

BREAKTHROUGH

W12

WEIGHT LOSS TO WELLNESS

4 PILLARS OF SUCCESS

PREVIEW DIET PLAN

BREAKTHROUGH M2

WEIGHT LOSS & TRANSFORMATION

Congratulations, we are so glad you are here! If you want to lose weight, establish self-discipline, portion control, a new love for self and essentially be the last diet you'll ever do, you're in the right place!

Most likely you saw someone who did our program and could not believe the results. They followed our 4 Pillars of Success and being committed to their goal without excuses.



The four pillars of the BTM2 metabolic method put your body in a state of low stress and low inflammation which is the perfect storm to rid your body of toxic fat leaving you feeling aligned, in control, and confident.

If you are willing to put aside the time and money to do this type of program, we want to make it simple for you to understand the expectations. With your purchase, you will receive:

- The exclusive supplements you need to be successful!
- Full in-depth educational emails and video tutorials
- Weekly access to a Breakthrough M2 trained, certified coach.
- Your own Online dashboard for keeping track of your goals & journey.
 - The dashboard also includes a fantastic recipe section exclusive to Breakthrough M2 clients!
- Full access to our private Facebook group with over 4,000 M2 members.
- And of course... our amazing office team!

**The weight loss plan
that incorporates body,
mind, and spirit.**

Here are the simple steps you will be taking:



Prep Week

MONDAY – FRIDAY (5 DAYS)

Prepare your body, your kitchen and educate yourself.



High-Fat Days

SATURDAY – SUNDAY (2 DAYS)

Prepare your body for low calorie.



Low Calorie Diet

3 WEEKS UP TO 3 MONTHS

Amazing weight loss happens here.



Transition

3 WEEKS - 6 WEEKS

Transition out of Step 2 and stabilize your new weight.



Alula Living

LIFETIME

Learning to live as the new healthy you.



BREAKTHROUGH "BOOTCAMP"

5 DAYS BEFORE YOUR HIGH-FAT WEEKEND
(USUALLY MONDAY- FRIDAY)

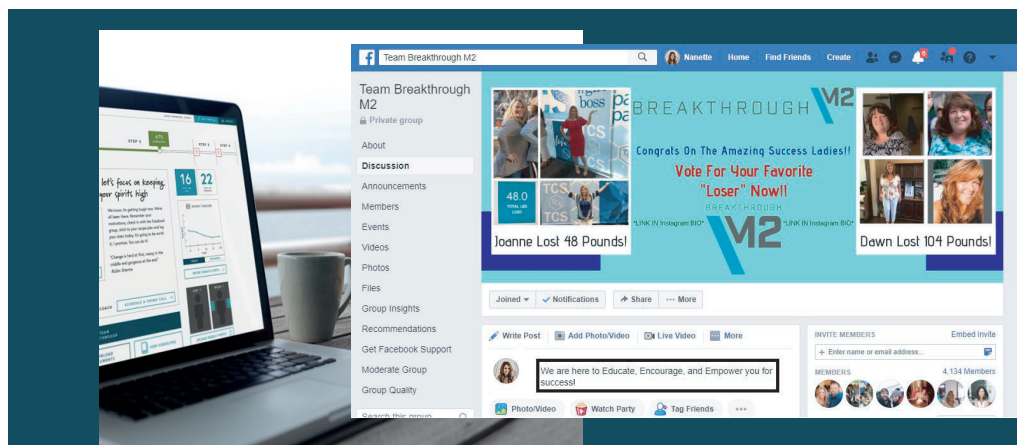


EXPECTATIONS

Educate yourself fully about the program, establish a good working relationship with your coach, establish your shopping list, prep your kitchen, and prepare your body.

Things to do to ensure you meet the expectations:

- Read the full manual.
- Watch educational videos and read emails.
- Schedule a call and speak to your coach with any questions about your upcoming journey.
- Introduce yourself on the Private Facebook page.
- Practice your water drinking (drink half your body weight in fluid ounces of water or 90 ounces, whichever is greater)
- Eat healthy high fats, which start preparing your body for the upcoming high fat weekend.



Use your Online Dashboard and Private Facebook Page for Education and Support.

STEP ONE

HIGH-FAT DAYS

2 DAYS OF LOADING UP ON HIGH-FAT FOODS WITH THE
BREAKTHROUGH M2 WEIGHT LOSS SUPPLEMENTS

EXPECTATIONS



You are looking to gain 3-5 pounds on these two days before entering into Step 2. This ensures your internal fat reserves is built up and ready to move into the low-calorie phase.

Do not get mental over this step!

This step is setting the foundation for your whole journey including smooth weight loss.

Things to do to ensure you meet the expectations:

- Know your start weight on the morning of your first high fat day.
- Begin taking your weight loss supplements.
- Eat very high fat foods all weekend. Refer to the list below.



Examples:

You can have healthy fats like nuts, nut butters, hummus, avocados, coconut oil, olive oil, salmon, egg yolks, chicken thighs. And not so healthy fats like full-fat dairy, cheeses, red meat, desserts, fried foods, just to name a few. The idea of this weekend is eating the fattening foods first- like the omelet before the pancakes and steak before the potato.

Why Breakthrough M2 is different

Our program includes clean eating along with 2 supplements: one protein based amino acid formula and the other is a homeopathic formula – both of which are EXCLUSIVELY found at Breakthrough M2 – formulated by one of the top naturopaths in the industry and the CEO herself – Nan Jenkins. These 2 powerful supplements help the body by supporting the detoxification process of stored fat. This makes that stored fat more readily available for usage. It also supports your appetite and blood sugar levels so you can more easily cope with the low calorie diet. The diet and supplements must be done together and here's why:

The supplements help support the body in the detox process, while the low calorie diet is what makes you use that stored fat resulting in weight loss. The mind and spirit are supported in a VERY unique way on this program.

Our homeopathic formula was designed with the most prominent pitfalls that men and women face, like stress eating, and feelings of insignificance and not

being good enough are just a couple we will mention. When the mind and spirit can let go of these types of feelings, the release of mental and emotional baggage is liberating on all levels resulting in the WHOLE person changing and achieving lasting weight loss!

The eating plan we follow was originally designed by Dr. ATW Simeons over 60 years ago. It has proven to be very successful if people follow through on ALL aspects of the plan 100%. This is a very low calorie eating plan, but it is balanced and incorporates fruits, vegetables, and proteins. Breakthrough M2 has successfully used this eating plan with over 8,000 people. Through our data collection from

our clients, and understanding the landscape of our current environment and food supply, we have made a few necessary changes from his original protocol. But, we have seen

how of his theory and over 10 years of research and data from his patient trials still holds true today.



If you are on medications, please know that there is nothing in our weight loss supplements that interfere with the efficacy of any medication. But, this is a low calorie diet, so please show your physician this plan and together make a decision about your health and weight.

**The Breakthrough
Guarantee**

**NO CAFFEINE
OR HERBAL
STIMULANTS**



ALL NATURAL



STEP TWO

LOW-CALORIE DIET

FOR 3 WEEKS UP TO 3 CONSECUTIVE MONTHS, YOU WILL BE TAKING THE BREAKTHROUGH M2 SUPPLEMENTS AND FOLLOWING THE STEP 2 PROTOCOL TO HELP YOU REACH YOUR WEIGHT LOSS GOAL!



EXPECTATIONS

By day 21, women usually lose 12-15 pounds and men usually lose 18-21 pounds. By the end of 5-6 weeks, women usually lose 20-25 pounds and men usually lose 35-40 pounds.

One round of our Dual Weight Loss supplement lasts 5-6 weeks.


Things to do to ensure you meet the expectations:

- Every day you must drink half your body weight (in ounces) of water or 90 ounces, whichever is greater.
- Eat the 2 proteins, 2 vegetables, and 2 fruits every day from approved lists.
- Get 6-8 hours of sleep.
- Stay plugged into support (Your accountability Coach, private Facebook page).

Things NOT to do:

- Cooking with butter or oils.
- Deviating from the food lists.
- Excessive exercise (no sweating).
- Drinking alcohol.

FOOD LISTS



Every day on the Step 2 low-calorie portion of your journey, you will choose 2 proteins, 2 vegetables, 2 fruits and 2 crunchy carbs. You can also add 2 cups of romaine and 1 cup of kale to your daily menu on top of the 2 vegetables. Also, there are a few foods that are unlimited, which we call "free" foods.

VEGETABLE CHOICES: 3.5 oz each

- Alfalfa Sprouts
- Asparagus
- Beet-greens
- Broccoli
- Brussel Sprouts
- Cabbage **(free)**
- Cauliflower
- Celery
- Chard
- Chicory
- Cucumbers **(free)**
- Fennel
- Green Salad, spring mix
- Kale organic **(+2 oz extra/day)**
- Kimchi **(cabbage based) (free)**
- Onions
- Red Radish
- Romaine **(free)**
- Sauerkraut **(free)**
- Spinach **(+2oz extra/day)**
- Squash **(yellow or spaghetti)**
- Tomatoes
- Zucchini

PROTEIN CHOICES: 3.5 oz each

- Bison (ground)
- Buffalo Steaks
- Chicken Breast, ground chicken
- Chilean Sea Bass
- Cod
- Crab (not Imitation)
- 1 whole egg plus 3 egg whites
(2 times per week at most)
- Flounder
- Grass-fed ground beef, steak
- Halibut
- Lobster
- Mahi Mahi
- Ostrich/Emu
- Scallops
- Shrimp
- Snapper
- Sole
- Tuna, wild-caught, raw,
or LITE water-packed white albacore
- Turkey (not deli), & ground turkey
- Whiting
- Veal
- Venison

FRUITS:

- Apple
- Blueberries (½ cup)
- Grapefruit (half)
- Orange
- Strawberries (7 oz.)

other**FREE (unlimited) Foods:**

- Salsa with no added sugar
- Beef, Chicken or Bone Broth

CRUNCHY CARBS:

- Grissini bread sticks
- Matzo
- Wasa
- Finn Crisps
- Brown rice snaps (GF)

VEGETARIAN/VEGAN PROTEIN CHOICES:

- | | | | |
|-------------------------------|---------------------|------------------|-------------------------|
| • Organic skim cottage cheese | • Ezekial bread | • Black beans | • Organic tempeh |
| • Eggs | • Brown rice powder | • Green lentils | • Organic tofu |
| | • Quinoa | • Garbanzo beans | • Orgain protein powder |

OTHER THINGS TO KNOW:

- Lemons and limes are allowed to be used in your water and for cooking.
- You can have 1 tablespoon of organic Half-n-Half or unsweetened almond milk per day.
- Coffee, seltzer and tea are allowed but do not count toward your water intake for the day.
- To make your food delicious, we encourage you to use herbs and spices!
The spices must be without sugar.

\$79



OPTIMIZE WEIGHT LOSS

BOOST METABOLISM

THE CORE FOUR

1

Ultra Colon Cleanse

BTM2's Ultra Colon Cleanse + Detox is gentle enough to be taken daily, while being strong enough to cleanse the colon effectively.

2

Instant Breakthrough CalMag-C

Calcium and magnesium are necessary minerals for every bodily function we have. Our powdered CalMag-C has been formulated in a 2:1 ratio of calcium gluconate and magnesium carbonate with vitamin C to adjust the pH so your body can absorb it instantly without digestion.

3

Whole Life Multi-Vitamin & Mineral Formula

Our amazing multi-vitamin and mineral formula helps to fill nutritional gaps and makes sure you get your daily allowance of under-consumed nutrients.

4

Digest Pro

Our digestive enzymes are a "must add" to your daily supplement routine. When food is cooked, the heat destroys the enzymes that naturally exist within the food. By taking our digestive enzymes, your body will receive the all the nutritional value available from your meals.

These are a must if a person has had their gallbladder removed.

STEP THREE & FOUR

STABILIZING AND TRANSITIONING INTO NON-DIET LIFE

STEP 3:
2 DAYS OF CONTINUING THE STEP 2 LOW-CALORIE DIET
WITHOUT TAKING THE BREAKTHROUGH M2 WEIGHT
LOSS SUPPLEMENTS.

STEP 4:
3-6 WEEKS OF FOLLOWING THE TRANSITION PROTOCOL.



EXPECTATIONS

In order to stabilize and maintain the weight loss you worked so hard for, these steps must be followed to keep your weight off.

Things to do to ensure you meet the expectations:

- Read Steps 3 and 4 in your Breakthrough M2 manual to fully understand how to eat properly and complete the program in its entirety.
- Connect with the Step 4 Transition Coach for full support and accountability.



These steps prepare you for the Alula Living.

FINAL STEP
**ALULA
LIVING**

ALULA LIVING

ALULA LIVING IS NOT A STEP, THIS A WAY OF LIFE.
IT IS ESTABLISHING THE MINDSET OF LEVELING UP
SO THAT YOU CAN CONTINUE TO MAINTAIN YOUR
AMAZING SUCCESS!



EXPECTATIONS

At this point in your journey, you have gained new habits, routines, and confidence to live the healthy life you have always desired.

It's now time to find balance between what you know honors you and your body every day and giving yourself permission to enjoy something that might not be perfect!

YES! You can have a glass of wine or a slice of pizza again!
It's just finding the right balance between what you know is best for you
and when it's okay to enjoy the ride!



Choose your New Client Starter Package below!

The 40 Day Express	The Clean Slate	The Ultimate
<ul style="list-style-type: none"> • Women's or Men's Dual Weight Management System • B12 • Potassium • BTM2 Program Manual • Additional educational material • One-on-one Certified Breakthrough M2 Accountability Coaching throughout the program. • Access to our private, online community with over 5,000 members • BTM2 personalized Online Dashboard which includes: <ul style="list-style-type: none"> ◦ Daily Weight Loss Tracker ◦ Hundreds of Recipes ◦ Virtual Program Instruction 	<ul style="list-style-type: none"> • The 40 Day Express Package <p>PLUS...</p> <ul style="list-style-type: none"> • The Core Four: Four powerful, natural supplements that aid the body with detox, digestion, sleep, and stress. <ul style="list-style-type: none"> ◦ Digest Pro Digestive Enzyme ◦ Breakthrough Calcium + Magnesium with Vitamin C ◦ Whole Life Multi-Vitamin and Mineral ◦ Ultra Colon Cleanse + Detox 	<ul style="list-style-type: none"> • The Clean Slate Package <p>PLUS...</p> <ul style="list-style-type: none"> • A second set of Women's or Men's Dual Weight Management System • A second Core Four supplement bundle. <p>PLUS...</p> <ul style="list-style-type: none"> • Our BTM2 32 Ounce Polar Camel • Our BTM2 Ultimate Discount Card to receive a code for 10% off all future BTM2 labeled supplements! <p>BONUS...</p> <ul style="list-style-type: none"> • The Ultimate Package ships for FREE!
\$299	\$365	\$679
<p>This is Breakthrough M2's foundation of weight loss.</p> <p>It includes everything you need to get started on your transformation.</p>	<p>This is Breakthrough M2's foundation of weight loss and MORE!</p> <p>Looking for weight loss and an added boost of support?</p>	<p>Are you ready to embrace it all and commit to your entire goal?</p> <p>Let this package guide you on your Weight Loss to Wellness transformation!</p>
I'm ready!	I'm ready & I want more!	I'm ready & I want it all!

HOW DO YOU GET STARTED?

Now that you have read through the program preview, your next step is to ask your questions and/or purchase your package! You can do this by ordering from our site directly or setting up a phone consult and letting us help you place your first order.

ONLINE

- 1 Visit breakthroughm2.com
- 2 Choose "I'm ready to buy now" or "Book a free consult"
- 3 Follow the prompts, fill out the forms, and you'll be on your way to losing weight!

PHONE

If the online option is not how you roll, no worries! We will set you up with a consult if you need one or we will help you place your first ORDER because you are ready to buy!

Just call us at 845-713-4320

BREAKTHROUGH **M2**
WEIGHT LOSS TO WELLNESS



www.breakthroughM2.com



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