

VISION

shakes



Smart Food Shakes: Tasty and Healthy Choice

Teasing vanilla aroma, delicate creamy or vibrant chocolate flavor... No, it's not a new dessert, it's the innovative diet snack—a healthy and tasty treat to help you keep fit at all times. We are proud to present yet another product of the Smart Food line, **Chocolate** and **Vanilla Shakes**.

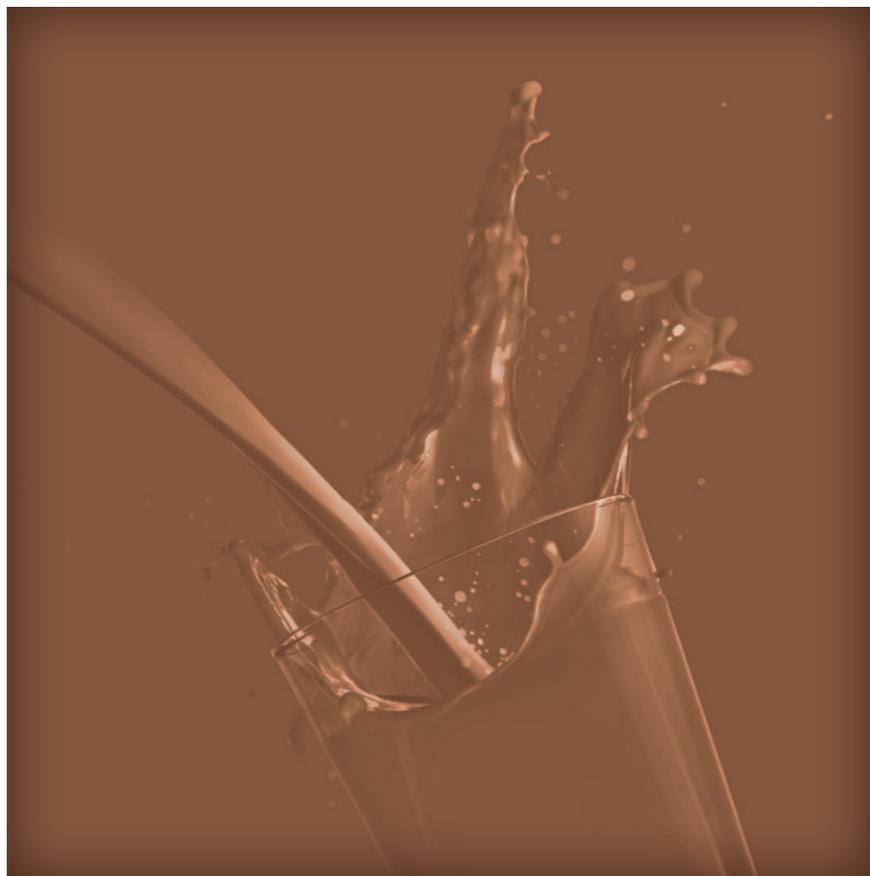
Healthy Habits for Healthy Lifestyle

The “wellness” concept has gained in popularity recently. However, this concept is much wider than one might think and covers not only healthy lifestyle. Wellness presupposes not merely being physically fit, eating healthy and balanced diet or caring of your appearance, but also living in harmony with oneself. Consequently, all “ingredients” of such lifestyle must bring joy, as they represent the appeal of the whole wellness philosophy: comfortable modern sports clothes and gear, spacious gym, light but tasty food.

Most of us still believe that being hungry, feeling sore in muscles and craving cakes and pastry are what it takes to have a perfect body. But actually this is exactly the worst approach ever. It might bear fruit, but torturing yourself and refusing some simple pleasures could lead to breakdowns and coming back to old habits one day. Scientists believe that unappetizing, yet healthy, food affects our emotional well-being and can cause apathy or even depression.

To provide for the steady result you have to fit healthy habits into your lifestyle. To develop and maintain healthy habits, they must bring joy and pleasure.





Dietary nutrition is one of the toughest habits to form. Cooking delicious but low-calorie dishes takes time, and quite often requires some exotic ingredients. By all means, fancy spring rolls or arugula shrimp salad would be perfect on your menu. But usually when we feel the sudden onset of hunger, all we can manage is a sandwich or tea with some snacks. After such guilty pleasures, we promise ourselves to start eating healthy food, until the next time.

It's even more difficult to have healthy snacks outside home. As a rule eating in cafés takes time, and "healthiness" of the food there is questionable. Natural yogurt and apples (our best friends on any diet) are good and wholesome, but boring. Also, a well-known fact, for better activity our brain requires glucose, so one thing leads to another, and here you go: coffee and chocolate instead of healthy nutritious snacks, and yet another promise to go back to healthy diet.

There is a great option: wholesome, filling and fast **Chocolate** and **Vanilla Shakes** from Vision, the best snack for your healthy diet.

They are as delicious as your favorite chocolate or creamy milk shakes, but not as high-calorie. Instead they contain a bunch of vitamins and useful nutrients.

TO PROVIDE FOR THE STEADY RESULT YOU HAVE TO FIT HEALTHY HABITS INTO YOUR LIFESTYLE. TO DEVELOP AND MAINTAIN HEALTHY HABITS, THEY MUST BRING JOY AND PLEASURE.

Weight-loss Myths Debunked

It's often the case that we can't lose weight not for the lack of will power, but due to believing into some of the most widespread myths about dieting.

☉ IF YOU TAKE SPORTS REGULARLY YOU CAN EAT ALL YOU WANT.

Actually, you won't start losing weight, until you introduce some food restrictions. You can still strengthen your muscles, but they will be covered by fat. How does a healthy body work? It gets calories and burns them. So if it burns fewer calories than it gets, the energy transforms into fat; while by spending more energy we burn calories, and consequently, lose weight. Sports increase appetite, but also—the calorie surplus. Also, our muscles need protein, and the body requires vitamins. Thus, strict diets are a really bad option. The best and most efficient weight-loss method is combining healthy diet with reasonable amount of sports.

☉ SNACKS ARE A SOURCE OF EXTRA KILOS.

Certainly, most dieticians advise against big gaps between meals and recommend having several snacks during the day. 5 to 6 meals per day are considered a norm, with gaps up to 4 hours. Surprising as it may seem,

this actually help eat less, than after a long break between meals. In reality, most overweight people eat 1-2 times per day, often having big meal late in the evening.

Healthy snacks can increase energy potential and improve stamina, but don't need to contain that many calories. **Smart Food Shakes** are perfect snacks: they don't take that much space and don't require any particular storage conditions, being easy to use.

Ideally, meals have to be taken at regular intervals and approximately the same time every day. That way your body would be able to adjust and prepare for food, which is good for digestion and assimilation of food.

☉ AVOIDING SWEETS TAKES THE WILL OF IRON.

If your daily diet is properly balanced, the craving for desserts will gradually disappear itself. It is determined by unhealthy nutrition in the first place. It is the lack of protein and slow-burning carbohydrates that pushes us towards yet another cookie. To avoid that, make sure you eat grains, legumes, lean meat and whole-grain bread and choose to snack on dairy products and protein cocktails, like **Chocolate** and **Vanilla Shakes**. You won't even notice, how you don't want any doughnuts and chocolate bars anymore.

Remember that most of the body energy should be supplied before 5 pm, otherwise in the evening hunger will provoke you to have some sweets.

Smart Food Shakes contain high quality bioavailable protein, which makes them great wholesome food choice. They help balance your diet, boost energy and reduce weight.



The Importance of Sports

What time of day is the most suitable for sports activities? Depends on the type of sports you've chosen.

- ☉ Yoga. Mornings after waking up, as yoga exercises invigorate and give an energy boost for the day.
- ☉ Aerobics. Before lunch. The best "fat-burning time" is a period between 10 am and 1 pm.
- ☉ Power training. After lunch but before dinner (between 4 and 6 pm), when the body endurance power is at its peak. You can have bigger lunch, if later you're going to have a power session
- ☉ Cardio. Evenings, but at least 2 hours before going to sleep

Fit to Any Taste

New shakes from Vision are also great, because you can create lots of variations based on them, be it a classic milkshake (if you add cow, goat or soy milk), or the base for a drink of your choice. The only thing that matters: healthy ingredients.

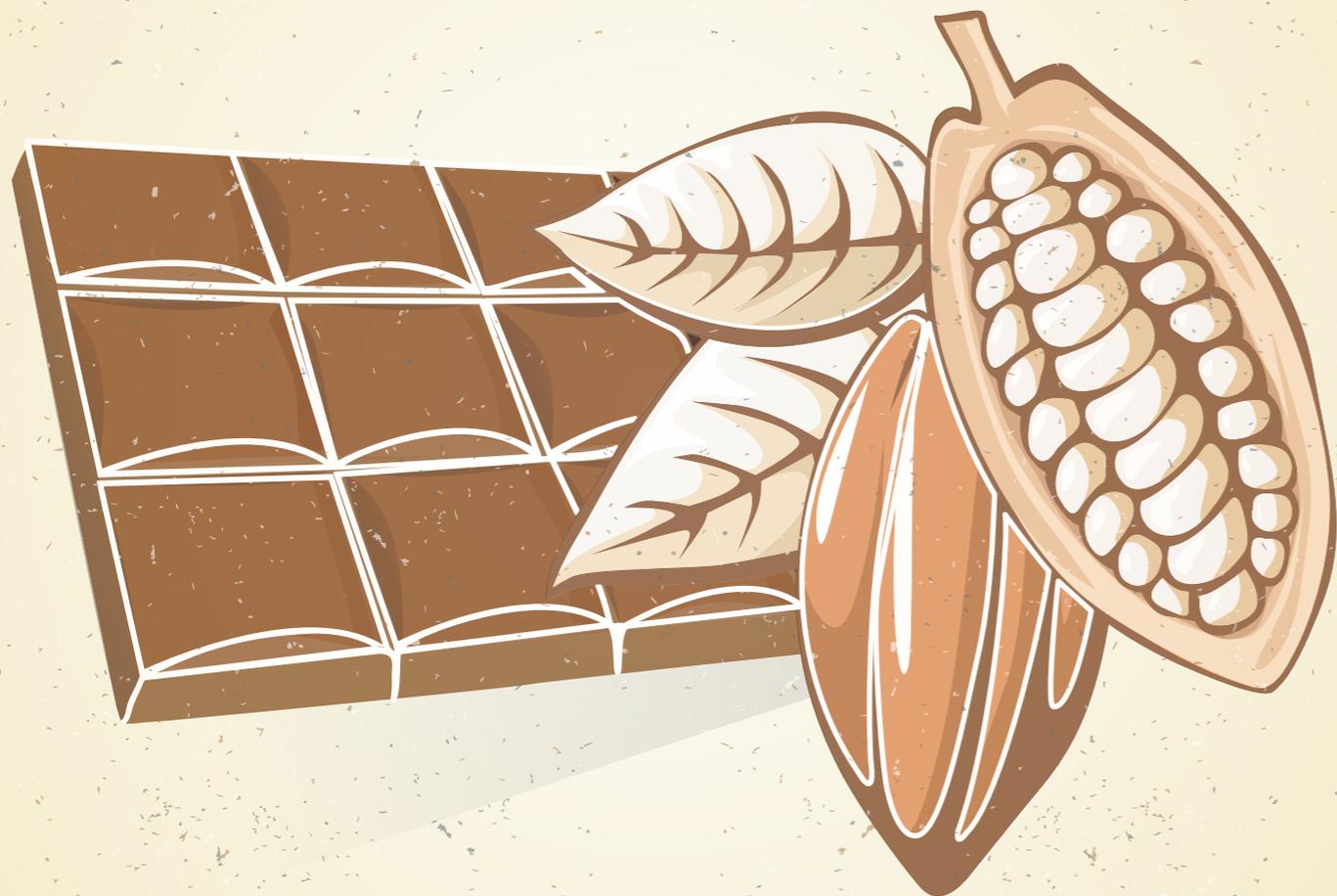
Chocolate Shake has a strong rich flavor, so it's better to add neutral ingredients to your drink.

Vanilla Shake has a delicate flavor, perfectly compatible with berries and fruit.

INGREDIENTS

- ☉ Bananas for good mood;
- ☉ Dates for work efficiency;
- ☉ Blackberry or strawberry for enhanced body defence and antioxidant function;
- ☉ Almonds against free radical damage and for youthful skin;
- ☉ Bran for clear vessels and cutting down "bad" cholesterol;
- ☉ Cereal flakes for better digestion and richness;
- ☉ Honey for strong immunity;
- ☉ Sesame seeds for strong nervous and cardiovascular function.

D4X My UnitDose®, Smart Food line pioneer, enhances the effect of **Smart Food Shakes** and shields the body from negative environmental impact.



Chocolate Milkshake Recipe:

- ☉ 1 **Chocolate Shake** sachet
- ☉ 1 cup skimmed milk
- ☉ ½ cup ground almond
- ☉ ½ grated chocolate bar

In a cup blend the contents of the sachet with milk into a uniform mass, whip in the Vision shaker, add grated chocolate and ground almond. Enjoy!

Vanilla Milkshake Recipe:

- ④ 1 **Vanilla Shake** sachet
- ④ half a banana
- ④ 1 tbsp agave syrup
- ④ 1 tbsp ground cinnamon
- ④ ¼ cup fresh or frozen blueberry
- ④ skimmed milk

In a cup blend the contents of the sachet with agave syrup, cinnamon and milk into a uniform mass, whip in the Vision shaker, add fruits and berries. Enjoy!

YOUR INDEPENDENT VISION CONSULTANT:

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