

Quick Guide to Annique [R]evolutionary Lifestyle

1. Cut the Carbs

Carbohydrates are the most important element to eliminate from any diet. Replace or avoid all refined carbohydrates in your diet: Potatoes, bread, pasta, cake, sweets, chocolate, sugar, starch, wheat, corn, fruit juice, most fruits and trans-fatty acids from fast foods.

- High carbohydrate meals tend to leave you less satisfied than meals containing adequate fat levels; so you eat more and feel hungry sooner
- Cutting down on carbohydrates especially sugar, white flour and other refined carbs will start you on the right road to a healthy lifestyle with a fast metabolism.

2. Add to your diet

- Protein from red meat, fish, chicken, eggs, milk and cheese.
- Essential fatty acids from butter, fish and olive oil – not margarine.
- Fibre from green leafy vegetables, cabbage, spinach, green beans, peas and asparagus.
- Annique Rooibos and Herbs Slimming Bomb recipe.

3. Eat organic or natural foods

- Avoid processed foods.
- Prepare food at home - Don't eat fast foods!
- Eat basic menus with meat, salad and vegetables.

4. The ideal Annique Lifestyle menu

- Replace breakfast with a Lifestyle Shake.
- Replace lunch with a Lifestyle Shake.
- Your main meal is dinner – eat sufficient portions to ensure that you feel full. Don't starve yourself.

Note: If you find it difficult to replace both breakfast and lunch with a Lifestyle Shake, opt for a Lifestyle friendly meal instead (free from refined carbohydrates and sugar). The ideal recipe is to eat your main meal at dinner time. If this is not an option, it is acceptable to make lunch your main meal and then have a Lifestyle Shake for breakfast and dinner.

5. Stop eating between meals

- It is recommended to keep meals 5 hours apart, without snacking in between meals.
- Drink your Slimming Bomb teas mix or Annique Herbal Teas. Choose from Rooibos & Senna Tea, Rooibos & Ginger Tea, Green Rooibos Tea, Rooibos & Buchu and Rooibos & Mint Tea, amongst others.
- If you really need to snack, choose healthy options such as raw seeds, avocado, nuts or biltong. Again, ideally you need to condition your body to stop snacking in between meals. It is always more difficult in the beginning, so opt for snacks in the first week of following the Lifestyle Programme if you need to. Then move away from snacking in between meals. Your body will function best if you allow four to five hours of no food, in between meals.

6. Water is essential for efficient metabolism and body systems

- DRINK 30ml of pure water per kg of body mass. (For example, a 50kg person should drink 50 x 30ml per day = 1.5 litres.)
- MINIMISE the intake of alcohol, coffee and normal tea. (Alcohol acts as a diuretic and thus dehydrates the body.)
- Drink Annique Rooibos and Herbs teas.
- THIRST is a late indicator of the need to drink – we should therefore drink throughout the day and not just when we feel thirsty!

