

# METABOOST CONNECTION



## QUICK START GUIDE

HERE IS HOW TO  
GET STARTED!



## ONCE YOU LOG INTO YOUR MEMBERS DASHBOARD . . . .

1). WELCOME! Now that you can access your dashboard, check out your welcome video from me! So stoked to have you :)

2). Scroll down to click on your Metaboost Connection, then checkout your Metabolic Flush guide! This will help you gather what you need and get you on track to prep and prime your body for the next step when completed! Start with this on Day 1, Belly Blaster will be the following 10 days!

3). Read your MetaBoost Body Workout Manual in your dashboard. The exercises discussed throughout the program are explained for you and a calendar is provided to guide you on when to complete these isometric exercises in.

4). If you want to save a trip to the grocery store, check out your Belly Blaster shopping list! This is the next step after your 24 hour Metabolic Flush! This will be your nutrition plan for the next 10 days and it contains a shopping list inside. I recommend following this as close to a "T" as possible!

5). MetaBody contains your exercises! These have demos and follow along videos for you to complete while you're starting your nutrition plan! You will love these :)

6). After you complete Belly Blaster, if you're not sure where to go next....check out your MetaBoost Shopping List & Recipes! Additional recipes and a shopping list are inside for you to try. If you'd prefer, you can restart your 10 day Belly Blaster plan. \*An even better option is to utilize the 30-day meal plans in your Accelerated Body Transformation Club! These change each month, (as well as new workouts, access to the monthly zoom coaching call, and access to the private facebook community all included!)

7). Don't forget about your MetaBalance guide..this includes natural remedies for those hormone imbalances and tips and tricks to tackling them!

GOOD LUCK! YOU GOT THIS!

# WHAT IS THE ACCELERATED BODY TRANSFORMATION CLUB?

## The Accelerated Body

Transformation Club is a premium feature available for purchase while using your Metaboost Connection!

This includes new monthly workouts, meal plans, a monthly coaching call, as well as access to our private Facebook Community!

This awesome club is a monthly payment of \$49 (USD) for 8 months! After 8 months, you receive lifetime access to these features!



Are you curious about the additional options available for purchase in Dashboard and Metaboost Connection? Here are the following:

**Metaboost Power Shots:**

Elixirs/Recipes to flush out toxins, boost the metabolism and immune system, as well as aid in digestion and hydrate! (\$12)

**MetaRecipes:** 12 additional recipes to provide healthy fats, proteins and low carbs to assist in burning fat, sustainable energy and curb cravings! (\$12)

**Ultimate MetaPackage:** Consists of MetaBreakfast, MetaLunch, MetaDinner, MetaClean (elixirs & detoxifying beverages) & MetaLean (Fat Burning Smoothies) to help you expedite results and take the next step after Metaboost Connection!  
(\$67)