

APPLE CIDER VINEGAR DIET INSERT

Realise a new you with Apple Cider Vinegar Diet! Our Apple Cider Vinegar Diet Plan combines our unique formula with sensible eating and moderate exercise to help you win the weight loss challenge and achieve a healthier lifestyle.

Apple Cider Vinegar Diet contains a combination of Apple Cider Vinegar, B Vitamins, Apple Pectin and Chromium; which when combined with our healthy eating and exercise plan, supports the body's metabolism, increases the release of energy from food and supports the metabolism of fat and sugar.

This insert is designed to offer you:

Our exclusive Apple Cider Vinegar Diet formula designed to help burn calories

An easy-to-use eating plan that will result in a healthier, more energetic you

Exercise guidelines designed to tone, strengthen, and give you more energy throughout the day

LOSE WEIGHT BY EATING RIGHT!

Your body needs fuel to work efficiently. Simply cutting calories is not always the whole answer. The type of food and how much you eat can be just as important. The enclosed diet plan is designed to give you a wide variety of foods in the correct proportions so that you can achieve your desired goals. This plan:

Allows 1500 calories per day with less than 25% of the calories coming from fat;

Gives you satisfying, lean-source proteins such as lean meats, skinless chicken, and fish;

Replaces high-fat dairy with low-fat substitutes;

Offers variety in every bite.

SAY GOODBYE TO EXTREME DIETS

Because Apple Cider Vinegar Diet is a high efficiency formula, you can avoid the hazardous and complicated rules low-calorie diets insist upon. In addition, because we provide a sensible eating plan, you can dispense with those low-carbohydrate, high-protein diets that might have you craving bread and potatoes. How is all that possible? Simply follow the meal and exercise plans in this insert and use Apple Cider Vinegar Diet according to package directions. Apple Cider Vinegar Diet's unique formula aids you in achieving your fitness goals. Its advanced combination helps you burn fat, not muscle. Muscle is important for raising your metabolic rate and in the process, increasing calorie burn.

If your goal is to look good, maintain a healthier lifestyle and feel great, than you are definitely on the right track!

EXERCISE & YOU

Incorporating exercise into your daily routine helps burn additional calories, tone muscles and give you added energy. Starting a vigorous exercise plan and trying to do too much too soon may lead to injury and exhaustion. That is why we recommend that you begin gradually. During week one, exercise for 10 minutes 3-4 times per week. Week two, exercise for 12-15 minutes, 3-4 times per week. Continue to increase your daily workout time until you are exercising 30-40 minutes 3-4 times per week.

While only you can decide what activity is appropriate for your lifestyle, some recommended forms of exercise include walking, jogging, cycling, aerobics or swimming.

For variety, you may wish to vary your routine, alternating several different types of exercise over the course of a week. This prevents boredom and reduces stress on individual muscle groups. Whatever exercise you choose, the point is to have fun, do something good for yourself and keep moving!

You can also add exercise to your everyday routine. It's easy! Park further away from the shops and walk the extra distance, take a bike rather than the car for local errands, take the stairs rather than the lift. Just remember to have fun!

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SOME KEYS TO SUCCESS

Keep a diary of your progress. This will serve as a daily reminder of the success you've achieved!

Plan your meals, don't skip them! Skipping meals can lead to a drop in energy, make you overeat at the next meal and tempt you into eating the wrong kinds of foods.

You're only human. Even successful dieters slip up once in awhile. Give yourself a pat on the back for trying and don't become discouraged because you splurged. Make it a point to begin again at the next meal and remember to take it one day at a time.

Try not to eat 3-4 hours before bedtime. If you can't wait until morning, try eating a snack that is less than 100 calories, such as your favourite fruit or rice crackers.

There is comfort and fellowship in numbers. Enlist the help of a friend, relative or spouse to follow the plan with you. Know that you are doing something for yourself that will have you looking and feeling great! Good luck and keep at it!

As with anything, it is important to consult your doctor before beginning any diet or exercise plan.

Apple Cider Vinegar Diet Plan

Sunday

Breakfast

2 egg omelette w/ 50g tomatoes & 50g onions (cooked in non-stick frying pan)

topped w/ 25g low-fat cheese (3 gms or less fat per 25g.)

1/2 English muffin

1 tsp. butter

250ml orange or apple juice

1 "Apple Cider Vinegar Diet" capsule

Mid-Morning Snack

Large slice of cantaloupe melon or 1/2 grapefruit

herbal tea or water (min. 250ml)

Lunch

200g salad greens (endive, lettuce, escarole, romaine, spinach), tomatoes, watercress, cucumbers & celery

topped w/ 75g grilled chicken or turkey

4 tbsp. low-fat dressing

1 small apple (unpeeled)

low-calorie beverage or water (min. 250ml)

Mid-Afternoon Snack

4 melba toasts or rice cakes

100g low-fat cottage cheese

water (min. 250ml)

Dinner

200g pasta w/ 100g tomato sauce and 50g ground turkey meatballs

200g mixed vegetables (excluding sweetcorn and peas)

low-calorie beverage or water (min. 250ml)

2 tbsp. raisins w/ 6 almonds

1 "Apple Cider Vinegar Diet" capsule

Monday

Breakfast

2 Shredded Wheat

250ml skimmed milk

150g blueberries or raspberries

herbal tea or water (min. 250ml)

1 "Apple Cider Vinegar Diet" capsule

Mid-Morning Snack

1 small banana

2 tsp. peanut butter

250ml skimmed soya milk

Blended together as a milkshake

Lunch

50g canned tuna (in water)

1 tbsp. low-fat mayonnaise

50g onions & 50g green peppers

2 slices of bread (wholemeal, pumpernickel, rye)

low-calorie beverage or water (min. 250ml)

Mid-Afternoon Snack

100g microwave popcorn (no butter)

250ml cranberry juice (reduced-calorie)

Dinner

75g grilled chicken breast (no skin) w/ balsamic vinegar or other low-fat marinade

200g broccoli w/ 2 tbsp. grated parmesan cheese

200g salad greens (endive, lettuce, escarole, romaine, spinach) w/ tomatoes, cucumbers, watercress and celery

4 tbsp. low-fat salad dressing

low-calorie beverage or water (min. 250ml)

1 kiwi fruit

1 "Apple Cider Vinegar Diet" capsule

Tuesday

Breakfast

50g blueberries

50g raspberries

50g banana slices

200g plain, low-fat yogurt

1 slice toast (wholemeal, pumpernickel, rye)

herbal tea or water (min. 250ml)

1 "Apple Cider Vinegar Diet" capsule

Mid-Morning Snack

2 rice cakes
100g pureed apple
herbal tea or water (min. 250ml)

Lunch

75g sliced turkey w/ 50g lettuce & 50g tomato slices
1 tbsp. low-fat mayonnaise on one pitta bread
1 small apple (unpeeled)
250ml cranberry juice (reduced calorie)

Mid-Afternoon Snack

2-5 whole-wheat crackers (reduced fat)
25g low-fat cheese (3 gms or less fat per 25g)
water (min. 250ml)

Dinner

75g grilled white fish (cod, plaice, haddock) w/ lemon juice, garlic
200g spinach w/ garlic
75g baked potato
1 tsp. butter
low-calorie beverage or water (min. 250ml)
200g frozen, fat-free yogurt
6 almonds
1 "Apple Cider Vinegar Diet" capsule

Wednesday

Breakfast

100g oatmeal w/ 2 tbsp. raisins
250ml skimmed milk
250ml apple or orange juice
1 "Apple Cider Vinegar Diet" capsule

Mid-Morning Snack

1/2 bagel w/ 1 tbsp. sugar-free jam or fruit spread
herbal tea or water (min. 250ml)

Lunch

1 cup or bowl of low-fat vegetable soup
1 slice of bread or small bread roll
100g grapes
200g low-fat cottage cheese
low-calorie beverage or water (min. 250ml)

Mid-Afternoon Snack

1 small orange
water (min. 250ml)

Dinner

75g grilled chicken breast (no skin)
200g salad greens (endive, lettuce, escarole, romaine, spinach) w/ tomatoes, cucumbers, watercress and celery
4 tbsp. low-fat salad dressing
100g carrots & 100g cauliflower
low-calorie beverage or water (min. 250ml)
100g cherries
4 walnut halves
1 "Apple Cider Vinegar Diet" capsule

Thursday

Breakfast

100g muesli
250ml skimmed milk
1 large slice of honeydew melon
1/2 English muffin
1tsp. butter
herbal tea or water (min. 250ml)
1 "Apple Cider Vinegar Diet" capsule

Mid-Morning Snack

2 medium dried figs
herbal tea or water (min. 250ml)

Lunch

100g tofu, stir-fried w/ low-fat marinade, mixed vegetables (excluding sweetcorn or peas)
100g brown rice
low-calorie beverage or water (min. 250ml)

Mid-Afternoon Snack

2-5 whole wheat crackers thinly spread with houmous
water (min. 250ml)

Dinner

75g halibut w/ dill & lemon juice
200g salad greens (endive, lettuce, escarole, romaine, spinach) w/ tomatoes, cucumbers, watercress and celery
4 tbsp. low-fat salad dressing
100g green beans w/garlic
100g pineapple
low-calorie beverage or water (min. 250ml)
1 "Apple Cider Vinegar Diet" capsule

Friday

Breakfast

100g bran cereal

250ml skimmed milk
100g low-fat yogurt w/fruit
250ml orange or apple juice
1 "Apple Cider Vinegar Diet" capsule

Mid-Morning Snack

1/2 bagel w/ sugar-free jam or fruit spread
herbal tea or water (250ml)

Lunch

75g chicken salad w/ 1 tbsp. reduced-fat mayonnaise w/ 50g celery & 50g onions
1 pitta bread
low-calorie beverage or water (250ml)

Mid-Afternoon Snack

1 small orange
water (min. 250ml)

Dinner

75g turkey burger w/ 25g lettuce, 25g tomato, 25g onion slices & 25g cheese (3 gms or less fat per 25g) w/ mustard & ketchup
200g salad greens (endive, lettuce, escarole, romaine, spinach) w/ tomatoes, cucumbers, watercress and celery
4 tbsp. low-fat salad dressing
2 tbsp. raisins
6 almonds
herbal tea or water (min. 250ml)
1 "Apple Cider Vinegar Diet" capsule

Saturday

Breakfast

100g oatmeal w/ 2 tbsp. raisins
250ml skimmed milk
herbal tea or water (min. 250ml)
1 "Apple Cider Vinegar Diet" capsule

Mid-Morning Snack

250ml orange or apple juice
2 rice cakes w/ 2 tsp. peanut butter
herbal tea or water (min. 250ml)

Lunch

200g salad greens (endive, lettuce, escarole, romaine, spinach) w/ tomatoes, cucumbers, watercress and celery
top w/ 100g chicken or turkey & cheese (3 gms or less fat per 25g)
2 tbsp. low-fat salad dressing
1 small apple (unpeeled)
low-calorie beverage or water (min. 250ml)

Mid-Afternoon Snack

2-8 oz. tangerines

water (min. 250ml)

Dinner

75g grilled pork (loin chop)

100g broccoli & 100g cauliflower

4 small boiled potatoes

herbal tea or water (min. 250ml)

1 "Apple Cider Vinegar Diet" capsule