

Trilivy: Transition & Optimization

REACHED YOUR GOAL WEIGHT? CONGRATS! NOW LET’S CONTINUE TO OPTIMIZE YOUR HEALTH.

Step 1. Follow the 3-week transition chart.

A gradual transition from resetting the metabolism and losing healthy, quality weight to refining body composition and improving metabolic flexibility. During this three-week transition, you will:

- Gradually reduce the number of Reset Fuelings you consume.
- Reintroduce a wider variety of foods with healthy exchanges — from Trilivy Essential Amino Acids (EAAs) to fresh fruit, Greek yogurt, and more.
- Begin incorporating our protein-packed ASCEND Fuelings and Daily Nutrients Pack.

WEEK	TARGET CALORIE RANGE	RESET FUELINGS	ASCEND FUELINGS	LEAN & GREEN™ MEALS	HEALTHY EXCHANGES (FRUIT, STARCH OR DAIRY)	DAILY NUTRIENTS PACK	TRILIVY EAAS
1	900–1000	4	1	1	—	—	1–2 servings
2	1000–1200	2	2	1	1	—	1–2 servings
3	1000–1200	1	2	1	2	1	1–2 servings

Step 2. Calculate your total energy expenditure (TEE).



Your **TEE** is how many calories your body requires to help maintain your weight — aka your roadmap for tailored nutrition.

Learn more about **TEE** and how to calculate [here](#).

Step 3. Begin the Optimization Plan. Here’s how it works:

1. Choose Your Fuelings (Pick 2–3)

Work with your coach to personalize your day based on your schedule and goals:

- Ascend: High-quality protein and nutrient-dense. Best for active days, busy travel, or when you need a satisfying grab-and-go option.
- Reset: Foundational nutrition. Lower-calorie options that provide essential vitamins and minerals.

2. Lean & Green meals

Enjoy 2 Lean & Green or Lean & Green+ meals daily.

3. Personalization

- Have 1-2 servings of Trilivy EAAs daily to support healthy muscle.*
- Add Healthy Exchanges to meet your personal TEE and health goals.
- Try Trilivy Whey Protein in place of a Fueling or as a Healthy Exchange.

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

SAMPLE DAY FOR 1200–1400 CALORIE RANGE



Breakfast ASCEND Fueling Chocolate Shake Mix + ASCEND Daily Nutrients Pack	Mid-Morning ½ cup low-fat Greek yogurt	Lunch Lean & Green+ meal English Muffin Pizza with Caesar Salad	Mid-Afternoon Reset Fueling Creamy Peanut Butter Crisp Bar	Dinner Lean & Green+ meal 5 Minute Quesadilla	Evening 6 whole almonds
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DISCOVER OUR GROWING SELECTION OF RECIPES ON THE [TRILIVY BLOG](#), FAMILIARIZE YOURSELF WITH THE [HEALTHY EXCHANGE LIST](#) AND OPTIMIZATION [SAMPLE MEAL PLANS](#).



As you tackle each day, stay empowered with our structured, yet flexible nutrition plan designed for people looking to help keep the weight off.

Lean on your coach.

Your coach is your secret weapon for navigating transition.

Need guidance, motivation or, tips? They’ve got you covered every step of the way.

TRUE HEALTH ISN’T A DESTINATION — IT’S A COMMITMENT TO SHOW UP FOR YOURSELF EVERY SINGLE DAY!