

Get
to
know
the



KEEP SLIM SECRETS

KeepSlimSecrets

*This E-Book will guide you, in the next 20 weeks ,
step by step, through a wonderful and pleasurable
diet program which will reduce your weight
and help you to*

KEEP SLIM FOREVER !

FEEL BEIN LOVE NEW !

Keep Slim Secrets

Keep Slim Secrets

Table of Contents

Chapter	Page
A word from the author - Cellular nutrition concept	3
Introduction Plan your Success	5
1st -2nd weeks Protein	8
3rd -4th weeks Water	14
5th -6th weeks Carbohydrates	21
7th -8th weeks Metabolism	27
9th -10th weeks Detoxification	32
11th -12th weeks Fibers	37
13th -14th weeks Labels	43
15th -16th weeks Eating outside the home	49
17th -18th weeks Fitness	56
19th -20th weeks GOOD HABITS FOR LIFE	62
Weight & measurement table	65
Glycemic Table	67
Plan your success - print	71

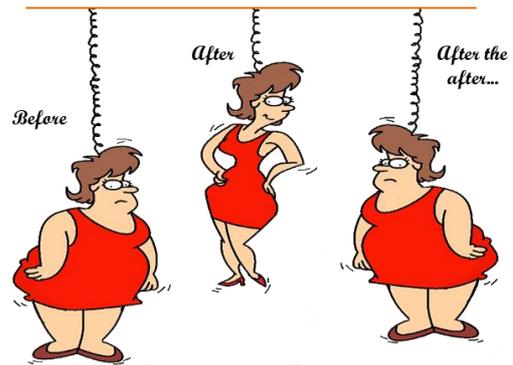
FROM THE AUTHOR

Knowledge is a key factor for change,

but, with the explosion of information, we get confused:

- **Why** when I try to lose weight, I feel weak?
- **How** come my fat percentage is higher, even when my weight is reduced?
- **Why** my deficiencies are not completed?
I still lack iron, calcium etc...
- **And, worst of all, Why** do I regain weight???

And every diet program I conclude, my weight is even higher than the weight I had started with?



My name is Lisa, I'm a health coach for more than 15 years, helping people get in shape, control their weight and feel and look better.

Working with a famous nutrition company, getting the best training, and, in time, starting training other coaches, with over 30,000 success clients results, throughout the years, we, my husband and I, had decided to share our knowledge and experience to help those who need it.

You will finally get access to the **KEEP SLIM SECRETS!**

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health

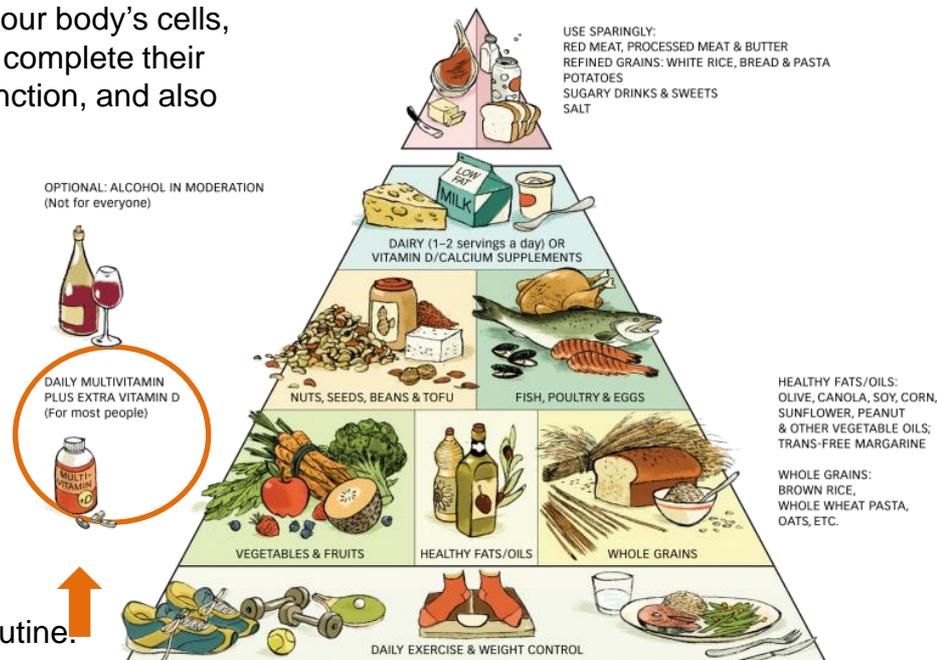
Nutrition plays a vital role in our well being, as well as in our diet plans and appearance.

It can, among other things, determine our energy, strength and resistance levels.

The main reason for eating is to give our body's cells, the components which will help them complete their different roles, maintain their good function, and also repair, restore and grow themselves.

When we eat wrong, we can gain weight, so 1st step is eating right!

The new Nutritional Pyramid shows that what we need the most is whole grains, fruits & vegetables, Protein and healthy oils, We also need much less Carbs, Especially the simple ones (as explained in the e-book) But, still, there is a recommendation of adding supplements to our daily routine. Because unfortunately, today's food is insufficient...



FROM THE AUTHOR

Cellular Nutrition

What is Cellular Nutrition?

How can I use the cellular nutrition knowledge to **better my health** and **control my weight**?

Health authorities, often give general guidelines to avoid overweight, prevent diseases, mostly by eliminating foods, fat, sugar, salt etc.

This approach gives a **partial solution**, because our body also needs, the essential macro and micronutrients, such as proteins, vitamins, minerals and trace elements.

Nowadays diet, we get **excesses** of harmful foods and at the same time, we have **deficiencies** of what the body really needs on a daily basis. Vitamins, minerals and other micronutrients, to maintain a high level of health and vitality (see chart).

Cellular Nutrition, means a nutrition program that helps keep the body's cells as fully nourished as possible. This allows the cells to grow and repair and to perform their functions with the maximum efficiency possible. The results are that we feel and look better, we can prevent and fight diseases and know how to control our weight for many years.

Cellular nutrition concept helps the body stay balanced in terms of nutrition, on the cellular levels.

The effect of cellular nutrition is tremendous on your weight loss, a balanced body, can lose weight more rapidly and control it for many years. The 1st secret is BALANCE.

Avoiding a few excesses on your diet, or adding a few vitamins, healthful foods, etc. is not sufficient, an excellent Diet program based on Cellular Nutrition knowledge Includes:

- All of the essential macro & micronutrients, a **balanced diet**
- The right **information** from the nutritional herbs science for better health.
- Enables a **fully digestion** and **absorption** of the food by the body, and **supplementing** all its **complete** nutritional needs.

Cellular nutrition concept means:

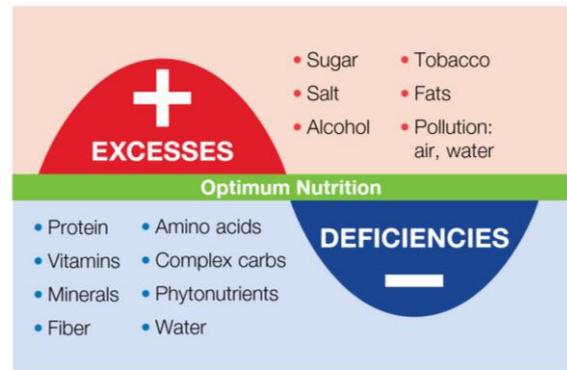
Many of us are eating well, but, still, our body ends up not getting the full nutrition. A good digestion, means internal cleansing of the body along with the right supplementation, can ensure that the body absorbs, to the fullest extent possible, the nutrients we do consume.

1. *Clean your body daily on the cellular level*

2. *Nourish your body daily on the cellular level*

In our **20 weeks program** you will be asked to use supplements which will give you the results on the cellular level. The most affective supplements we found, in order to really implement the CELLULAR NUTRITION CONCEPT are the Herbalife's product, but, of course, you are free to choose others. The weekly training will teach the concept in order to do a follow-up for 2 weeks. How can know if they work? Increased sense of well being, energy, vitality and alertness should be your signs. Following what we recommend in this e-book, you will find that your health moves to a new and more vital level, your anxiety for carbs reduced, and you lose weight and learn how to control it for life!

Cellular nutrition concept helps the body stay balanced in terms of nutrition, on the cellular levels, which affects tremendously on weight loss and weight control





INTRODUCTION: PLAN YOUR SUCCESS

Welcome and congratulations for taking the 1st step for looking and feeling great!

We know, you had to get this book because you need help on losing weight, and maybe, also eating better and healthier...

We believe you will be more than happy with your results and that it will exceed your expectations.

KeepSlimSecrets 20-week online course, which will lead you, step by step each week. You will be able to discover the secrets, one by one, yourself, getting to know your own body and start communicating it. This new information will result in losing weight and learning how to keep it off for life. Our mission is to help you enjoy a healthy energetic lifestyle you can practice even when this program is ended.

Because of all the helpful information you will learn, your weekly self-discipline is crucial in ensuring your success. Here comes a secret: Self-discipline is a key factor you can achieve through this program..

Each week the training will focus on another topic and aggregate it to an accumulated knowledge about nutrition and good diet. Topics such as: The importance of protein; The importance of water in weight loss; learn to control your metabolism; and more. Surely, you'll like our 20 weeks game, mostly because the way you will feel and look through and in the end of this process.

We want to help you lose those unwanted pounds and inches and as part of our commitment, this guide is accompanied with our interactive support and online 20 week course. You will be able to ask and receive more information attending our course regularly. We strongly recommend you to keep in constant contact with us via our interactive support for ultimate results.

We hope you will feel comfortable and be able to let us keep track of your progress and help you if you need. But, most of all, it will be FUN!!! .

So, let's go over a few basic principals to start with:





PLAN YOUR SUCCESS

Change your-all-or-nothing attitude, for one or two healthy new habits at a time, it will make miracles! That is why the focus is on one subject that you pay attention to, each week.

Start taking control on your own food! Cooking is the best, It worth the effort! but if not possible, order small healthy portion meals, instead of going out to lunch or dinner.

When eating out, avoid the fast food and soft drinks, ask for small portions. In any case Don't supersize it!

Keep out from your kitchen snacks and sweets !!

Not having means, not eating!

Find the time for some exercises! ½ an hour 3 days a week, a fixed hour!,

Last one : Night, is the worst time to eat !



You are forbidden to starve yourself !!

Hunger is a sign.

Use it to understand your body!



Defining Goals

Some simple attitudes to start with, Lets make it clear:

You need to know where you are standing today, and what your goal are!

First, measure and weight yourself, sit down, and write your measurements and your targets for the next 20 weeks.

Read them out loud, at least once a day. ▲

When you don't plan your success, you are planning your failure

SPOTLIGHT



It is All about control !

You can't stay hungry!

We do not mean, however, that you can eat everything you want, but in order to have control and have fun on this process you need to prepare yourself.

Schedule a fixed day & hour, to go over the weekly information, it is practical and fun, you can do it with a friend, your spouse, to create an obligation. Also, Schedule a fixed 10 minutes, each day to focus on implementing this information. [Start Now! Clique here](#)

SO, LET'S GET STARTED !

1. *To start measuring your current status, determine your goals, and checkout your progress [Clique here](#)*
2. *Please print each week the page you will be asked to fill.*
3. *Put the page you had printed on your fridge!*
4. *Read each week its chapter and focus on the weekly subject and task.*

*You will find the
**PRACTICAL GUIDE
SUMMARY**
At the end of
each chapter !*



GOOD LUCK TO US !

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1st-2nd weeks

PROTEIN

Protein is an organic compound, composed of 22 amino acids, It is an important component of each cell in your body, known as the building blocks of nutrition. It is a “macronutrient”, like fat and carbohydrates, which means the components the body mostly needs.

Protein is used by the body for the production of enzymes and hormones, stored in muscles and organs, in order to build and repair tissues. With the help of protein, the blood can carry oxygen, throughout the body. Protein is able to help manage hunger. When protein is absorbed, it sends a sign to the brain “*I’m not hungry anymore*”

Another benefit of protein is that, by maintaining muscle mass, it raises your resting metabolism. Muscle mass decreases without exercise, As we get older, so keeping your metabolism high, is a key to burning fat by staying fit. Protein also helps to a much more stable levels of blood sugar and insulin, so you avoid the “sugar highs and lows” after eating sweets without adequate protein.

Why protein should be your first choice?

- 1. Protein is more satisfying than Carbohydrates and fats.*
- 2. The body's need to produce the new cells in order to build the muscles tissue*
- 3. When eating protein the body has to “waste” more calories in order to digest it. This is called “the metabolic tax”.*
- 4. Protein slows digestion and keeps blood sugar steady.*



According to the Institute of Medicine of the National Academy of Sciences our daily protein requirements should be 10% to 35% of our total caloric intake, where men need more than women.



Not enough protein can cause: muscle mass loss, decreased immunity, as well as weakening of the heart and respiratory system.

Protein helps manage hunger. When absorbed, it sends a message to the brain “*I’m not hungry anymore.*”

PROTEIN TABLE

Certain foods, provide a healthier resource for protein than others.

This chart shows how much healthy protein there is in each recommended protein source.



MEAT

Steak
23 gr -3 oz.

Beef
20 gr 3 oz.

Turkey Breast
25 gr- 3 oz.

Chicken
25 gr 3 oz.

Egg
6 gr - 1 unit



DAIRY

Non fat Cottage Cheese
14 gr -1/2 C

Swiss Cheese
8 gr 1 oz. serving

Greek Yogurt
23 gr - 8 oz. serving

Milk, 2%
8 gr -1 C

Whey Protein
24 gr per scoop



FISH

Haddock
16 gr -3 oz.

Halibut
26 gr 3.5 oz. serving

Tilapia
21 gr - 3 oz. serving

Tuna
27 gr -Water pack 4 oz.

Salmon
17 gr 3 oz. serving



BEANS

Soybeans
22 gr -1 C

Black Beans
15.2 gr 1 C

Fava beans
10 gr -1/4 C

Navy Beans
15.8 gr -1 C

Pinto Beans
14 gr 1 C



NUTS

ALMONDS
5.9 gr -1 oz.

PISTACHIOS
2.8g 49 roasted no salt

CASHEWS
4.3 gr 18 roasted no salt

WALNUTS
4.3 gr -14 halves

PEANUTS
6.7 gr 35 roasted no salt



SUPPLEMENTS*

Herbalife's supplements as an example

Smoothie Drink w/milk
17 gr

Instant Healthy Meal Shake 20 gr

Soup Mix 2
16 gr

Snack Bars
12 gr

Deluxe Snack Bars
10 gr

Drink Mix
15 gr

1st – 2nd weeks

PROTEIN

Studies have shown that higher percentage of calories consumed from protein can increase weight loss.

It is always better to consume lean meats, low-fat proteins and whole non-processed foods.



PROTEIN SUGGESTIONS:

Eat as many of these foods as you need to feel satisfied. Up to 5 choices per day

Cheeses (except Ricotta), check label for 4 grams or less of carbs

Eggs, preferably egg whites

Most fresh fish

Lamb and veal

Poultry: chicken, turkey, particularly white meat, preferably skinless

Red meats, particularly round cuts and top sirloin

Tofu is healthy but contains some carbs

Soy milk or soy cheeses

Herbalife Soy Nuts

Eat these foods in moderation up to 2 choices per day

Cottage Cheese

Dark meat: chicken or turkey

Low-fat cold cuts

Red meats, the choice cuts

Avoid these foods as they will interrupt our fat-burning program.

High-fat cheeses

Milk and yogurt

Organ meats

Processed meats such as bacon, sausage, ham, bologna, pastrami, hot dogs and smoked fish (high-salt foods such as processed meats and smoked fish contain unnecessary levels of sodium that can contribute to water retention).

RECOMMENDED SUPPLEMENTS: [Click here for more protein solutions](#)



1st – 2nd weeks

PROTEIN

The National Academy of Sciences, In a review of the research, reported that there is accumulating evidence that extra soy protein may help prevent osteoporosis. On low carb diets, extra protein can be broken down into glucose in a process called gluconeogenesis. One benefit of obtaining glucose from protein is that it is absorbed into the bloodstream very slowly, so it doesn't cause a rapid blood sugar increase.

If we more protein on our daily diet, we feel full and can lose at least one pound a week, **are we ready to start??**

Here we've selected few ideas to start with, clique on the menu item, or go to the end of the e-book to find all the recipes In order to diversify your menu.

Low calorie & low fat, high protein example menu

	Breakfast (Page 38)	Cal	Protein	Low fat menu, 1261 calories, 87gr protein,
	<u>Creamy Date Smoothie</u>	270	7gr	
	Snack (Page 37)	Cal	Protein	Woman Under 225 lbs should have 75-100 grams of protein per day. <i>Depends on the active lifestyle</i>
	<u>Deviled Eggs Smoked Salmon & Herbs</u>	95	8.1gr	
	Lunch (Page 37)	Cal	Protein	Man Under 325 lbs should have 125-150 grams of protein per day. <i>Depends on the active lifestyle</i>
	<u>Garlicky Grilled Tilapia & Couscous</u>	337	32gr	
	Snack (Page 40)	Cal	Protein	
	<u>Protein bar delux Herbalife</u>	259	10gr	
	Dinner (Page 38)	Cal	Protein	
	<u>Apple Pie Shake</u>	300	30gr	

1st – 2nd weeks

Practical weekly summary

PROTEIN

*Plan Your
Success!!*

Please refer to our
[Practical weekly summary](#)
to complete this week :

- 1. Calculate your Protein needs according to your present weight**
- 2. Prepare and write down your weekly protein menu:**

- Plan and write down your **Breakfast** and **dinner** for each day of the next week with at least 0.5oz. of protein

- Plan and write down your **Lunch**, for each day of the next week with at least 1oz. Protein.

- Plan and write down your preferred **Snacks**, for each day of the next week, to eat between meals, 2 or 3 per day with at least 0.3oz. Protein each

- **IMPORTANT** 

- Before each meal drink 2 cups of water, Protein needs water to be absorbed.
- For Supplements Suggestions [click here](#)

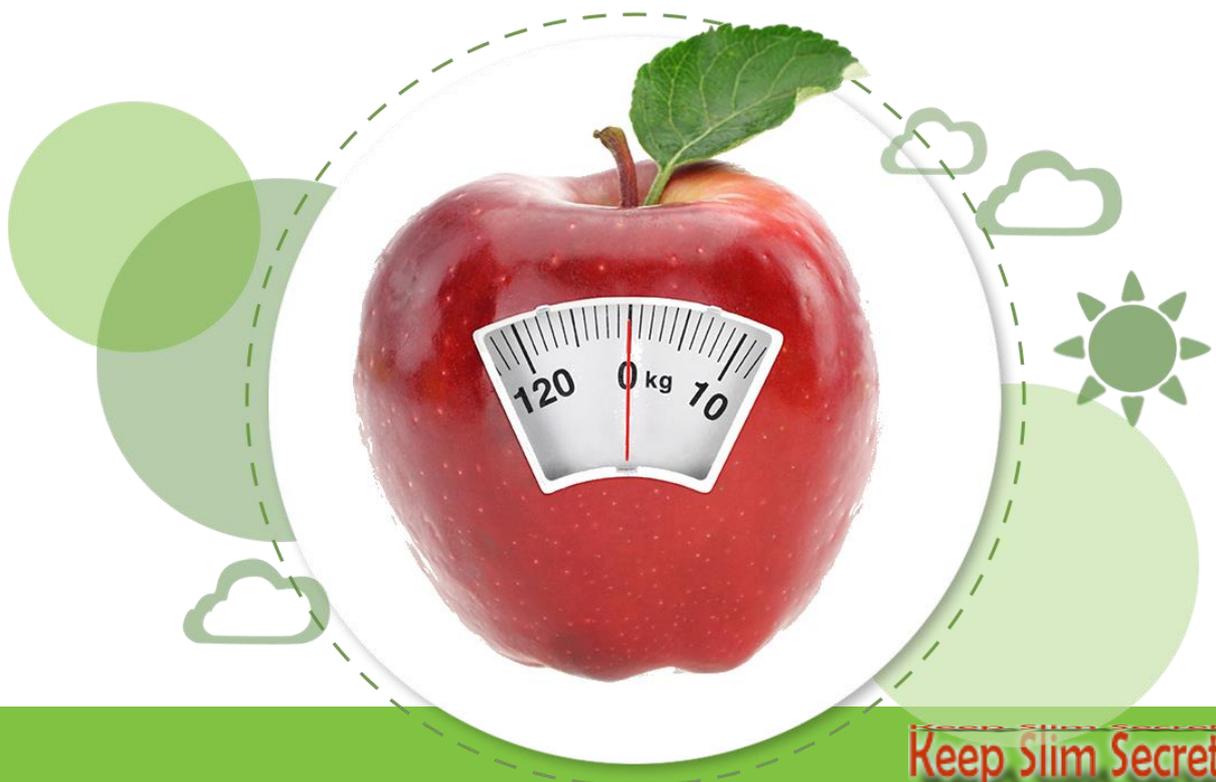
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Congratulations

You have Completed your 1st -2nd weeks!

Please check out your weight and measurement for these weeks.

GO TO [Measurement page](#)



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