

# WELCOME TO YOUR BRAVENLY

## *Breakthrough*



30-DAY BREAKTHROUGH  
#MY30DAYS



I am so excited that you are finally saying YES to yourself. Why? Because I know first-hand the courage it takes to try something new. Don't think for one second that I'm not cheering you on in your journey to becoming the best version of yourself. And guess what? I'm on this journey with you. There are days where I don't feel like doing it anymore, or just plainly don't have the energy, but we're going to keep pushing. Because I know the reward is far greater than the sacrifice. You deserve to feel good from the inside out. You are allowed to want more for yourself.

I believe in you.

- CEO, Aspen Emry



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# ABOUT THE 30-DAY BREAKTHROUGH PROGRAM

A program that supports you in your journey to a healthier lifestyle.

Gives you a realistic approach to healthy eating by fueling your body with natural energy. Enhances weight management by taking our products, creating the best version of you from the inside out.



"I used to eat like I was never going to see food again, and then I realized I don't need food to feel joy. I finally learned to be intentional about how, what, and when I put food into my body." - Aspen Emry, CEO

## WHAT IS THE BRAVENLY BREAKTHROUGH PROGRAM?

Our program focuses on helping you recognize and heal your relationship with food while setting you up to develop healthier habits.

Gone are the days of beating yourself up about failing diet after diet, not feeling equipped to handle another "program," struggling to get your bad habits under control.  
It's time for a BREAKTHROUGH.



# CHOOSE YOUR BREAKTHROUGH



What if there was a way to really start living out the best version of yourself? What would that take? Think of your breakthrough as your pathway to freedom. Every time you start this program, you get to choose your personal journey. Start here.

## EXAMPLE BREAKTHROUGHS

**WEIGHT** — You might choose this breakthrough if you are wanting to lose, maintain, or gain weight.

**DETOX** — You might choose this breakthrough for a specific type of detox. Should you choose to forgo sugar, alcohol, processed foods, social media, etc, your detox breakthrough will help you break any habit, leaving your life healthier and happier than it was before.

**MINDSET** — You might choose this breakthrough if you are finding yourself struggling to maintain a healthy and positive mindset. A mindset breakthrough will help you develop habits and break habits that will lead to an overall better mindset.

**GUT RESET** — You might choose this breakthrough if you've been feeling sluggish in your mid-section. A gut reset might help you feel less bloated, regulating your digestive system while giving you a lighter feel.

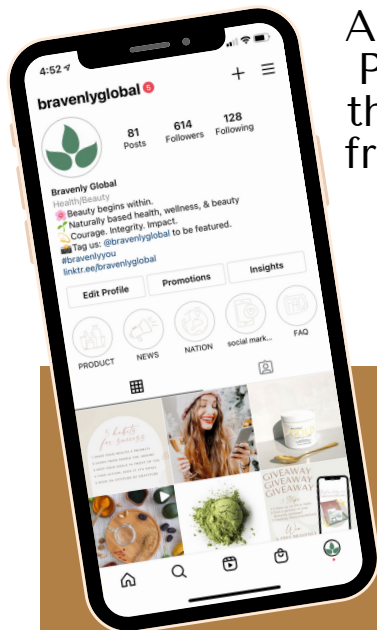
**LIFESTYLE** — You might choose a lifestyle breakthrough if you just plainly want to learn about ways to lighten your load, feel more freedom, and work on developing healthier habits. A lifestyle breakthrough will serve you in your journey to good habits.



## DETERMINE YOUR WHY

## DETERMINE YOUR GOALS

# GET SOCIAL



A huge part of your success in the 30-Day Breakthrough Program is whom you are doing it with. Being a part of the Breakthrough Community will offer you unparalleled friendship, accountability, and support. Start SHARING!

## START SHARING

WATCH ME OR  
JOIN ME  
on my 30-Day  
Breakthrough  
Journey!!

Who wants to  
get healthy  
with me??

## SAMPLE POST

I'm finally deciding to choose MYSELF! I am doing the 30-Day Breakthrough Program.

I am so excited to do this program alongside my friends. Let me know if you want to do this with me!!



# Use the hashtag #30DB

# GET YOUR BREAKTHROUGH BUNDLE

Let the collaborative power of our metabolism boosting pill, body-balancing beverage and turmeric super drink support your body throughout your journey to a healthier & happier lifestyle.

## *Sunshine you can taste...* **BRAVENLY™ GOLD**



Bravenly™ GOLD was intentionally designed to crush your hunger cravings, boost fat loss, and support healthy defensive immunity.\* There's a whole latte love about this powerhouse powder!

*7 powerful ingredients*

Bravenly™ Gold is a turmeric-based drink blended with a hydrating coconut milk powder, paired with key superfood ingredients like Garcinia Cambogia, Apple Cider Vinegar, Maitake Mushroom, Black Pepper, and Cinnamon.\*



## *Boost your metabolism with...* **BRAVENLY™ BURN**

One capsule, packed with highly effective ingredients, to take your healthy lifestyle to a whole new level.\*

This proprietary blend is designed to stimulate your metabolism and optimize your immunity, energy, digestion, and blood sugar levels.\*

HELPS WITH WEIGHT MANAGEMENT  
SUPPORTS APPETITE SUPPRESSION  
PROMOTES HEALTHY BLOOD SUGAR LEVELS  
STIMULATES THRIVING IMMUNITY



## *Your 9-in-1 complete health experience* **BRAVENLY™ BALANCE**

You won't find a more comprehensive and supportive supplement.

This beverage is formulated with over 50 carefully selected ingredients that make up 9 powerful blends for high potency and bioavailability.

WHOLE FOOD &  
PREBIOTIC BLEND  
SUPER ANTIOXIDANT BLEND  
ANTI-STRESS BLEND  
FIBER TRIO BLEND  
METABOLISM BLEND

IMMUNE SYSTEM  
SUPPORT BLEND  
VEGGIE BLEND  
DETOX SUPPORT BLEND  
DIGESTIVE &  
PROBIOTIC BLEND





# Unlock Your Breakthrough

## COMMIT TO A FOOD PLAN

Whatever route you decide to go with your nutrition, make sure you stick with it for the full 30 days. Whether you choose, Keto, Whole30, Intermittent Fasting, or something else, — practice listening to what your body needs, while practicing dedication to the plan that will fuel your body for these 30 days.

## TAKE YOUR PRODUCT

Take your Bravenly products. Though the program doesn't require you to be on the products, we believe that these results-driven, premium wellness products will not only compliment your 30-day program but will significantly improve your Breakthrough results.

## MOVE YOUR BODY

Do 20 minutes of physical activity. No matter the level of activity, our challenge to you is to get your heart rate above a resting level for at least 20 minutes a day. This could include something as simple as walking up and down the stairs, or around the block, or as strenuous as weightlifting. YOU choose what works best for you.

## DRINK WATER

Drink half your body weight in oz of water every day. Simple as that. Switch it up between, tea, sparkling water, and Balance or go for regular tap water. Whatever you choose, make sure it has a water BASE and make sure you're drinking the correct amount!

## PRACTICE A MINDSET HABIT

Complete 15 minutes of self-development. A podcast while you're getting ready, a book on your lunch break, and a list of things you're grateful for before bed. Fit 15 minutes of self-development activity into your daily routine!

# CHOOSE YOUR FOOD PLAN

Your food plan is important to determine, in order to create a sense of structure during your Breakthrough Program. Your food path can be unique to you and does not have to fit into one of the four paths provided. We get it; Food Plans can seem daunting but we will make sure you're fully educated on how it works. The benefits it can provide makes it not just tolerable, but actually enjoyable!

There isn't always a one size fits all solution; however, we want you to feel the freedom in just trying it out!

"I found what worked best for me is longer fasting and short eating windows. I've tried a dozen different diet plans over the years for various different reasons and I've never found anything as flexible, sustainable, and forgiving as intermittent fasting." -Aspen Emry, CEO

## SAMPLE FOOD PLANS

### KETO

The Ketogenic (Keto) plant is a high-fat, adequate-protein, low-carbohydrate diet that in medicine is used primarily to treat epilepsy in children. The diet forces the body to burn fat rather than carbohydrates.

### WHOLE30

The Whole30 plan is a 30-day fad diet that emphasizes whole foods and during which participants eliminate sugar, alcohol, grains, legumes, soy, and dairy from their diets.

### VEGAN, VEGETARIAN, GLUTEN FREE +

A vegan, vegetarian, gluten free, dairy free, or any other type of diet that you are interested in pursuing can be accomplished by doing research and making sure the foods you are putting in your body are right for you!

### INTERMITTENT FASTING

Intermittent fasting is a cycle between a period of fasting and non-fasting during a defined period. This includes periodic multi-day fasts to skipping a meal or two on certain days of the week. The theory is that this type of diet will help decrease appetite by slowing the body's metabolism.

# LEARN ABOUT INTERMITTENT FASTING

Chances are you've already done intermittent fasting at some point and haven't even known about it. If you've eaten dinner, rested overnight, and enjoyed breakfast the next morning, you did a 12:12. If you didn't have time to grab breakfast but ate an early lunch, you did a 14:10.

The 4 food paths provided are some of the most popular structures to follow. Choose something that works for you and your lifestyle and try sticking to it.

Intermittent Fasting reduces insulin levels, which in turn will release fat stored for energy. Moreover, when going from fasting to eating your body is able to use nutrition to be able to regenerate healthy cells.

## 12:12

Give your body a rest for 12 hours a day, and eat 12 hours during the day.

An example would be eating breakfast at 8 am and finishing your dinner by 8 pm.

## 16:8

This is one of the most popular strategies for losing and maintaining weight.

You may open your window at 11 am for a snack and close your eating window around dinner time.

## 14:10

Similar to 12:12, you may choose to have your fasting window happen while you sleep.

That may mean eating a late breakfast at 10 am and closing your eating window at 8 pm.

## 20:4

This option would be great for someone who is looking to lose weight more quickly.

You may open your eating window for 4 hours during the day and eat at your discretion.

## BENEFITS OF FASTING

- + Improves Insulin Sensitivity
- + Changes Functions
- + Supports Healthy Digestion
- + Improves Relationship with Food
- + Beneficial for Heart Health
- + Helps Maintain Energy
- + Helps Preserve Muscle Mass
- + Improves Memory & Mental Clarity
- + Promoting Weight loss
- + Improves Brain Health & Function
- + May help support a healthy metabolism



# ALL ABOUT FOOD



Let's get real about FOOD. For a lot of us, food is often a source of tension, shame, or guilt. The foods we eat, how often we eat them, and how much we eat, usually holds more brain space than most other things.

Let's work towards acknowledging hunger cues, training your mind to thoughtfully evaluate how you're feeling, and healing your relationship with food.

## INGREDIENTS TO HELP WITH

### HAIR, SKIN, & NAIL HEALTH

pomegranates  
carrots  
oranges  
red bell peppers  
almonds or almond butter  
salmon  
spinach  
asparagus

### GUT DETOX

artichokes  
avocado  
beets  
broccoli  
collard greens  
dill  
lemon

### METABOLISM

chili peppers  
legumes  
ginger  
apple cider vinegar  
eggs  
whole grains

### WEIGHT GAIN

rice  
red meats  
oats  
dried fruit  
whole grain bread

### WEIGHT LOSS

eggs  
leafy greens  
salmon or tuna  
chicken  
cruciferous veggies  
boiled potatoes  
legumes  
cottage cheese  
berries  
avocado  
nuts  
grapefruit

# ALL ABOUT FOOD

## SAMPLE RECIPES



### BERRY SMOOTHIE

½ cup vanilla yogurt  
2 cups frozen mixed berries  
1 tablespoon chia seeds  
1 cup milk

Add yogurt, berries, chia seeds, and milk to the blender.

For an extra boost — add a scoop of Bravenly™ Balance and Blend until smooth. Enjoy!



### PROTEIN PANCAKES

1 ½ cups almond flour  
½ cup protein powder  
1 ½ tsp baking powder  
½ tsp cinnamon  
3 eggs

⅔ cup almond milk

½ - 1 cup blueberries

For an extra boost — add a scoop of Bravenly™ Gold



### GOURMET SALAD

3-4 oz boneless skinless chicken  
8 cups chopped spinach  
¾ cup cherry tomatoes  
½ red onion thinly sliced  
1 medium avocado  
1 large avocado (thinly sliced)  
8 slices of bacon  
6 hard-boiled eggs



### ZUCCHINI PASTA

2 tsp lemon zest  
5 cloves garlic (minced)  
2 tsp Italian seasoning  
3 Tbsp butter  
2-3 zucchini, spiraled into noodles  
⅓ cup grated Parmesan  
2 Tbsp fresh basil (chopped)  
¾ cup cherry tomatoes



# ALL ABOUT FOOD

## SAMPLE RECIPES



### AVOCADO TOAST

slice of your favorite bread  
1 smashed avocado  
toppings are endless!  
fried egg  
sliced tomato  
"everything but bagel" seasoning



### OVERNIGHT OATS

1/2 cup rolled oats  
1/2 cup milk of choice  
2 Tbsp chopped pecans or walnuts  
1 tsp vanilla  
1/2 tsp cinnamon  
dash of sea salt  
1 Tbsp ground flax  
2 tsp 100% pure maple syrup  
top with coconut shavings



### HOMEMADE BURGER

1 1/2 pounds ground beef  
1 large egg  
1 shallot minced  
2 garlic cloves minced  
1 tablespoon Worcestershire sauce  
1 tsp dried oregano & salt  
1/2 tsp smoked paprika, ground  
cumin, & pepper  
For added taste - add 1 teaspoon  
Bravenly™ Gold  
Top with your favorite toppings



### SHRIMP SCAMPI

1 Cup Shrimp  
6 Cloves, Garlic  
1/2 tsp Black Pepper Powder  
1/2 tsp Oregano, Basil Thyme,  
Rosemary, Garlic Powder, Onion Powder  
1 Tbsp Parsley  
1/2 Cup grated Parmesan  
1/4 Cup Chicken Stock  
4 oz Linguine/Angel Hair Pasta  
3 Tbsp Butter  
1 Tbsp Lemon Juice



## HEALTHY SNACKING



Bring snacks with you to work or school so you're ready when temptation strikes. Nutrient-rich, low glycemic snacks include fruit and nuts (a small handful), yogurt, a medium-sized fruit, a homemade smoothie made with milk or soy milk and frozen berries, whole-grain crackers, raw vegetables, and hummus. These snacks have a low glycemic index (GI).

Low GI foods are digested slowly, leading to a gradual rise in blood sugar, helping you feel energetic and satisfied longer.



# LIFESTYLE HABITS

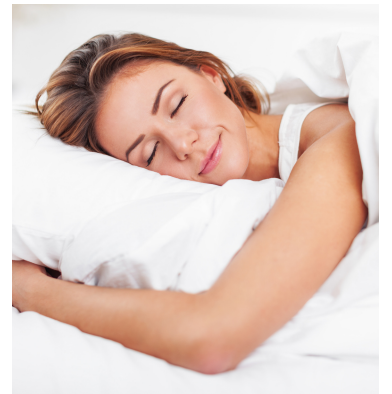


## *Drink more water*

Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain healthy bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water.

## *Get better sleep*

Sleep plays a crucial role in your physical, mental, and emotional health. Sleep is involved in the healing and repair of your heart, and blood vessels. When healthy sleep habits are not obtained over time, you can lose out on the key benefits of sleep, and become more vulnerable to a number of short and long-term health risks.



## *Regulate screentime*

While it's not realistic for families to be completely screen-free, there are health benefits associated with slimming screen time that you should be aware of. Things like improved mood, enhanced relationships, and improved physical health are some examples.

## *Move your body*

Your mind and body are intimately connected. The way you move can also affect the way you think and feel. Moving your body not only improves cardiovascular health but also improves cerebrovascular health. Consider choosing an activity that allows you to move your body every single day.



# MINDSET HABITS

live  
with  
intention

## *Practice positive affirmations*

Start living a healthier life with positive thinking! Mastering your mindset and improving your thoughts through positive affirmation, which are simple statements said out loud with confidence and beliefs, will help reprogram your brain to achieve your mindset goals and desires.

## *Read & Listen*

Reading books and listening to podcasts allow us to become a part of something new, triggers us to pay attention, and helps us use our imagination. Podcasts and books stimulate different parts of the brain, forcing us to actively listen, and pay close attention to something other than ourselves.



## *Set goals & self-reflect*

Self-reflection and setting goals are two practices that can make a huge impact on your mindset. They help create purposeful progress and can keep your focus and energy where you want it. The act of identifying where you're at and setting goals is a reflective process in itself.

## *Start journaling*

Journaling has a positive impact on physical well-being. The act of writing accesses your left brain, which is analytical and rational. While your left brain is occupied, your right brain is free to create, intuit, and feel. Writing allows you to use all of your brainpower to better understand yourself, others, and the world around you.





# PHYSICAL ACTIVITY

## WEEK 1

MON

10-minute  
leg workout

stretch

TUES

5-minute  
core  
workout

WED

10-minute  
upper body  
workout

stretch

THURS

5-minute  
core  
workout

FRI

10-minute  
total body  
workout

## WEEK 2

MON

20-minute  
leg workout

stretch

TUES

10-minute  
core  
workout

WED

20-minute  
upper body  
workout

stretch

THURS

10-minute  
core  
workout

FRI

20-minute  
total body  
workout

## WEEK 3

MON

30-minute  
leg workout

stretch

TUES

15-minute  
core  
workout

WED

30-minute  
upper body  
workout

stretch

THURS

15-minute  
core  
workout

FRI

30-minute  
total body  
workout

## WEEK 4

MON

40-minute  
leg workout

stretch

TUES

20-minute  
core  
workout

WED

40-minute  
upper body  
workout

stretch

THURS

20-minute  
core  
workout

FRI

40-minute  
total body  
workout

# PHYSICAL ACTIVITY

## WEEKENDS

Use Saturdays to do something physical that YOU enjoy, such as: taking a walk with a friend, going on a leisurely bike ride, or simply engage in some meditation practices.

Use Sundays as a rest day, to let your physical, mental, and emotional health get a reset. Sundays should also be used to set your intentions for the following week. Read over your "why" and touch base with your community and accountability partners to see how their Breakthrough is going.



## WHAT SCIENCE SAYS

Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy the following benefits: Improved muscular and cardiorespiratory fitness, improved bone functional health, improved energy, balance, and weight control.

# STRESS

## WHAT SCIENCE SAYS

Stress affects all systems of the body, including muscles, respiratory, cardiovascular, endocrine, gastrointestinal, nervous, and reproductive systems.

For example, when the body is stressed, muscles tense up. Muscle tension is a reflex reaction to stress— it's the body's way of guarding against injury and pain. Stress also stimulates a part of your brain called the hypothalamus, which then stimulates your adrenal glands to release hormones, called cortisol and adrenaline.

An increase in these hormones can result in an increase in heart rate and blood pressure. When your heart rate increases, your breath quickens, and your muscles are ready for action. This is your body's natural response and has the purpose to protect your body in an emergency, by preparing you to react quickly. Unfortunately when your stress response keeps firing, day after day, it could put your health at risk.

## BRAVENLY'S IDEAS FOR MANAGING STRESS

Spend time with people in your life with whom you can be yourself around. Family and friends are a good example.

Set aside time for yourself and do some of your favorite hobbies, such as reading a good book or listening to some relaxing music.

If you feel like you are stressed, taking steps to manage your stress can have many health benefits.

Explore some stress management strategies, such as:

- Getting regular physical activity

- Practicing relaxation techniques (meditation, yoga, or a massage)

- Be sure to get plenty of sleep and eat a healthy, balanced diet.

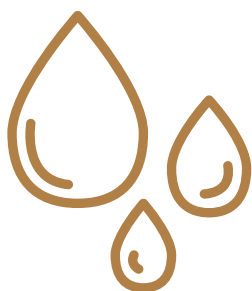
- Avoid tobacco use, excess caffeine, and alcohol.



# CRAVINGS

Cravings are intense or uncontrollable desires for specific foods and a lot of the time they are often fried foods or processed junk that is high in sugar and saturated fats. Here are a couple of tips to help fight off your cravings that seem too strong to resist:

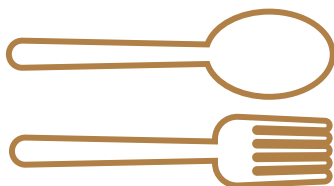
## BRAVENLY'S IDEAS FOR MANAGING CRAVINGS



1. Drink plenty of water - Sometimes thirst is commonly confused with hunger or food cravings. Drinking a cup of water and waiting can reduce cravings/appetite, as well as help with weight loss.



2. Get at least 8 hours of sleep - Sleep deprivation can be disrupting with the fluctuations, and may lead to poor appetite regulation and strong cravings.



3. Include more protein in your meals - this will help with keeping you satisfied longer and help with cravings.



4. Don't Restrict, Replace - what's your immediate reaction when you completely remove something from your diet? Maybe it's something like panic? We have been there before. The answer to this is finding healthier alternatives for your favorite junk food!

# TRACK YOUR SUCCESS

Sometimes the best and worst part of any "program" is tracking your success. This part can either come with feelings of shame or guilt for not staying on track or hitting the goals you were hoping to hit, OR it can come with feelings of excitement, celebration, and satisfaction.

Either way, your work is not done. If you accomplished your goals or not, take comfort in the fact that you can start over or start fresh whenever you need!

## Tangible Vs. Intangible Results

It is important to remember, that sometimes "results" are intangible. You can't physically SEE a more optimistic mindset, or a healthier gut like you can see weight loss, or even better lifestyle habits. And that's OKAY! As long as you are taking the necessary steps to incorporate healthier habits, we can almost guarantee that you are having RESULTS!



### Week 1

You are just getting the hang of things with your new and healthier lifestyle. You might experience a couple of detoxing symptoms like a dull headache. Keep taking your products consistently and don't fret if you're not seeing big results yet. You've got this!



### Week 2

Your healthier choices are starting to feel habitual and you are becoming more confident in yourself. We hope you're loving the extra pep in your step. Your body is thanking you for over a week of incredible nutrition!

### Week 3

It takes 21 days for a habit to form, so you should be feeling consistent and confident in your new positive habits! As you add the suggested grocery items, take your products, and continually stick to those good habits you should feel lighter, emotionally, physically, and mentally. You might experience better sleep and a clearer mind, maybe even clearer skin and regular digestion.

### Week 4

Last week, woo-hoo! Stay the course and stay committed. You're almost at a month of new habits. Detoxing has never felt refreshing. Now is a good time to start reflecting on the last couple of weeks and looking ahead at what your next breakthrough might look like. Remember, bite-size goals are more manageable. You can do ANYTHING for 30 days.

# CERTIFICATE OF COMPLETION

CUT ALONG THE DOTTED LINES

CONGRATULATIONS FOR COMPLETING  
THE BRAVENLY GLOBAL 30-DAY

*Breakthrough*

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PRINT NAME HERE

WE ARE SO PROUD OF YOU!

♥ *Bravenly Team*



## DO I HAVE TO FAST?

Bravenly does not require you to fast to be a part of our Breakthrough Program. We do recommend fasting if you are looking for results fast and would like to be a part of our exclusive fasting community. Not every individual is going to choose the same fasting schedule and eat at the same time. Some people will choose to eat keto during their window and eliminate carbs and sugar. Some people eat whole foods during their window and some will eat whatever they want, as long as it is in their time frame of eating. Fasting is not for everyone, so if you feel like you shouldn't or can't do it, that is okay. No one knows your body as you do. We know that and we respect it.

## DO I HAVE TO BUY BRAVENLY PRODUCTS, IN ORDER TO BE A PART OF THE BREAKTHROUGH PROGRAM?

The short answer is, No - you do not need to purchase Bravenly products in order to be a part of our Breakthrough Program. We highly encourage it, for that will significantly complement your program and help you feel good from the inside out.

## I'M HUNGRY AND I AM IN MY FASTING PERIOD. DO I HAVE TO STICK TO THE FASTING PLAN, OR CAN I EAT?

We recommend you consult a doctor or physician before fasting. With that being said, customize your fasting plan and choose which one works and fits best for you. If you try 20:4 and eat in the time of 2 pm-6 pm and are still hungry, try opening your window up a couple of hours before. If you try 18:6 and eat in the times of 11 am-5 pm and you feel like you need to have a snack, try a salad or an apple with peanut butter. Many times, people can confuse thirst for hunger, particularly if you're dehydrated, so it's important to drink plenty of water. If you're doing all this and you are still feeling like you aren't satisfied, have a snack, and then get back on your fasting schedule. The best thing about fasting is that YOU get to choose what works best for YOU.

## I'M TAKING MEDICATIONS. SHOULD I CONSULT WITH MY DOCTOR PRIOR TO STARTING AND ALSO THROUGHOUT THE PROGRAM?

If you have any questions/concerns, ask your licensed healthcare provider. If you are taking medication, pregnant, or nursing, ask your licensed healthcare provider before using Bravenly products. It is also advisable to continue to check in with your physician throughout our program to help them determine any adjustments that you might need to make as your program is ongoing.

## I AM GETTING HEADACHES AND DIARRHEA FROM THE CHANGE IN MY DIET. SHOULD THIS BE HAPPENING?

Your body is adapting to a new type of eating and with the change, it is having to change how your body utilizes the nutrients you are now getting. If your previous eating style was significantly different, then you are experiencing changes as you are consuming new foods. Ensure that you're drinking enough water and getting plenty of rest to help your body ease through this transition. If symptoms persist, contact your doctor to help ensure that everything that you are doing is right for your needs.

## WHAT IS THE 30-DAY BREAKTHROUGH PROGRAM?

Our goal at Bravenly is to set people up to feel the best about who they are. We want to help people live fully, in all that they do. Our 30-day Breakthrough Program supports you in your journey to a healthier YOU. This program is designed to give you a platform to have the breakthrough you are wanting. We will provide you with the tools and resources to help you along your journey. Are you ready for your Breakthrough?

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