

# EAS Supplement Easy Ordering Worksheet

If you are going to follow the StartTodayFitness Meal Plan and want to order just the right amount of meal replacements and supplements, then use this worksheet for your ordering. You won't run out and you won't have too much on hand either. You can order each month or get all your supplements up front with the 12-week order.

<b>Weeks 1-4</b>	Units to Order			<b>FLAVOR CHOICES:</b>
	MEN	WOMEN	COUPLE	
Myoplex Deluxe	2	0	2	<b>BETAGEN</b> Orange Raspberry  <b>MYOPLEX DELUXE</b> Chocolate Strawberry Vanilla Variety
Myoplex Lite	0	2	2	
Betagen	1	1	2	
CLA	1	1	2	
Thermo DynamX	1	1	2	
Precision Protein	2	2	3	

<b>Weeks 5-8</b>	Units to Order			<b>MYOPLEX LITE</b> Chocolate Lovers Cookies n Cream  <b>PRECISION PROTEIN</b> Chocolate Vanilla
	MEN	WOMEN	COUPLE	
Myoplex Deluxe	2	0	2	<b>NOTES:</b> These amounts are based on the following units: Myoplex Deluxe - 36 packets Myoplex Lite - 42 packets Betagen - 90 servings CLA - 90 softgels ThermoDynamX - 120 caps Precision Protein - 2 lbs
Myoplex Lite	0	1	1	
Betagen	1	1	2	
CLA	1	1	1	
Thermo DynamX	1	1	1	
Precision Protein	1	1	2	

<b>Weeks 9-12</b>	Units to Order		
	MEN	WOMEN	COUPLE
Myoplex Deluxe	1	0	1
Myoplex Lite	0	1	1
Betagen	1	0	1
CLA	0	0	1
Thermo DynamX	1	1	2
Precision Protein	1	1	2

<b>12 Week Supply Order</b>	Units to Order		
	MEN	WOMEN	COUPLE
Myoplex Deluxe	5	0	5
Myoplex Lite	0	4	4
Betagen	3	2	5
CLA	2	2	4
Thermo DynamX	3	3	5
Precision Protein	4	4	7

More Info on the StartTodayFitness Meal Plan: [www.StartTodayFitness.com/Body-for-Life-Meal-Plan-Shopping-List/](http://www.StartTodayFitness.com/Body-for-Life-Meal-Plan-Shopping-List/)  
 ORDER YOUR SUPPLMENTS HERE: [www.StartTodayFitness.com/EAS-Supplements/](http://www.StartTodayFitness.com/EAS-Supplements/)