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Detox and Diet Guide

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At Naturamin we want to help you be the best you can be! That's why we have put together this simple guide to motivate, inspire, inform, and help you reach your goals.

Below you will find a collection of healthy and easy recipe ideas and tips to kickstart your detox and diet journey.

Ready?

Set....

GO!

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Dos

-EXERCISE! Exercise is the key to achieving your goals. Aim for at least 30 minutes of high intensity cardio or weight training each day

-COUNT YOUR CALORIES! To be sure you aren't eating too much you should make sure to count your calories. Download an app like MyFitnessPal to help you keep track on the go. The app will also help decide how many calories you should be consuming per day.

-DRINK PLENTY OF WATER! Staying hydrated is important to keep your body functioning at its peak. A glass of water before each meal can help you feel fuller quicker. It also helps flush nasty toxins.

-GET A GOOD NIGHTS SLEEP! Your beauty rest is important to help your body repair. 6-8 hours every night is recommended.

-WRITE DOWN YOUR GOALS! Did you know that writing down your goals increases your chance of actually completing them? It does! Give it a go. Write them down and stick to them. Hard work and consistency pays off!

-EAT FRUITS AND VEGES! Fresh fruit and veges are loaded with healthy vitamins and antioxidants that your body loves!

-DO IT WITH A FRIEND! Doing your diet and detox with a friend can be a great way to boost motivation and get results. Keep each other on track and share ideas.

Donts

-CHEAT! Eating something bad or skipping a workout every now and then is ok, but don't make a habit of it! At the end of the day you are only hurting yourself!

-FAST FOOD! Highly processed, fatty and sugar loaded fast food options can be very bad for you! If you do choose to eat out, make sure to take a good look at the nutritional information, especially the total calories.

-AVOID FATS! Despite what you might have heard, fats don't make you fat! Healthy fats are essential to keep your brain and body functioning. Good fat sources include salmon, avocado, and fish oil supplements.

-ALCOHOL! A glass of red wine every now and then can actually be beneficial for you, but drinking to excess can seriously damage your progress and ruin your detox! Did you know that one vodka and raspberry drink can contain over 200 calories! Ouch!

-SALAD DRESSINGS AND SAUCES! Salads are a great option, but be careful when choosing the dressing. Some sauces and dressings can be very high in calories.

-QUIT! Don't quit! It might seem hard, but you will thank yourself in the long run!

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Breakfast

<http://www.taste.com.au/recipes/33989/pesto+scrambled+eggs+with+spinach+avocado?ref=collections,breakfast-recipes>

<http://www.taste.com.au/recipes/27302/power+smoothie>

<http://www.taste.com.au/recipes/33993/green+breakfast+smoothie>

<http://www.taste.com.au/recipes/14577/berries+with+toffeed+yoghurt?ref=collections,breakfast-recipes>

Lunch

<http://www.taste.com.au/recipes/27743/chilli+garlic+prawns?ref=zone,quick-easy>

<http://www.taste.com.au/recipes/13045/crab+corn+soup?ref=zone,quick-easy>

<http://www.taste.com.au/recipes/31313/quick+chicken+noodle+salad?ref=zone,quick-easy>

http://www.taste.com.au/recipes/24056/beetroot+carrot+hummus+sandwich

Dinner

<http://www.taste.com.au/recipes/5140/spicy+tofu+stir+fry?ref=zone,quick-easy>

<http://www.taste.com.au/recipes/25519/chinese+five+spice+beef+with+rice?ref=zone,quick-easy>

<http://www.taste.com.au/recipes/26955/fried+haloumi+with+chorizo+cherry+tomato+salsa?ref=zone,quick-easy>

<http://www.taste.com.au/recipes/15942/chicken+fajitas?ref=zone,quick-easy>

<http://www.taste.com.au/recipes/19150/salmon+cutlets+with+lime+and+coriander+butter?ref=zone,quick-easy>

<http://www.taste.com.au/recipes/26068/super+fast+tuna+and+olive+fettuccine?ref=zone,quick-easy>

Find more great recipes at taste.com.au

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Snacks

-A small amount of dried fruit

-A handfull of mixed nuts

-Fruits

-Carrot and celery sticks with hummus

-A scoop of whey protein mixed with water or soy milk

-Plain yogurt with a bit of honey

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Good Luck!

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