



## NITRO DIET

### EASY SUSTAINABLE WEIGHT-LOSS

## *"ENJOY ALL THE FOODS YOU LOVE EVERYDAY"*



**BREAKFAST:**  
**ENJOY 1 CUP OF ANY CEREAL/ OATMEAL THAT YOU LIKE.**

Eat your cereal/ oatmeal with nut milk & for best results include a protein source like eggs, greek yogurt or protein shake/bar & 1 fruit.

**STRICT:** Choose Fibre1 Cereal or replace entire meal with a healthy smoothie.



**LUNCH:**  
**ANYTHING YOU WANT.**

LIMIT deep fried foods & desserts. For best results include protein & vegetables.

**STRICT:** A balanced lunch includes protein, carbs and lots of veggies. Example: Chicken Breast or Lentils with rice and steamed mixed veggies.



**DINNER:**  
**1-2 HEALTHY SMOOTHIES**



It's all about balance. Having a healthy shake for dinner ensures that you're eating in a caloric deficit and consuming an adequate amount of vitamins & protein throughout the day. You can also choose to replace your lunch with a shake instead of doing it for dinner.

**OTHER OPTION:** No starchy carbs like rice, pasta or bread. You can purchase Herbalife shakes & supplements from our website.

**KEY TIPS:** Snacks must be fruits, veggies, rice crackers or protein. Drink 8 - 12 cups of water per day. Sleep at least 6 hours a day and lastly, if you want amazing results, limit sugar intake and try your best to eat/ drink at least 100g of protein per day. Adjust intake (caloric consumption) at lunch as your body improves.

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