



TONY ROBBINS
LIFE MASTERY VIRTUAL

SHOPPING GUIDE

Welcome to Life Mastery! More than just a seminar, this program is designed to be a life transforming experience where you are renewed and revitalized in the process. You'll learn from our world-class faculty of over two dozen instructors as you master powerful and proven tools to take your emotions, your body, your relationships, and your life to the next level.

One of the most powerful parts of this program is the opportunity to participate in a monitored cleanse designed by our team of nutrition experts. Not only will you tap into the natural energy and power that already resides within you, but you'll learn the daily health habits and nutrition guidelines to maximize your health and vitality on an ongoing basis.

Each day you will prepare raw ingredients such as vegetable juice, and light smoothies, soups, and salads.

Our nutrition team has put together some simple, easy-to-make, healthy recipes to support you during your cleanse. You don't need to be a gourmet cook! If you can wash off a piece of fruit and cut up some vegetables, you'll be fine! We'll walk you through each piece step by step as you take charge of your nutrition, your health, and your life.

To prepare, there are three steps for you to take in advance of the event:

STEP 1: GET YOUR SUPPLIES TO ACHIEVE & ACCELERATE YOUR RESULTS

There are only a couple of "musts" for you to get the most out of your experience (and you may already have everything you need at home). The rest are simply options if you want to further invest in your health, enhance your experience, and accelerate your results.

Remember, each of these purchases are items that will support your long-term health, well after your Life Mastery experience is complete. Many of these resources are things that Tony and his wife, Sage, use on a daily basis to support their health and energy.

We invite you to try them out to choose what works best for you!

STEP 2: GET WHAT YOU NEED TO SUPPORT YOUR NUTRITION & ENERGY

It's time to go shopping! Below is a list of the ingredients you'll need to prepare your nutrition each day. **Ideally, you can shop organic and choose items without any added ingredients.**

Do not overthink it! You are not going to ruin your cleanse because you're not able to find a particular ingredient. You can simply use any of the substitutions listed and we will help you improvise as needed during the event. As long as you have the core ingredients below, you'll be in great shape.

INGREDIENTS BASED ON RECIPES | UPON WAKING

You will make both of the below recipes each day. You have the option to repeat any of the below recipes each day.



LEMON / LIME WATER

- lemons (1 - 2 per day)
- limes (2-4 per day)



CELERY JUICE

- 1-2 bunches of organic celery per day

INGREDIENTS BASED ON RECIPES | MORNING NUTRITION

You will make one of the below recipes each day. You have the option to repeat any of the below recipes each day.



GREEN SMOOTHIE

- 3 medium bananas OR 3 cups diced mango
- 1-2 celery stalks
- 4 cups spinach (tightly packed) OR 4 cups romaine lettuce



LIVER RESCUE SMOOTHIE

- 2 bananas (Option: ½ Maradol papaya)
 - ½ cup fresh or 1 packet frozen or 2 tablespoons powdered red pitaya (dragon fruit) or use another substitution (in order of preference) such as: wild blueberries, blackberries, regular cultivated blueberries, or frozen cherries
 - 2 cups fresh or frozen wild blueberries (OPTION: substitute powdered wild blueberries)
- Optional: Include ½ cup sprouts and 1 mango in addition to the above



MANGO BERRY SMOOTHIE PARFAIT

- 2 cups frozen diced mango
- 1 orange
- 1/2 cup strawberries, raspberries, blueberries, and/or blackberries
- 1 sprig of fresh mint (optional)



FRESH FRUIT

- Apples
- Pears
- Oranges
- Papayas
- Bananas
- Medjool dates



APPLE CINNAMON SMOOTHIE

- 2 medium sized red apples
- 1 ½ frozen bananas
- Pure maple syrup OR medjool date
- Ground cinnamon
- Ground ginger
- Pinch of ground nutmeg



FRUIT CEREAL

- 1 cup mixed berries
- 1 mango (diced)
- 1 fresh banana
- 1 frozen banana
- Dried mulberries (optional)

INGREDIENTS BASED ON RECIPES | AFTERNOON & EVENING NUTRITION

You will make one of the below recipes each day. You have the option to repeat any of the below recipes each day.



LIVER RESCUE SALAD

X3 (DAYS 1, 3, & 5)

- 8 cups of any variety of leafy greens (spinach, arugula, butter lettuce, romaine, kale, mache, etc.) loosely packed
- 1 lemon, lime, or orange
- Optional dressing: orange juice, 1 garlic clove, raw honey, cayenne

*See optional toppings listed below and in the Life Mastery Nutrition Plan



SPINACH SOUP

X2 (DAYS 2 & 4)

- 1 pint grape tomatoes
- 1 stalk celery
- 1 garlic clove
- 1 orange (juiced)
- 4 cups baby spinach (loosely packed)
- 2 basil leaves (or a few sprigs of fresh cilantro)
- ½ to 1 cucumber



LEAFY GREEN SALAD

X 5 (ONCE EACH DAY):

- 4 cups leafy greens (i.e. spinach, arugula, butter lettuce, etc.) loosely packed
- Lemon or lime juice

Optional ingredients:

- ¼ cup halved cherry tomatoes or regular tomatoes
- 1 cup chopped cucumber
- ¼ cup red cabbage
- ¼ cup radish
- ¼ cup red onion
- Raw honey or pure maple syrup

INGREDIENTS BASED ON RECIPES | ADDITIONAL INGREDIENTS NEEDED

Overall additional ingredients:

- 1 jar of raw honey
- Fresh ginger (1-2 inches per day)

Optional ingredients for salads:

- Organic fruits: apple, grapes, mango, papaya, oranges, tangerine, berries, banana, fresh figs
- Organic vegetables: cucumber, celery, tomato, asparagus, cabbage (red or green), carrot, sprouts, microgreens, sugar snap peas, snow peas, cauliflower, green beans, radish
- Fresh herbs: cilantro, parsley, basil, dill, mint, oregano, thyme, rosemary, etc.
- Organic spices such as: cayenne pepper, chili pepper, cumin, paprika
- Atlantic dulse
- Onions (any variety)
- Garlic
- Green onions
- Sundried tomatoes

Herbal Tea (organic, with no other additives or added ingredients)

- Lemon Balm
- Ginger Tea
- Optional: Peppermint or hibiscus tea (organic, no additives)

!! If you're pregnant, or have another medical condition, you may consider adding steamed potatoes, winter squash, or butternut squash to your salads for more sustenance. Of course, as with anything related to your health and nutrition, make sure you follow the guidance of your licensed medical doctor.

INGREDIENTS BASED ON QUANTITY OF EACH ITEM:

Depending on how you shop, below is a list of ingredients based on the total amount you will need of each item. Note that these amounts are approximate based on the recipes on the previous pages. You may also decide you want to substitute certain recipes (for example, have one of the smoothies two mornings, instead of two different smoothies). Please review the recipes briefly before shopping so that you can make the choices that give you options that support you!

ORGANIC VEGETABLES

- 7-12 bunches of celery
- 8-10 cups of baby spinach (loosely packed)
- 4 cups of spinach or romaine lettuce (tightly packed) for the Green Smoothie
- An additional 24 cups of leafy greens such as spinach, arugala, butter lettuce, romaine, kale, mache, etc. (loosely packed) for Liver Rescue Salad
- 3 cucumbers
- 2 pints grape tomatoes
- Variety of vegetables that you can steam to add to your daily salad: asparagus, green beans, Brussels sprouts, zucchini/summer squash, etc.

ADDITIONAL ORGANIC VEGETABLES

(options to add to some of the recipes/salads)

- Asparagus
- Cabbage (red or green)
- Carrot
- Green Beans
- Microgreens
- Bell pepper (ripe, not green)
- Sugar snap peas or snow peas
- Raw cauliflower
- Radish
- Sundried tomatoes
- Tomato
- 1-2 onions (any variety)
- 4-6 cloves of garlic
- 1-2 green onions

ORGANIC FRUITS

- 8-15 lemons or 14-20 limes
- 2 apples
- 6-8 bananas
- 2 cups fresh or frozen wild blueberries (can substitute organic, powdered wild blueberries)
- 1-2 packages of frozen red pitaya [dragon fruit] (can substitute powdered red pitaya, or use another substitution (in order of preference) such as: wild blueberries, blackberries, regular cultivated blueberries, or frozen cherries)
- 2-3 cups mixed berries (i.e. strawberries, raspberries, blackberries, blueberries)
- 2-3 fresh mango PLUS 2 cups frozen diced mango

- 4-6 oranges
- 1 avocado (to be used Day 5 so allow a few days to ripen)

ADDITIONAL ORGANIC FRESH FRUIT

(for snacks 2-3 each day)

- Apples
- Grapes
- Mangoes
- Oranges
- Papaya
- Pears
- Tangerines
- Option: Other fresh fruit such as papayas, berries, bananas, nectarines, grapes, peaches, mangoes, apricots, etc.

HERBAL TEA

(organic, with no other additives or added ingredients)

- Lemon Balm
- Ginger Tea
- Optional: Peppermint or Hibiscus Tea
- Raw honey or pure maple syrup (one small container)

SPICES

- Cinnamon
- Nutmeg
- Ginger (you can also buy fresh ginger and grind)
- 2 garlic cloves
- 1-2 bunches of fresh basil or cilantro

OPTIONAL SPICES

- Fresh: cilantro, parsley, basil, dill, mint, oregano, thyme, rosemary, etc.
- Organic bottled spices: cayenne pepper, chili pepper, cumin, paprika

ADDITIONAL OPTIONAL ITEMS

- 1 package sprouts
- 1-2 packages of medjool dates
- Fresh figs
- 1 package of organic dried mulberries
- 4-6 cucumbers
- 1 red cabbage
- 1-2 radishes
- 1 red onion

CONVERSIONS: WEIGHTS & MEASURES

Cups	Ounces (oz)	Pounds (lbs)	Grams (g)	Kilograms (kg)
1	8	.5	227	.227
2	16	1	454	.454
4	32	2	907	.907
8	64	4	1814	1.814
12	96	6	2722	2.722
16	128	8	3629	3.629
20	160	10	4536	4.536

* All conversions are approximate

Have fun with your shopping! If you're not a shopper, you can likely find a meal delivery service to support you. We encourage you, however, to get up and go to the grocery store if you're able. Remember, this is your opportunity to take charge of your health once and for all.

We invite you to take pictures and videos of your shopping experience (and the goodies you end up with) and post them in our private Life Mastery Facebook group.

STEP 3: GET STARTED!

To help you prepare for this process so that you get the most out of your cleanse as well as your Life Mastery experience, we suggest that you start to wean yourself off of processed foods, sugars, dairy, vinegar, and gluten (ideally caffeine, alcohol, and animal products, too!) a few days in advance of the program. Drink more water and start to eat more whole foods such as vegetables and fruits in your diet prior to the start of the program. Focus on adds (more water, more fresh fruit and vegetables) and swaps (sparkling water instead of soda, green tea instead of coffee, etc.)



Oh, and turn the ice machine on! You'll be picking up a few bags of ice for our pre-event Life Mastery Challenge. You may also want to add ice from your freezer and use ice in some of the delicious recipes we'll be sharing throughout the program.

If you have any questions concerning your personal nutrition and the suitability of any recipes or any other dietary or health guidelines or recommendations you may receive prior to, in preparation for, or during Robbins Research International, Inc.'s ("RRI") Life Mastery event ("Life Mastery") in light of your personal physical condition, allergies, or other dietary restrictions, and medical conditions, then you should consult with your individual healthcare provider.

Neither RRI nor any of its officers, directors, employees, agents, partners, speakers, or other vendors connected with RRI's Life Mastery event render medical advice, and all information provided by RRI related to this Life Mastery event is for educational purposes only, including, without limitation, this supplies list and shopping guide. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment.

If you have any concerns or questions about your health, you should always consult with your healthcare professional. Do not disregard, substitute, avoid, or delay obtaining medical or health-related advice from your health care professional because of any information contained in this guide or because of any information you are provided while attending the Life Mastery program. Each individual has different nutritional and health needs based on their medical history and individual circumstances, and the use of any information or recommendations provided by RRI before or during Life Mastery is solely at your own risk.

The information provided has not been evaluated by the FDA or any governmental authority and is not intended to treat, diagnose, cure, or prevent any disease, and also is not intended as a substitute for the advice or medical care of a qualified healthcare professional. You should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes.