Shaklee®

Cut Inch Effectively

cinch

Weight Management Program

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Hey there!

Welcome to the Cinch® Weight Management Program! We're thrilled to have you on board. Our program is designed to fit seamlessly into your daily routine, combining science-backed products with easy diet and exercise guides. Achieving your weight loss goals has never been simpler!

Cheers to a healthier you!

Backed by Science

Our products such as Cinch® Life Shake gives you not only the result it intended to but much more.

Developed by scientists and researchers, our products in this program are designed with you in mind, for a safer, healthier, and effective approach to weight management.

Learn more here!

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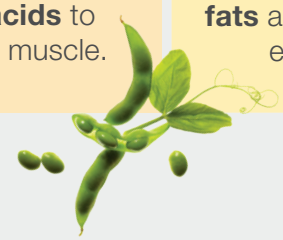
Cut Inch Effectively!

Cinch Weight Management Program

- Fits into your daily routine and lifestyle
- Easy program, with only 3 steps!
- Comes with Community Support
- Simple, flexible and affordable
- Backed by science

3 Simple Steps to Start the Program!

BURN	BOOST	BUILD	BREAK
Mix 1 sachet of Cinch® Tea Mix with 240ml of water, serve hot / cold	Take 3 softgels of Omega Guard	Mix 3 scoops of Cinch® powder with 300ml of water	Take 6 softgels of Lecithin with meal
1 Take in the morning with meal		**2** Replace meal (lunch / dinner)	**3** Support fat breakdown after meals
Taurine and **tea mix blend** to help you burn more!	**Omega-3 fatty acids** increase metabolic rate.	**Leucine** and **9 essential amino acids** to build lean muscle.	**Lecithin helps** your body to **break down fats** and **burn** them effectively.



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The Personalised 3:2:2:2 Fat Burning Food Plan

Healthy eating can be fun yet nutritious! Practise the 3:2:2:2 serving size and mix and match a variety of healthy ingredients and nutritional supplements into your diet.

3 Servings of **VEGETABLES** per day

2 Servings of **CARBOHYDRATE** per day

2 Servings of **FRUITS** per day

2 Servings of **PROTEIN** per day

Servings size is based on 9-inch plate. Each quarter size is 1 serving.

3, 2, 2, 2 Fat Burning Food

Vegetables — 3 servings

Vegetables support weight loss and fat burning due to their nutrients and active compounds like capsaicin and kaempferol, which enhance fat-burning activities.

Fruits — 2 servings

Fruits, high in fibre and water, aid digestion, promote fullness, and are low in calories.
In addition, compounds like anthocyanins, resveratrol, and flavonoids boost metabolism and fat burning.

Carbohydrates — 2 servings

Nutrient-dense, fibre-rich carbohydrates in a balanced diet support metabolism, maintain energy, and aid weight management.
Low-GI, high-fibre carbs slow digestion and increase fullness, preventing overeating.

Protein — 2 servings

Protein helps you feel full, reducing calorie intake by curbing hunger. Sources rich in omega-3 fatty acids and linoleic acid can boost metabolism and improve lean muscle mass.

Include these into your diet!

- Chili peppers
- Broccoli
- Raw vegetables (celery, carrots, cucumber)
- Berries
- Apples
- Grapefruits
- Grapes
- Oatmeal
- Sweet potatoes
- Brown rice
- Multigrain bread
- Fish, lean meats
- Legumes
- Eggs

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Your Daily Guide with 3:2:2:2

Breakfast

- 1 serving of vegetables
- 1 serving of fruits
- 1 serving of protein
- 1 serving of carbohydrate

Mix 1 sachet of Cinch® Tea Mix with 240ml of water, serve hot / cold.

Take 3 softgels of Omega Guard™

Lunch

- 1 serving of vegetables

Mix 3 Scoops of Life Cinch® powder with 300ml of water.

Note: You may replace lunch or dinner with Life Cinch®.

Dinner

- 1 serving of vegetables
- 1 serving of fruits
- 1 serving of protein
- 1 serving of carbohydrate

Take 6 softgels of Lecithin with meal.

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Burn and Tone

We recommend exercising for **30 minutes x 4 times** a week.

Burn

Burn calories and fats with cardiovascular exercises.

Walk 10,000 steps daily or 3 times a week.

Running or jogging, start with 20 mins.

Cycling.

Boost

Boost metabolism with High-Intensity Interval Training (HIIT).

Combination of short, intense workouts such as jumping jacks, squats, burpees, etc.

Tabata training involves 20 seconds of intense exercise followed by 10 seconds of rest, repeated 8 times for a 4-minute workout.

Build

Build muscles and perform strength training.

Bodyweight exercises such as push-ups, pull-ups, lunges and planks.

Resistance bands for exercises like bicep curls, shoulder presses and leg workouts.

Dumbbells for chest presses, rows and weighted squats.

Break

Break down fats while building flexibility and core strength.

Yoga

Pilates

Stretching

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