

EXERCISE

Try to perform an aerobic exercise at least 3-4 times a week for a minimum of 30 minutes a session to burn more calories. Aerobic activities include walking, jogging, skating, swimming, cycling, skiing and dancing.

NEURVANA Transformation Tips for Success

- Eat small meals throughout day only when hungry
- Eat most food early in the day. Food eaten at night readily turns into body fat.
- Eat more fiber-dense foods: vegetables and whole grains. Fiber contains virtually no calories and fills you up.
- Drink enough pure water - The average man requires about 12 glasses and the average woman about 9 glasses of pure water per day.
- Engage in deep breathign, stretching, visualization, quiet contemplation and meditation for controlling stress, gaining self-control and transformation.

Every individual is different and will experience different results. If you want to lose weight and are under 18, pregnant, nursing, following a diet recommended by a doctor or have health problems, consult a doctor before starting the NEURVANA Transformation Plan.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



NEURVANA
BodySlim Transformation Plan

Lose up to 10 Pounds in 10 Days

www.neurvanaproducts.com

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DIRECTIONS

- 1 Everyday take 1 tablet of **NEURVANA BodySlim** 30 to 45 minutes before each meal.
- 2 Follow the eating plan below for normal, daily food choices.

MENU GUIDE



Morning

- 6 Oz Protein
- Fruit or Whole Cereals Bread or Grain
- Fat / Oils (in moderation)
- Beverage



Lunch

- 6 Oz Protein
- Cooked Vegetables and / or Salad
- Whole Cereals Bread or Grain
- Fat / Oils (in moderation)
- Beverage



Dinner

- 6 Oz Protein
- Cooked Vegetables and / or Salad
- Whole Cereal Bread or Grain
- Fat / Oils (in moderation)
- Beverage

PROTEIN FOODS

Poultry - Ostrich, Skinless Chicken, Hen, Turkey, or other lean fowl (Range-free or organic if possible)

Meat - Buffalo, Lean Beef, Veal, Lean Lamb (Range free or organic)

Fish - Fresh Fish, such as Cod, Halibut, Wild Tuna, Tilapia, Wild Salmon and Sole (non farm-raised and skinless)

Dairy - Eggs, Low-fat Cottage Cheese, Low-fat Yogurt, Low-fat Kefir

Vegetarian - Lentils, Soy Beans, Fresh Tofu, Tempeh

Miscellaneous - Protein Powder, Egg Whites

VEGETABLES

(Eat as much as you want, preferrably steamed or raw in salad)

Asparagus	Green Beans	Pumpkin
Bamboo Shoots	Greens (various)	Raddish
All Sprouts	Kale	Snow Peas
Beets	Leeks	Spinach
Broccoli	Lettuce	Tomatoes
Cabbage	Mushrooms	Turnips
Cauliflower	Okra	Water Chesnuts
Celery	Onions	Wax Beans
Cucumber	Peppers	Zucchini
Eggplant		

WHOLE CEREALS, BREADS, AND GRAINS

(Sugar-free and in moderation)

Amaranth	Millet	Whole Oats
Buckwheat	Quinoa	Whole Grain Rye & Barley
Ezekiel Bread	Sprouted Grains	
Hamut		

FRUITS

(In moderation, better with skin)

Apples	Grapes	Papaya
Berries (various)	Guave	Pears
Cantaloupes	Mango	Pineapple
Cherries	Melons	Pomegranate
Grapefruits	Oranges	

FATS & OILS

(In moderation)

Olive Oil	Evening Primrose Oil	Hemp Seed Oil
Currant Seed Oil	Flax Seed	Butter
Black Borage Oil		

NUTS & SEEDS

(Raw, unsalted, non-GMO and in moderation)

Almonds	Macadamias	Sesame Seeds
Brazil Nuts	Pecans	Soy Nuts
Coconut	Pine Nuts	Sunflower Seeds
Flax Seeds	Pumpkin Seeds	Walnuts

BEVERAGES

Pure Water	Diet Beverages	Diluted Fruit Juices
Coffee & Teas	(sugar-free)	
Lemonade (sugar-free)	Vegetable Juices	(except carrot)

FOOD FLAVORINGS

Apple Cider Vinegar	Ketchup (sugar-free)	Pepper
Garlic	Lemon Juice	Natural or Sea Salt
Ginger	Lime Juice	(in moderation)
Herbs	Mustard	

SWEETENERS

Agave	Sucralose (Splenda)	Xylitol
Fructose (fruit sugar)	Stevia	

SNACKS

(In moderation)

Fruit (small piece)	Popcorn	Protein Bar
Gelatin	(air-popped)	(low-sugar)
Nuts (several raw)	Vegetables (raw)	

MISCELLANEOUS

Algae	Marine Lipids,	Soups & Broth (low
Grasses (barley, wheat, etc)	Fish Oil, DHA	calorie, sugar, fat &
	Seaweed	salt)

FOODS TO AVOID

Fast Food Red Meats & Pork	Sugary Soft Drinks & Beverages
Fatty Meats	Rich Sauces
Refined Cereal & Grain	White Flour
Crisco, Margarine, etc.	High-calorie Salad Dressing
Sugary Breakfast Cereals	Processed Dairy & Milk
Smoked & Barbequed Foods	Nuts & Seeds (in excess)
Fried & Salty Foods	Pre-packaged, Canned,
Sweets & Desserts	& Typical Fast Food
Sugar & Honey	Alcoholic Beverages

