

Starter Kit Guide

Make Nutrition Fresh - Easy as VLC 1 2 3!

Congratulations on taking the first step towards a healthier you!

This starter kit will make it simple for you to follow a Partial Meal Replacement plan for the next 7 days. The best part is, you'll get to taste test all of the delicious products within the VLC (Very Low Carb) line, making it easy to find your absolute favorites!

What's included in your kit:



VLC Smoothie Variety Pack

- 7 packets of Smoothie Base
- 7 Smoothie Flavor Packs



VLC Soup Variety Pack

- 7 packets of Hot Base
- 7 Soup Flavor Packs



VLC Pasta Variety Pack

- 7 packets of Pasta Base
- 7 Pasta Flavor Packs



VLC Bar Variety Pack



2 Savory Zipper snacks



Wellness Pack

- SomaBiotica Probiotic- “good” or “helpful” bacteria because they help keep your gut healthy.
- SomaVit Multivitamin-Standard multivitamin formulated to support your daily RDA needs.
- SomaEFA Essential Fatty Acid Supplement-Omega fats with no fishy aftertaste. Necessary



7 Recipe Suggestions for your daily food based meal