



## High Protein Diet I or II

This is one of the easiest effective's diets

1. You are not feeling hungry as the Protein fills you well.
2. No extreme shopping.
3. Just 6! Days.
4. Sport as much you can fit into your schedule for the next 6 days.
5. At least 4 hours Sport in the 6 days.(EVERYBODY CAN DO THIS)
6. Your muscle will be so happy and you gain lean muscle to burn max of the wobbly fat, loosing cellulite and show your muscle below ☺
7. THE ONLY WAY FOR LONGTERM SHAPE.
8. Less acid! Which helps to burn fat!
9. No simple carbs and your Body will burn Fat non-stop!
10. Recommended to do an Epsom salt flush on 2nd+ 4th +6th day. ☺

### High Protein Diet I

Mix of daily changed Chicken, Beef, Shrimp or Fish combined with fresh Vegetable, Spices, Nuts or Seeds + Coconut Water

*Get 2 Boxes*

- Breakfast Coconut Water
- First box can be delivered between 9-11am.
- Second Box delivered between 15-17am.

Eat when you feel hungry a little portion of the box. Find your own rhythm finish the box one hour before sleeping time

### High Protein Diet II

2 Protein shakes + Coconut Water with Spirulina

1 Box Vegetable + Nuts with Fish/Chicken/Beef/Tempeh

- Get 1 Whey Protein Shake in the morning for breakfast + Coconut. Water with Spirulina and drink it until 11am.
- 1 - 2 pm gets the Protein Box and finish until 8pm.
- 9 -10 pm drink the Protein Shake
- Drink the Slim Tonic completely as a snack when you feel fro it

## **Advices during your High Protein Diet**

- Drink 2-3ltr water
- Drink 1-2 cup green tea.
- 1 Cappuccino or 1 Espresso
- 1 bottle Slim Tonic
- You can eat the food warm or cold.
- No intake of anything else for the next 6 days as the Protein Bomb, Slim Tonic, Yogurt, Tea and Coffee.

## **After the Protein Diet**

Start eating some fruits at the first day but keep other Carbohydrates as Bread, rice, noodles, Potato, away from your plate BUT add complex Carbohydrates as Brown/Red Rice, Whole wheat Noodle, Sweet Potato, Quinoa....

Think before you do.....when is the right time to have the first piece of cake or glass of alcohol and if it's really necessary and how you feel afterwards.

Breakfast: choose between:

Fruit Salad + Walnuts/Almonds, Coconut water, Juice made with 2/2Veggies/fruit

Lunch: Big Salad with Fish, Shrimps or Chicken

Dinner: Vegetable Soup or Fish soup

Snack: 12 almonds + 1 apple/pear/banana, 1 Protein Bar, Carrots, 1 boiled Egg, 1 tsp. Peanut butter...

For a better well being

- Don't eat processed food.
- No Sodas
- Don't eat processed food.
- Drink 3ltr water (H2O, Nonmin, Evian and Volvic) + 2 cup green tea every day.
- 1000-3000mg Fish oil caps everyday
- Eat relaxed and slow.
- Every day eat 2 times fruit + 2 times vegetable.
- Avoid white dry food like noodle, rice, sugar, salt, wheat flour (Baguette, Croissant, Donut...)
- Eat breakfast!
- Have 2 snacks per day (fruit, veggies or nuts)
- Eat every 3-4 hours for sure.
- Alcohol just moderate and while drinking keep drinking water as well.
- Eat fish or use Fish oil capsules each day.
- Minimum 4 hours Sport per week
- Sleep 7-8hr every night.
- Make healthy eating and sport to your lifestyle.

**Stay on track :)**