



## **Slimming down with HERBALIFE Cell Nutrition**

These simple tables can make reduction of body weight easy by the use of our products. They will help you to keep to full fill your targets as concerns to reduction of body weight and to maintain your food habits – write down truthful data because cheating would not help to achieve. In case that you will not be satisfied with the results of your records it can help us to disclose any mistakes in usage. If you aren't 100 % sure how to use the products than rather call us right away because any delay of the correction of the improper using can't be effective enough.

Onto the other side of the table write down what you had for breakfast, snacks, lunch and dinner during that day. It is also very important to keep your drinking regime. Try to estimate how much liquid you drank during the day. For example you can use a ¼ litre glass as a measure unit. Further write down into the table whether you eats vegetable or fruit as a snack between main dishes. Make a note into the note link how you felt each day. You can also write down physical activities for example exercise.

You can variegate food regime with **Guareta** fibre products – dietary instant soups that are great as occasional substitute instead of evening Shake (soups in flavours mushroom, vegetable, tomato, pea, chicken and potato), **dietary omelette** (it is possible to make in the microwave oven or on a teflon pan without oil), **dietary pudding** or **Morning Start yoghurt cream** that are especially suitable as occasional substitute instead of morning Shake (peach or stracciatella).

You can use fibre **Guareta SuperSlim** (capsules) or **Guareta OfficeSlim** (water-soluble) to reduce of absorbed calories of consumed food. Use these fibre products approximately 30 minutes after using tablets F2-F5 and approximately 30 minutes before consumed food. And its caloric value will be reduced.

When you feel hungry you can use **Guareta EasySlim** tablets – these tablets dissolve in your mouth and they make you quickly to help you to feel experience of fullness. They contain minimum of calories and are available in flavours of apple, pine-apple or cocoa. As a healthy snack you can also have **Guareta nutritious bar** rich in proteins and ate to control your body weight (flavours apple, cream, yoghurt, chocolate, peach and cappuccino).

**The first step is to write down of the actual values of body weight and measurements and setting the goals:**

Day	Chest	Waist	Sides	Thighs	Weight
0.					
<b>Target</b>					
7.					
14.					
21.					
30.					

We wish you strong will and we cross our fingers that you reach your target.

**Satisfaction of our clients has been our target since 1995 already.**

Closer information about our latest products and other actualities: **www.alfafit.cz**

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tel. UPC: **283 871 324** (calling of the UPC net is free of charge)

GSM: **777 000 450**

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Questions: **info@alfafit.cz**

Orders: **objednavky@alfafit.cz**

**AlfaFIT s.r.o.** operator of webpages hl.cz & alfafit.cz

Day	Breakfast	Snack	Lunch	Snack	Dinner	Drinking regime	Notes
1							
2							
3							
4							
5							
6							
7							Don't forget to write down your results
8							
9							
10							
11							
12							
13							
14							Don't forget to write down your results
15							
16							
17							
18							
19							
20							
21							Don't forget to write down your results
22							
23							
24							
25							
26							
27							
28							
29							
30							Don't forget to write down your results