

VibroSculpt

HEALTHY EATING HABIT GUIDE



The logo for VibroSculpt features the brand name in a dark grey sans-serif font. The letter 'o' in 'Vibro' is replaced by a teal-colored circular icon with a white spiral pattern inside. The background of the entire page is a photograph of a woman's midsection and legs, wearing a white crop top and white shorts, with a yellow measuring tape wrapped around her waist.

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INTRODUCTION

Welcome to a healthy,
new and revolutionary
lifestyle.



HEALTHY BOOKLET FOR BETTER EATING HABITS

Food Selections

- Unlimited Meat: Steak, hamburger, roast, veal, lamb, whole chicken, fish, shrimp, lobster, turkey these items can be baked broiled even fried at this time BUT ABSOLUTELY NO BATTERS OR BREADING AT THIS TIME.
- Vegetables: All types of lettuce, endive, spinach, peppers, cabbage, broccoli, green onions, zucchini, scallions, escarole mmmm! chard beet greens alfalfa sprouts, NO peas or tomatoes. NO round onion!!!
- Eggs: 2 daily is a must in the morning with 1/2 an orange. Also women will have one glass of water with a twist of lemon and 1 teaspoon of apple cider vinegar.
- Seasonings: Apple cider vinegar, olive oil, lime or lemon 1/2 of either, tarragon vinegar waldens fat free low calories Italian. Kraft Fat free.
- Mortons Lite salt is a must 1/2 teaspoon daily And, water 10 8oz glasses daily

BREAKFAST AND SNACK HABITS



Breakfast Habits

- Ham and cheese omelet
- Scrambled eggs and bacon
- Boiled eggs and bacon
- Salmon, shrimp or crabmeat omelet
- Fried eggs with sausage or bacon
- Poached eggs and fish
- Smoked fish with cream cheese
- Boiled eggs and ham
- Scrambled eggs with ham
- Boiled eggs with sausage

Snack Habits

- Turkey with Swiss cheese
- Roast beef with fat free mayonnaise
- Swiss cheese squares with bacon pieces
- Deviled eggs
- Cheddar cheese cubes
- Boiled eggs with cheddar cheese
- Ham with mustard
- Salami and Jack cheese
- Celery with peanut butter
- Boiled eggs with mayonnaise
- Steak with grilled onions
- Shrimp cocktail



LUNCH HABITS



- Green salad with boiled eggs
- Mozzarella cheese with tuna
- 1/2 chicken with veggie salad
- Tuna salad with bacon
- Mixed salad with Cottage cheese and tuna
- Turkey breast with mushroom salad
- Green salad with chopped duck, chicken and turkey
- Veal Chop
- Smoked salmon
- Roasted chicken
- Pork tenderloin chops
- Lobster
- Seafood skewers

DINNER HABITS



- Seafood salad on Arugula
- Stir-fry with beef, celery; mushrooms and peppers
- Lobster salad
- Bacon-cheese burger (no bread)
- Chicken salad with Romaine and Arugula

Note:

All dinners should include a fresh green salad.

Prepare your own gourmet foods with the above suggestions.



DRINK, FATS & OILS HABITS



Drink Habits

- Decaf Tea
- Iced Tea
- Spring Water
- Lemon Juice
- Mineral Water
- Decaffeinated Coffee
- Lime Juice
- Carb-Free Protein Mix
- Club Soda
- Essence Flavored Seltzer
- Diet Soda
- Herb Tea
- Low-Carb Diet Shake

Fats & Oils Habits

- Olive oil, avocado oil, macadamia oil, canola oil. All vegetable oils, especially canola, walnut, soybean, sesame, and sunflower. Butter is fine, margarine is not.

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www.vibrosculpt.com

