



YOUR GOTO GUIDE

Acc(u)Life

Your Acc(u)Life Community

Support is the building block for success. Our private online community is a safe space for celebrating successes, addressing challenges, sharing hundreds of healthy recipes, and learning that our proven program is even stronger with the right support.

Join hundreds of Acc(u)Members helping you along your journey through our private online community. Register at your Acc(u)Member Dashboard.*



*This Guide focuses on Phase 1. Learn about all the Phases and when to transition between them at your Acc(u)Member Dashboard.***

* YourAccuLife.com/Community

** YourAccuLife.com/Phases



1

Lose It

Combine acupressure and body chemistry to lose fat, not muscle.



2

Love It

Learn to keep the fat off while building your personal Acc(u)Lifestyle.



3

Live It

Enjoy your Acc(u)Lifestyle equipped with tools for long-term success.

Balanced Nutrition

Lose fat. Stabilize your weight.

Create & maintain your personal Acc(u)Lifestyle.



24HRS/7DAYS



Drink 64 - 128 oz Of Water Each Day

Electrolytes For Proper Hydration

Zero-Calorie Fluids

Zero-Calorie Flavorings



Black Coffee

Tea

Herbal Infusions

Zero-Calorie Sweeteners



Acc(u)Life Treats (See Website)

MAXIMUM PER DAY 60 CALORIES:

Sugar-Free Gum

Sugar-Free Candy



Spices

Seasonings

Dried Herbs

Sugar-Free Syrups & Extracts



MAXIMUM PER DAY 2 TABLESPOONS:

Unsweetened Cocoa

Olive & Vegetable Oils

Honey



NOT ALLOWED:

Vinegar, Alcohol

Butter, Margarine

Sugar, Agave, Condiments

4-Day Repeating Food Cycle

2 Days Fruits & Vegetables

2 Days Milk & Yogurt

12PM - 6PM

FRUITS & VEGETABLES 24oz Vegetables + 2 Cups Fruit

YES		NO	
Non-Starchy Vegetables	Fresh	Starchy Vegetables	Legumes
	Frozen	<i>e.g., Corn, Peas,</i>	<i>e.g., Beans, Soy,</i>
All Fruit	Canned	<i>Sweet Potatoes,</i>	<i>Edamame</i>
<i>No Olives</i>	<i>No Sugar/Corn Syrup</i>	<i>Potatoes</i>	Nuts
Raw	Freeze-Dried	Grains	Seeds
Cooked	Dehydrated	<i>e.g., Rice, Wheat,</i>	Dried Fruit
		<i>Bread, Pasta</i>	Olives

MILK & YOGURT 20oz Milk + Yogurt 10oz must be milk | 10oz choice of yogurt and/or milk

DAIRY - YES	DAIRY - NO	PLANT-BASED - YES*	PLANT-BASED - NO
Milk, Yogurt, Kefir	Milk, Yogurt, Kefir	Milk, Yogurt	Milk, Yogurt
<i>Plain, Whole, Full Fat</i>	<i>Fat Free, Skim, 1%, 2%,</i>	<i>Plain, Flavored (Unsweetened)</i>	<i>Flavored (Sweetened)</i>
<i>Cow, Goat, A2,</i>	<i>Half & Half, Cream,</i>	<i>Pea Protein, Hemp, Soy,</i>	<i>Rice, Coconut, Cashew,</i>
<i>Lactose Free</i>	<i>Greek, Flavored</i>	<i>Almond, Oat, Greek</i>	<i>Macadamia, Hazelnut, Flax</i>
	Cheese		Cheese

*Required Nutritional Supplements at YourAccuLife.com/PlantBased

Chi Gong Breathing

Manage your cravings. Relieve your stress. Oxygenate your body.

Chi Gong breathing should be done every 2 hours, after you massage your Acc(u)Beads. At minimum, you should do your breathing 2x day: when you wake up and before you go to bed.

- Inhale deeply through your nose (belly breath)
- Exhale very slowly through your mouth
- Focus your attention on your breathing and relax
- Breathe normally for a count of 5. Slowly count 1,2,3,4,5 then begin next breath
- Repeat for a total of 4 breaths

To combat cravings at any time, utilize Chi Gong breathing, followed by a zero-calorie drink. Repeat 10 minutes later.

Instructional video available at YourAccuLife.com/HowTo

INHALE EXHALE

Acc(u)Beads

Suppress your appetite.

Protect your metabolism.

Turn down your weight set point.



**40x Forward
Medium Pressure**

- Calculate your Acc(u)Point and change your Acc(u)Beads weekly
- You will massage your Acc(u)Beads when you wake up and every odd hour until you go to sleep
- Massage both Acc(u)Beads at the same time 40x forward, applying medium pressure
- Lost an Acc(u)Bead? Massage as though they are both there.

Instructional video available at YourAccuLife.com/HowTo

Your Go-To Shopping Guide

YES	NO
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VEGETABLE DAY All fruit is allowed with the exception of olives.

Artichokes	Brussel Sprouts	Cucumber	Kale	Peppers	Spinach
Asparagus	Cabbage	Eggplant	Leeks	Pumpkin	Squash
Avocado	Carrots	Fennel	Lettuce	Radishes	Swiss Chard
Beets	Cauliflower	Green Beans	Mushrooms	Salad Greens	Tomatoes
Bok Choy	Celery	Hearts of Palm	Okra	Sauerkraut	Turnip
Broccoli	Collard Greens	Jicama	Onions	Seaweed	Zucchini
<i>Other non-starchy vegetables are allowed. When in doubt, assume no and contact us.</i>					
Starchy Vegetables: Corn, Potatoes, Peas, etc.		Legumes: Beans, Lentils, Soy, etc.		Dried Fruit	

MILK DAY

DAIRY Milk, Yogurt, Kefir Plain, Whole, Full Fat; Cow, Goat, A2, Lactose Free
PLANT-BASED Milk, Yogurt Plain, Flavored (unsweetened); Pea Protein, Hemp, Soy, Almond, Oat, Greek
DAIRY Fat Free, Skim, 1%, 2%, Half & Half, Cream, Greek, Flavored, Cheese, Butter, Margarine
PLANT-BASED Flavored (sweetened), Rice, Coconut, Cashew, Macadamia, Flax Cheese, Vegan Butter

PANTRY FAVORITES

			Zero-Calorie:
Braggs Liquid Aminos	Honey	Spices & Seasonings	Cooking Spray
Coconut Aminos	Kelp Noodles	Sugar-Free Extracts & Syrups	Drinks
Dried Herbs	Olive & Vegetable Oils	Sugar-Free Gel Desserts	Lemon Juice
Electrolytes	Plantain Flour	Unsweetened Cocoa	Shirataki Noodles
Hearts of Palm Pasta	Singoda Flour	Xanthan Gum	Sweetener
Alcohol, Vinegar, Commercial Salad Dressing Containing Vinegar, Condiments, Butter, Margarine, Sugar, Agave, Nuts, Seeds, Grains (e.g., Bread, Rice, Pasta, Popcorn, etc.)			