHT MANAGEMENT

Looking for a way to manage your weight? The Hughes Center has created an optimal pack that will help you go further and reach higher. Replace meals with SmartMeal and follow a healthy, low-calorie diet.

Remember that staying active is crucial for a healthy body and life. Go for a walk, do some yoga, or join a gym, but keep your body moving! The Weight Management Pack includes Biome Actives and ProArgi-9+, to support your focus and take care of your whole body. Now's the time to embrace your journey and shape your best life.

Don't just talk the talk, follow through. When feeling "hangry" or drifting towards fast food, stop, count to ten and think again! Whenever in doubt grab your SmartMeal. Want to customize? Add some fruit or vegetables and make a delicious smoothie. Your body will thank you later.



WEIGHT MANAGEMENT PACK

2x SmartMeal, 1x ProArgi-9+,
1x Biome Actives

Your weight management efforts are important, and Synergy wants to ensure you're reaching your goals. Enhance your endeavors with the help of ProArgi-9+ and Biome Actives. ProArgi-9+ works to improve blood flow while Biome Actives helps balance your body's microbiome. So, all aspects of your body are working in tandem to support you while you are on the SmartMeal track.

WEIGHT MANAGEMENT

Take 3 capsules of Biome Actives daily. They may be taken with a meal or alone, and the capsules may be opened and sprinkled on food or mixed in beverages. For the ProArgi-9+, take one sachet a day dissolved in 240ml of water.

WEIGHT MANAGEMENT DUO PACK

4x SmartMeal, 2x ProArgi-9+,
2x Biome Actives



Increase your chance for success with Synergy's Weight Management Duo Pack. Featuring twice the amount of our nutritiously satisfying SmartMeal, patent-pending ProArgi-9+, and purifying Biome Actives, this pack provides you with additional amounts of potent product to ensure success, so you can continue to achieve your goals each day.

Join the Synergy community or invite a friend and share the benefits of the Weight Management Duo pack together.

WEIGHT MANAGEMENT PACK BENEFITS INCLUDE:

- Supports weight management (when combined with regular exercise)
- Contributes to normal heart function and collagen production for healthy blood vessels
- Strengthens immune system function
- Supports the digestive system

SPORTS & ATHLETICS



If you like giving 100%, we want to help you push your limits, feel your best, and achieve your fitness goals. Use SmartMeal for a pre or after-workout boost, fueling your routine and recovery.

Not only does SmartMeal feature the benefit of 24 grams of protein, but the Sports Nutrition Pack also adds e9 and Collagen+, for great energy, supportive restoration, and a complete workout focus. A quick and simple way to get the protein and essential nutrients you need when being active.



SPORTS NUTRITION PACK

2x SmartMeal,
1x Collagen+, 1x e9

Unlock your inner athleticism with the power of Synergy's Sports Nutrition Pack. Featuring the nutrient-rich fuel of SmartMeal, this pack also combines the restorative support of

SPORTS & ATHLETICS

Collagen+ and the energy-boosting formula of e9 for enhanced fitness every day. To enjoy the benefits of e9, take one sachet a day dissolved in 240ml of water. Do the same with Collagen+, mix one sachet with your favorite liquid. e9 and Collagen+ can be enjoyed together, but for optimum result consume 30 minutes apart.

SPORTS NUTRITION DUO PACK

4x SmartMeal,
2x Collagen+, 2x e9



SmartMeal boosted with benefits from Collagen+, and e9. With the highest-quality ingredients, and scientifically developed formulas, the Sports Nutrition Duo Pack provides key products to help fuel your activities for better health overall.

RECOMMENDED USE:

- Take e9 30-60 minutes prior to a workout OR during a workout.
- SmartMeal and Collagen+ may be taken 30 minutes before or after a workout. They may both be taken alone or in combination with e9.

SPORTS NUTRITION PACK BENEFITS INCLUDE:

- Maintenance of current muscle strength
- Energy-yielding metabolism support
- Increased attention and alertness
- Supports collagen production throughout the body
- Strengthens body tissues including skin, muscles, bones, and cartilage
- Plays a role in the reduction of tiredness and fatigue

HEALTHY ALTERNATIVE

Increase your activity level each day by making smart choices and develop good habits. Have a glass of water with you instead of a water bottle, this way, you will have to get up and move every time you refill. Skip that elevator and take the stairs. Put an alarm on your phone for every hour, stand up, walk around, or do 5 jumping jacks. You can also invest in a standing table as they help to keep your body moving and your blood flowing, or on your next online meeting, connect your phone and go on a walk.



HEALTHY ALTERNATIVE

Never enough time to prioritise yourself? Jumping from meeting to meeting, while doing it all? SmartMeal is the perfect option for someone always on-the-go. Your career and time are important, but this doesn't mean you should ignore your health. Synergy wants to make life and nutrition a little easier with our SmartMeal meal-replacement. Use it on those days where you feel like you do not have a second to spare. SmartMeal provides easy access to maximum nutrition. Simply mix it with some water and enjoy the benefits on-the-go. Want extra help on a busy day? Include Synergy's e9 for an extra boost of energy to get you through the rest of the day.

SMARTMEAL WELLNESS PACK

2x SmartMeal,
1x Collagen+, 1x e9



Want the perks of both packs? The SmartMeal Wellness Pack combines an ideal selection of Synergy products to help support your healthy lifestyle. Discover the potent ingredients and powerful formulas for a better price with the SmartMeal Wellness Pack.

Whatever your fitness and health routine might be, Synergy has a pack for you. Featuring SmartMeal, these packs incorporate some of Synergy's most popular product combos, so you can find the best fit for your ideal lifestyle.

FAQ'S



Q: What time of day should I use SmartMeal shake?

A: SmartMeal can work at any time during the day. Whether you shake for breakfast, lunch, dinner, or as part of your pre- or post-workout routine, SmartMeal provides ample nutrients and clean protein with every scoop.

Q: Is it ok to mix SmartMeal with something other than water?

A: Yes. Almond milk, soy milk, or other liquids may be substituted if preferred. Additionally, you can add a variety of other healthy ingredients like berries, spinach, or natural peanut butter to treat yourself to extra variety.

Q. Should I drink SmartMeal before or after exercise?

A: Use SmartMeal as part of your before or after exercise routine. There are benefits to consuming high quality SmartMeal before exercise as your body will use it as fuel. Use it after exercise and your body will use it for recovery. You can take your SmartMeal 30 minutes before or after the workout, alone or in combination with e9.

Q. Can SmartMeal be mixed into recipes (for baking or other)?

A. Surely! Get creative and feel free to experiment using SmartMeal in your healthy recipes. If you come up with a healthy innovation, share it with us by tagging [synergyworldwide.eu](https://www.synergyworldwide.eu) and using [#MySmartMealRecipe!](https://www.instagram.com/MySmartMealRecipe/)

OPTIONAL RECIPES

EASY PROTEIN PANCAKES

INGREDIENTS:

- 2 Eggs
- 2 Bananas
- 3 scoops of SmartMeal shake powder

DIRECTIONS:

1. Add bananas and eggs to a blender and blend on low until smooth.
2. Add your SmartMeal shake powder and blend again.
3. Heat a non-stick pan over medium-low and add olive oil when ready.
4. Add 30gr of batter and flip when it starts to bubble.
5. Repeat with the rest of the batter.
6. Top with syrup or almond butter and enjoy!



STRAWBERRIES AND CREAM

INGREDIENTS:

- 30gr quick rolled oats
- 60ml of your preferred milk
- 30gr chopped strawberries
- 1 ½ scoops of SmartMeal shake powder

DIRECTIONS:

1. Place milk and SmartMeal shake powder in a saucepan and whisk over medium heat until warm.
2. Add oatmeal and cook over low heat for 5 minutes.
3. Remove from stove and stir in berries.
4. Serve immediately and enjoy!

OPTIONAL RECIPES

CHOCOLATE CHIP COOKIES

Although treats are not an everyday occurrence, try this for when your sweet tooth just won't go away.

INGREDIENTS:

- 1 ½ scoops of SmartMeal shake powder
- 2 tbs cacao powder
- 1 ½ tbs maple syrup
- 2 tbs nut butter

DIRECTIONS:

1. Mix all the ingredients together.
2. Form into a cookie and put it on a plate.
3. Microwave for 1 minute and ready to enjoy.



TROPICAL PROTEIN SMOOTHIE

INGREDIENTS:

- Frozen strawberries
- Frozen pineapple
- Half a banana
- Greek yogurt
- 1 scoop of SmartMeal shake powder
- Orange juice or water
- Nut butter (optional)

DIRECTIONS:

1. Blend everything together and that's it!

If you want to increase your protein intake or are looking to gain some muscle mass, add a nut butter of choice. Feel free to try out different fruits and combinations, the options are endless!

OPTIONAL RECIPES

GREEN MORNING SMOOTHIE

INGREDIENTS:

- 1 kiwi
- Juice from half a lemon
- Fresh ginger
- A handful of spinach
- 1x stick of celery
- Half an apple
- 1 scoop of SmartMeal shake powder
- Water
- Some ice

DIRECTIONS:

1. Blend everything together and serve immediately, while cold.



A CARROT TREAT

INGREDIENTS:

- 1 banana
- 1 carrot (chopped)
- 1 date
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{2}$ tsp vanilla
- 1 tsp fresh grated ginger
- 1 pinch of nutmeg
- 120ml almond milk
- 2 scoops of SmartMeal shake powder

DIRECTIONS:

1. Blend everything together and serve with some extra cinnamon on top.

OPTIONAL RECIPES

MORNING FRAPPE

INGREDIENTS:

200ml milk of choice

200 ml water

1 caffeine free espresso shot

2 scoops of SmartMeal shake powder

Cinnamon

Ice

DIRECTIONS:

1. Blend together all ingredients in a blender until smooth.
2. Add more ice to your glass and enjoy it fresh.



TRACK YOUR PROGRESS

Track your progress, plan your week and keep yourself accountable. Ready to control your weight? Empower yourself? Start eating healthier? Synergy's SmartMeal is here to support and help you accomplish the goals you set today. Use this helpful tracker below to keep yourself accountable as you begin your wellness journey.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--------|---------|-----------|----------|--------|----------|--------|
| HOURS OF SLEEP | | | | | | | |
| WATER | | | | | | | |
| ACTIVITY | | | | | | | |
| # OF STEPS | | | | | | | |
| MEALS | | | | | | | |
| SELF-CARE | | | | | | | |
| ENERGY | | | | | | | |
| MOOD | | | | | | | |
| AFFIRMATION #1 | | | | | | | |
| AFFIRMATION #2 | | | | | | | |
| NOTES | | | | | | | |

Take a moment to check in with you, have you done this today?

- Sleep 7 to 8 hours
- Hydration: drink 8 glasses of water
- Activity: low or high intensity workout for 30 minutes
- 5.000 - 15.000 steps per day
- Healthy meals, healthy choices
- Self care (meditation, read a book, listen to music...)



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