



IT'S NOT YOU, IT'S YOUR NUTRITION

Our Happy Plan uses a simple program and coaching system to guide you to your optimal health. Adding important micronutrients, proteins, fibers, and other ingredients largely lacking in today's diets can make a world of difference in your overall health. Our system incorporates Micro Daily, Protein Daily, and easy-to-follow guidelines—setting you up for long-term success.



Gain Optimal Health

The Happy Plan follows a very simple formula:

1. Pair high protein, low sugar, low carb foods with Protein Daily 2x a day and Micro Daily 2-3x a day.
2. Snack on all you want. Coach K will share some great snacking recommendations.
3. Add moderate exercise as you like. There is no need for strenuous or rigorous exercise. Just 20 minutes a day will do.

The Happy Plan will help you make a permanent lifestyle change as you take important steps toward your optimal health. During your Happy Plan trial, follow these simple steps:

- Use Protein Daily for 1 or 2 meals a day
- Take your Micro Daily supplement with breakfast and dinner each day
- When you feel hungry, snack on your favorite approved snack
- Ask Coach K for help when you need it.
- Join the Happy Plan Community on Facebook

Stay Happy!

The Process



1. ORDER

Complete your registration for The Happy Plan and order your monthly Micro Daily and Protein Daily supply.



2. ACTIVATE

Text* to activate Coach K and begin to get your personalized coaching from Dr. Kedar Prasad. And accept the Facebook community invitation* so that you can enjoy the support of your peers and access to a variety of tips & tricks, recipes, and tools that will keep you on track and feeling fantastic. **Provided at registration*



3. IGNORE THE NOISE

Stay connected to the right sources and your path will be clear. Engaging in Coach K's messages and participating in the Facebook Community will help you stay focused on your goals.



4. SIMPLIFY

Stay on the plan. Take your products as instructed. Plan your meals ahead so that you always feel prepared and empowered to make good choices.



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What to Expect

Days 1&2

Our Protein Daily detox will help you clean out your system in preparation for the important changes you are about to make.

Simply have a protein shake only for each meal on days 1 and 2. Take Micro Daily with breakfast and dinner (lunch optional). And, stay well hydrated.

Days 3 – 10

Your body is detoxifying from processed foods and reacting to the ingredients in Micro Daily and Protein Daily.

Begin your eating plan with high protein, low sugars, and low carbs. You should feel increases in energy and improved sleep. You are beginning to understand how the Happy Plan can change your life.

Days 21 – 30

Continue to follow the plan. Engage with Coach K. You feel fantastic. Your confidence is through the roof. Friends are noticing the changes. You know what it takes to make lasting changes and you're ready to keep it going!

Get #allofit

CUSTOMER ORDERS INCLUDE:

1 Time \$10 Enrollment Fee

- 2 Protein Daily
- 1 Micro Daily
 - Coach K
- Facebook Community
 - FREE S&H

1st CUSTOMER ORDER

Price: \$159.99
QV: 100

#allofit Bonus: \$100

MONTH 2 (ECO)

Price: \$159.99
QV: 100
CV: 100

#allofit credits 160

ECO Bonus: 10-30%

MONTH 3 (ECO)

Price: \$159.99
QV: 100
CV: 100

#allofit credits 80

ECO Bonus: 10-30%

CONSULTANT ORDERS INCLUDE:

1 Time \$10 Enrollment Fee

- 2 Protein Daily
- 1 Micro Daily
 - Coach K
- Facebook Community
 - FREE S&H

1st CONSULTANT ORDER

Price: \$159.99
QV: 100

Direct Bonus: 20% (of price)

MONTH 2 (ECO)

Price: \$159.99
QV: 100
CV: 100

MONTH 3 (ECO)

Price: \$159.99
QV: 100
CV: 100

QV: Qualifying Volume.
CV: Commissionable Value