

Make sure your menu is as lean as You want to be!

Intermediate lifestyle plan

Upon Waking:

Hot water and the juice of ½ a lemon with 5 Spirulina tablets

Breakfast:

½ cup rolled oats with some berries or grated apple with cinnamon and a little honey

or:

1 Chopped apple or pear 15 Almonds (raw with skins), 100g Fat free, plain yogurt or cottage cheese, add some cinnamon.

or:

1 slice of rye some fresh tomato and a boiled egg or some cottage cheese.

Lunch:

5 Spirulina Tablets - Grilled or baked/fish or tinned tuna. Have a large mixed salad of your choice which included vegetables.
1 Table spoon of cold pressed olive oil

or:

Quinoa or sweet potatoe with a large raw salad and some vegetables.

Snack:

Hummus and veggies

or:

Apple with 15 raw almonds or a tablespoon of Sugar free natural peanut butter.

Dinner:

Large raw salad and cooked vegetables with 120g of a lean protein of your choice (ostrich, fish, chicken, or a healthy egg white omelet with vegetables) add 1 tablespoon of cold pressed olive oil.



Salad Tips

Get creative with this at meal time. You can make up combinations that suit you and these can change from day to day or be exactly the same day in and out. Try various combinations eat an abundance of veggies, lots of different colours and look at leafy plants such as lettuces, spinach, romaine, watercress, rocket etc...Green vegetable such as broccoli, green beans bell peppers, red onion, mushrooms, cucumber, onions, raw carrots, tomatoes, pumpkin, go wild, have some fun!

Top Ten Tips

- Balance your blood sugar levels – stay away from stimulants and sugar
- Eat food in its natural and whole state – Avoid over processed food. Your body doesn't know what to do with it – keep it clean and lean all the way.
- After 3 pm make veggies your carbs – have oatmeal, rye bread, brown rice, sweet potatoes, fruit, and quinoa early in the day and salads and steamed vegetables later in the day
- Eat good fat, especially Omega-3 rich foods
- Keep your dinner lean – protein and greens
- Always eat balanced snacks and meals – Eating wholesome carbs, protein and fat in every meal keeps your blood sugar levels from spiking and crashing. This controls energy levels and keeps cravings at bay.
- Eat & drink food for the soul – in moderation
- Drink water – stay away from chemical artificial drinks
- Don't forget to sleep – 7-8 hours at least!
- Focus on resistance training 3-4 times a week and don't forget walking is one of the best forms of cardio you can do!

Marcus Rohrer Spirulina® is one of the richest and most complete natural food sources in the world, perfect for weight loss, detoxification, blood sugar balance, appetite control and proven to boost energy.





Advanced lifestyle plan

Upon waking:

Hot water and lemon you can add some ginger to really add a boost, but this is optional.

8:00am:

Papaya and some lemon with raw almonds (a handful) or a vegetable juice with carrot, apple, celery, parsley and beetroot or a combination thereof.

*5 Spirulina

12:00 - 1:00pm:

Big Raw Salad with rocket, romaine or butter lettuce, avocado, tomato, carrots, with either grilled chicken breast or some grilled fish or tuna in brine, add some olive oil if you wish and lemon juice.

*5 Spirulina

3:00pm:

Vegetable juice if you didn't have one earlier or some fresh fruit (1 type only) with some raw almonds.

*Frozen blueberries and strawberries are amazing with almonds, or some apple and natural, unsalted no sugar peanut butter.

6:30-7:00pm:

Lot's of steamed or baked veggies (green beans, beetroot, pumpkin, butternut, broccoli, mushrooms, any of the green veg) Again either add another protein source (fish, or chicken, ostrich) or a starch like Quinoa or a sweet potatoe).

NOTE

This is a very cleansing plan, it yields the greatest results and if followed diligently will result in an increase in energy and vitality, will assist in reaching your ideal body weight, a reduction in cellulite, improved skin tone and overall health and well being. You may need to transition into this way of life, so if you feel you would do better with option 1 start there and work your way towards this way of eating.

Guidelines

- Never mix a protein and starch, so if you eat fish or chicken no rice, potatoes or bread, starch with vegetables and fish with vegetables.
- Leave at least 4 hours between meals
- One type of fruit at a time, no fruit salads this causes bloating.
- All food must be prepared fresh, nothing prepackaged.
- If it doesn't have a mother or doesn't grow you can't eat it
- Always use Cold pressed olive oil
- Keep your evening meal light
- Have a treat 1x a week, but a meal and not a DAY.
- Reduce your salt intake and focus on fresh herbs to season your food.
- Buy organic or free range milk and any other animal products
- Use parsley a lot, it's a blood purifier and helps eliminate water.
- Vegetable juices are amazing, try have at least 1 a day
- Snack on raw unsalted nuts or seeds with fruit
- Use fresh herbs to cook with or add to food.



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