



Garden of Life® has always believed in the health benefits of clean, certified organic whole foods. We are very selective with what goes IN our products—true, whole food ingredients.

We also pay very close attention to what we keep OUT of them—offering “truly clean nutrition.”



Certified by the nonprofit B Lab to meet rigorous standards of social and environmental performance, accountability and transparency.

Committed to:



Empowering Extraordinary Health®



gardenoflife.com



Jump Start Your Weight Loss

with the #1 Diet Protein*

- Burns Fat[†]
- Satisfies Hunger[†]
- Fights Cravings[†]



*SPINScan Natural 10/02/16



NEW & IMPROVED
SMOOTH & DELICIOUS

fit for YOUR LIFE

RAW Organic Fit is a Certified USDA Organic, Non-GMO Project Verified, vegan protein powder for your active lifestyle. It's designed to **PROMOTE WEIGHT LOSS** and **SUPPORT HEALTHY BLOOD SUGAR** levels as a key part of your personal diet and exercise plan.[†]

- 28g plant protein
- 9g fiber
- 160 calories (varies by flavor)
- 0 to 1g sugar
- Organic Svetol® Green Coffee Bean
- Organic Ashwagandha
- Live probiotics and enzymes

170
CALORIES

28g
PROTEIN

9g
FIBER

<1g
SUGAR

CALORIES, PROTEIN & FIBER MAY VARY BY FLAVOR

THE #1 SELLING DIET PRODUCT*

With a great tasting, mild, slightly sweet flavor, RAW Organic Fit mixes perfectly with all of your favorite foods and beverages. Add RAW Organic Fit to a breakfast smoothie, almond milk or water within 30 minutes of waking up as part of your overall plan to reduce calories, increase daily exercise and kick-start your day and your weight loss.[†]

VANILLA LOVER'S SMOOTHIE

INGREDIENTS

(use organic)

½ cup unsweetened almond milk

1 scoop of Garden of Life®
RAW Organic Fit Vanilla

1 frozen banana (chunked)

½ teaspoon vanilla extract

6 to 8 drops of SweetLeaf® liquid
stevia, vanilla cream flavor

DIRECTIONS

Place all ingredients into a blender and blend until smooth. Enjoy immediately! It's gluten free, dairy free, soy free and vegan.

SERVES: 1



Recipe courtesy of Gwen Eager
Garden of Life Product Specialist
and Certified RAW, Vegan Chef

*According to SPINScan Naural 10/02/16

[†] 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.

fit for FABULOUS

BURN FAT and BOOST ENERGY with our exclusive
Organic Svetol®.†

Each serving of RAW Organic Fit contains 400mg of Organic Svetol®, a **clinically studied weight loss support** ingredient derived from organic green coffee beans. Unroasted, decaffeinated green coffee beans contain powerful, high-antioxidant chlorogenic acids that have been shown to:

- **boost metabolism†**
- **increase energy†**
- **support your body's natural ability to break down sugar.†**



Certified Organic • Whole Food • High Protein



Organic Svetol® is a registered
trademark of Naturex, Inc.

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NEW
VALUE
SIZE!

fit for FULL SCHEDULES

Botanical boosters *SUPPORT HEALTHY METABOLISM.*[†]

RAW Organic Fit is formulated with a perfect blend of Certified USDA Organic Ashwagandha and cinnamon, designed specifically to **support healthy metabolism** and blood sugar levels while managing stress related cravings.[†]

Plus, RAW Organic Fit contains 100% DV—120mcg—of RAW Food Created® Chromium that is crucial in **metabolizing fats and sugars.**[†]

Get moving and Keep going with RAW Organic Fit.



Make a plan to build A BETTER YOU

Designed to be part of an overall healthy lifestyle, RAW Organic Fit, combined with exercise, reduced caloric intake and perseverance, can help you reach your long-term weight, health and life goals. The key is to get moving.

5 DAY JUMP-START PLAN!

Eat healthy, organic whole food meals each day, and add RAW Organic Fit to two of them.

BREAKFAST

Mix 1 scoop of RAW Organic Fit with 1 cup of unsweetened almond milk and a cup of your favorite berries

SNACK

2 flax crackers with a vibrant, colorful salad with balsamic vinegar and a tablespoon of olive oil

LUNCH

RAW Organic Fit mixed with almond milk and a serving of fresh fruit

DINNER

4 oz. salmon or chicken, a half of a baked sweet potato, a green salad or side of veggies and a cup of berries for dessert.

Then add 20-to-30 minutes of cardio exercise three-to-four times per week. Ease in with a swift walk and burn about 4 calories per minute!

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fit for COMPETITION

BUILD LEAN MUSCLE naturally with RAW Organic Fit,[†]
clean protein.

With each serving of RAW Organic Fit containing 28g of organic plant protein, you can **refuel and rebuild lean muscle** naturally.[†] These whole food ingredients combine to form a complete protein with all essential amino and branched chain amino acids.

Official Protein Powder of

USA Track & Field


Trusted by sport

World-Class Nutrition with RAW ORGANIC FIT

With more than 30 years of experience, including advising the British Olympic Boxing and Weightlifting teams, the British National Cyclo-cross and Biathlon teams and serving as the head nutritionist for the LTA at Wimbledon, Dawn provides expert guidance of the highest level as Garden of Life's Sr. Director of Nutrition Science and Educational Content.



Garden of Life's
Dawn Thorpe Jarvis
leads the RAW
Organic Fit initiative

NEW ORGANIC FIT BARS!

SEA SALT CARAMEL
CHOCOLATE FUDGE
PEANUT BUTTER CHOCOLATE



fit for CONVENIENCE

Whether you're thinking about **SHEDDING A FEW POUNDS** or just simply want to **STAY FIT**, our Organic Fit bar is a delicious way to enhance your diet and exercise program.

Our plant-based Organic Fit **high protein for weight loss** bars taste decadent and indulgent, but provide **low glycemic, high protein** support as part of your daily success plan.

- **Build lean muscle** with 14g of organic plant protein
- **Burn fat** with 225mg of Organic Svetol® green coffee bean extract
- **Fight cravings** with 150mg Organic Ashwagandha
- **Satisfy hunger** and feel full longer with 14g of organic prebiotic fiber

14g
PLANT
PROTEIN

14g
PREBIOTIC
FIBER

1g
SUGAR

CALORIES, PROTEIN & FIBER MAY VARY BY FLAVOR





the PERFECT FIT

The perfect complement to
your RAW Organic Fit program,
DR. FORMULATED FITBIOTIC™
is designed to enhance your current
diet and exercise program.†



David Perlmutter, M.D.
America's Brain Health Expert,
Board-Certified Neurologist,
#1 New York Times Best-Selling
Author, Fellow of the American
College of Nutrition.

FITBIOTIC™: WEIGHT MANAGEMENT 1-2-3

- 1. SUPPORT HEALTHY DIGESTION†** with 50 billion CFU, including *L. gasseri* and *L. rhamnosus* clinically studied for weight loss support†
 - 2. HELP MAINTAIN HEALTHY BLOOD SUGAR†** with 4g organic fiber supporting satiety†
 - 3. PROMOTE GROWTH OF GOOD BACTERIA** to keep momentum. Contains premium *A. Senegal* species of Organic Acacia, a proven prebiotic to help good bacteria thrive†
- Comes in convenient 20 Shelf Stable packets
 - Mixes easily, unflavored and sugar free



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Get moving & GET FIT

There's no way around this one. If you want to achieve a **HEALTHIER, LEANER BODY**, then you have got to get moving!

Your current level of activity will determine what you need to do in order to get your body working harder so you're burning more calories. If you've been sedentary, then start out with some power walking—not a leisurely stroll—three to four times per week. If you're already walking, step it up to a light jog or increase the number of days or time you're spending on your walks.

If you're currently using the elliptical trainer for 30 minutes, increase the time to 40 minutes or try different levels of difficulty. The key to remember is—change. Change what you're currently doing in order to effect a change in your body.

Here are some sample workouts. Be sure to check with your physician before starting any exercise program.



BEGINNER/ SEDENTARY

INTERMEDIATE

ADVANCED Change what you are doing—period.

Week 1	Power Walk – 20 min., 3 times per week	Light Jog or Cycle – 20-30 min., 3-4 times per week	If you run—start doing sprints or increase your distance. If you cycle—start running stadium stairs or increase your mileage.
Week 2	Power Walk – 30 min., 3-4 times per week	Light Jog or Cycle – 30-40 min., 4-5 times per week	
Week 3	Power Walk – 40 min., 4-5 times per week	Medium Jog (increase speed) 30 min.– 4-5 times per week	If you use an elliptical trainer—use the StepMill or increase your intensity.
Week 4	Power Walk – 45 min., 4-5 times per week	Medium Cycle (increase SPEED) 40 min.– 4-5 times per week	

TIP: Change the type of workout or increase the intensity of your current workout. It tends to shock the body into responding. Give it a try—see what works for you.

And don't forget about weight training. It is extremely important to build and maintain muscle before, during and after any weight management program. The more muscle on your body, the more calories it burns—even at rest. Hitting the gym or using at-home weights or bands at least three times per week—if not more—is recommended.

In order to avoid risk of injury, please seek advice directly from your physician, especially if you have existing medical issues, before beginning any exercise or nutritional program. Also, be sure to stretch after exercise to avoid muscle and joint tightness.

Recipes

Power Pack Snacks

MAKES: 24 BARS

INGREDIENTS

(use organic)

1/2 cup Macadamia nuts	1/4 scoop Garden of Life® RAW Organic Fit
1/4 cup pistachio nuts	1 Tablespoon Garden of Life Extra Virgin Coconut Oil
1/4 cup pumpkin seeds	3 Tablespoons water
1/4 cup sunflower seeds	1 teaspoon cinnamon
1/2 cup raw oats	Dash of salt
1/2 cup shredded coconut flakes	

DIRECTIONS

Place all ingredients except water and dates into a food processor using the “S” blade. Process until well mixed, then add water and dates and pulse several times until mixture sticks together. Press mixture into a brownie pan and cut into squares. Store in refrigerator for up to 10 days or freezer for up to one month.



Chocolate Fit & Fabulous Smoothie

SERVES: 1

INGREDIENTS

(use organic)

- 2 cups unsweetened almond milk
- 1 scoop RAW Organic Fit Chocolate
- 1 ripe banana
- 1 Tablespoon almond butter
- 1 Tablespoon raw honey
- 1/2 teaspoon cinnamon
- 4 to 5 ice cubes

DIRECTIONS

Place all ingredients into a blender and blend until smooth. Enjoy immediately!



Grab ‘n Go Bites

Raw and vegan cookie balls to get you going!

MAKES: 16-18 COOKIE BALLS

INGREDIENTS

(use organic)

- | | |
|---|---|
| 1 scoop Garden of Life® RAW Organic Fit | 1/4 cup dried cranberries
(apple juice sweetened if available) |
| 2 cups unsalted cashews | 1/2 cup dried coconut flakes |
| 1 Tablespoon Garden of Life Extra Virgin Coconut Oil | 1 teaspoon cinnamon |
| 10 Medjool dates, pitted and soaked in water for about 20 minutes | |

DIRECTIONS

In a bowl combine coconut flakes and cinnamon and set aside. Place RAW Organic Fit and cashews in food processor using the “S” blade. Process until mixture has a flour-like consistency. Remove dates from water. Add dates and cranberries to mixture in food processor and pulse until everything begins to stick (about 20 pulses). Roll cookie balls and coat in coconut flake/cinnamon mixture. Refrigerate to harden the texture of the cookies. Cookies last 10-14 days in refrigerator or two months in freezer.



you make it ALL WORTHWHILE

At Garden of Life, our beliefs are simple. Create clean, whole food, nutritious Certified USDA Organic and Non-GMO Project Verified products to empower your extraordinary health. Although this process is no easy task, the reward comes in knowing we've been able to change people's lives—for the better. Hearing success story after success story has been music to our ears. It's you and your stories that keep us passionate, motivated and thankful to have this opportunity. You make it all worthwhile.



MANUFACTURER'S COUPON EXPIRES 12/31/17
NOT VALID ON BARS OR
INDIVIDUAL PACKETS

\$3 OFF
ANY ONE (1) RAW
ORGANIC FIT PROTEIN



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