

“I feel 90
pounds
lighter!”

here's how

- Add snacks to your program, like ShapeWorks™ Protein Bars and Roasted Soy Nuts.
- If you need variety, personalize your shake. Feel like having strawberry flavor? Just add strawberries.

Favorites:

- ShapeWorks™ Formula 1 French Vanilla Shake
- Protein Bars
- Roasted Soy Nuts

- Before: 230
- After: 140
- **90 pounds lost**



Angela Boyd

Even as a young girl, Angela Boyd recalls, she was convinced that she'd always be overweight. But when she reached 230 pounds, the mother of three explains, “I finally decided it was time to do something about it.” When Angela discovered ShapeWorks™ products, she seized the opportunity to change her life.

The meals and snacks were so tasty, it was easy to stick to the plan.”

“I’m a chocoholic,” admits Angela. “But these shakes and snacks were good enough to satisfy my cravings for sweets, so I had no trouble sticking to my program.” Angela’s results were astonishing. “I lost 90 pounds!” she exclaims, “and dropped from a size 20 to a size 4.” And Angela’s transformation was more than just aesthetic. “I’m loaded with energy now,” she says. “When we go walking, my two daughters have to beg me to slow down—and my answer is, ‘Why?’”*

“I’ve got more energy than my young kids.”

