



The Happy Co.™

# Happy Shake™

100 calories with water  
180 calories with non-fat milk



WEIGHT  
LOSS



BLOOD SUGAR  
MGMT.



IMMUNE  
SUPPORT



GUT  
HEALTH



COLLAGEN



VITAMINS  
& MINERALS



KETO  
FRIENDLY



GLUTEN FREE

INTRODUCING THE

# Happy Shake™

The Happy Shake is made from nutrient-dense whole foods and super-charged with vitamins, minerals and protein to keep you on track to reach your health and wellness goals.



Let's have some **FUN** and kick start your **weight loss journey** with the Happy Shake today!

The Happy Shake is your start to support consistent weight loss and overall health. Remember your health is an investment. NOW is the time to invest in your health. With the Happy Shake, cup + cap combo you can kick-start your health journey. **WAIT! before you start don't forget to take your "before" picture.**

## GET STARTED WITH THE BASICS.



2 BAGS HAPPY SHAKE™

1 BOX OF ELEVATE MAX+®



Weight Loss



KETO FRIENDLY



GLUTEN FREE



Energy

Replace two meals a day with two Happy Shakes and don't forget to take your two caps of Elevate MAX® with your first shake.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



# Want an **extra boost**?

## Try the **Fast Start Program** for 28 days.



This is **not a food-restricting** diet. Each person has a unique metabolism, therefore if you feel hungry, feel free to eat more than the one healthy meal or have multiple snacks per day.

### **Tip**

But before you start snacking, ask yourself am I really hungry? Sometimes we think we are hungry but we are dehydrated. Try drinking a large glass of water before you start snacking.

**FAST TRACK PROGRAM** – The Happy Co. products are designed to work together for the maximum benefits. Try this program for 28 days and watch the pounds melt off.

**Meal One**    **Happy Shake** and **Elevate MAX+ Capsules**

**Snack**        Apple/Banana with natural peanut butter

**Meal Two**    **Happy Shake** and **Happy Cap XanthoMax®**

**Snack**        Raw, Unsalted Almonds – glass of **Elevate ZEST® + Happy Lemonade**

**Meal Three**   Grilled chicken, sweet potato, and broccoli

**Bedtime**     Glass of **Unwined™**



# Tips and tricks to help you on your journey

## BUILD A HEALTHY DELICIOUS SHAKE

### Step 1

Base Liquid; milk, unsweetened almond milk, unsweetened coconut milk



### Step 2

Fruits and Vegetables; strawberries, spinach, mango



### Step 3

Healthy fats, seeds and nut butters; peanut butter, avocado, pumpkin seeds



### Step 4

Other flavors and boosts; mint leaves, cinnamon, lemon



DO YOU LOVE CHOCOLATE?

Add in a scoop of **Choclevate™ Happy Chocolate** to your **Happy Shake**. Yum!!!



# Additional Lifestyle and Wellness Tips:



**Practice stress management.** Deep breathing, journaling, meditation, or yoga can allow you the time and space to relax.

**Think positive.** Too often, we start programs and feel we are depriving ourselves of something, which sets us up for failure. **To be successful, take note of your thought process** and, rather than seeing the program in a negative light, train your brain to associate positively with experience.

**Find Support.** Chat with your family or the person that shared this with you about your journey. **Let them know you will be changing your eating and exercise habits** so they can support you rather than discourage your choice to change your lifestyle habits towards a healthier you.

**Find your WHY.** Success of any kind depends on the value and meaning you place on it. **WHY are you on this health journey?** Find a reason you want to commit to it; being healthy to live an optimal life, setting a healthy example for your children or preparing to look good for an upcoming event. **No WHY is too trivial**, but the more meaningful your WHY is to you, the better chance you will have at success.





# Keeping a Food Diary Can Help Your Weight Loss

Time	Meal	Food/Shake	Supplements and Beverages	Notes 😊😐😞 (how did you feel)
	Breakfast			
	Snack			
	Lunch			
	Snack			
	Dinner			
	Snack			



**WATER:** Be sure to drink at least half your body weight in fluid ounces of water daily.



# Healthy Snack and Meal Ideas



**Congratulation you did it!**  
**We want to hear how you feel.**

Want to become a Happy Shake success story and be featured?  
Send us your before and after photos with a quote on your Happy Shake journey.

**[stories@thehappyco.com](mailto:stories@thehappyco.com)**