



Breaking Through Nutritional Boundaries

# WEIGHT SOLUTIONS

## MOVEMENT

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

## RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

## NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food

## HEALTH CARE PROFESSIONAL NOTES:

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\* 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.



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## PRO TIPS

Here are some ways you can optimize fat burning! Try including your favorite form of cardio into your morning routine before your shake.

Ex: Walking | Running | Cycling | HIIT | Jumping Rope

30  
min

## SYMPTOMS OF POOR BODY COMPOSITION

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Overweight          | <input type="checkbox"/> High Cholesterol | <input type="checkbox"/> Poor Sleep            |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Unwanted Fat     | <input type="checkbox"/> Accelerated Aging     |
| <input type="checkbox"/> Heart Disease       | <input type="checkbox"/> Digestive Issues | <input type="checkbox"/> Dizziness             |
| <input type="checkbox"/> Diabetes            | <input type="checkbox"/> Low Self-Esteem  | <input type="checkbox"/> Fragile Immune System |
| <input type="checkbox"/> Joint Pain          | <input type="checkbox"/> Fatigue          | <input type="checkbox"/> Depression            |

## WEIGHT SOLUTIONS SUPPLEMENTATIONS

Under 150 lb. | Over 150 lb. = double the dose

(Follow dose below)

7  
am

## BREAKFAST IDEAS

1 GARCINIA CAMBOGIA

1 BERRY TONE II

2 TONALEAN

DON'T FORGET YOUR SHAKE FOR BREAKFAST!

1 SUPER SHAKE OR BEST WHEY PROTEIN

- Any fruit or veggies
- Organic eggs/veggie omelets
- Steel cut oatmeal with berries
- Cooked quinoa or brown rice



10  
am

## MORNING SNACK IDEAS

- Fruit
- 2 organic hard boiled eggs
- Veggies and hummus
- Nuts



1  
pm

## LUNCH IDEAS

1 GARCINIA CAMBOGIA

1 BERRY TONE II

1 TONALEAN

- Salad with spinach, romaine, or mixed greens. Use extra virgin olive oil and vinegar as a dressing.
- Black bean burrito
- Kale salad with strawberry vinaigrette
- Chicken soup (with brown rice or millet)
- Cucumber stuffed with salmon salad
- Tuna fish and brown rice with any vegetable



4  
pm

## AFTERNOON SNACK IDEAS

- Protein bites (use Super Shake/Best Whey Protein)
- Greek yogurt and granola
- Tuna and crackers
- Roasted chickpeas



7  
pm

## DINNER IDEAS

IF YOU HAVEN'T ALREADY, TAKE THE FOLLOWING

1 GARCINIA CAMBOGIA

1 BERRY TONE II

1 TONALEAN

- Spinach quesadillas
- Turkey burgers
- Veggie shish kebab served with cooked grains
- Baked fish with veggies and brown rice
- Chicken or turkey stuffed peppers
- Balsamic-Salmon with a spinach salad

