

Eat & Drink Your Way To The Top

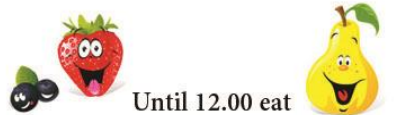
or how to increase **your energy (and income)** with smart eating & drinking

The principle is to eat as much raw and fresh food as you can. To eat little instead of much. To avoid all chemical foodstuffs. By combining your food wisely, you ease the digestion process and increase the energy level in your body, making you a healthier more energetic person. The shorter the digestion process is, the more energy you have and the more fats will be drained from your body. The longer the digestion process is, the more energy it takes, the less energetic you are and the more fat will accumulate in your body.

It's simple: [Excellent Food & Drinks](#) > [More Energy](#) > [Healthier](#) > [Better Life](#) > [Better Work](#) > [More Fulfillment](#)

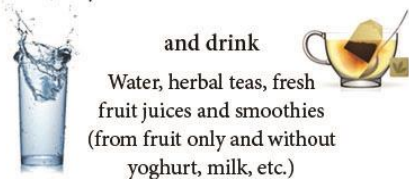


Tip: if you are used to eat solid foodstuffs (bread, muesli, yoghurts etc.) you will be hungry in the beginning when you have switched to fruits. So whenever you are hungry: eat more fruits, drink more water and tea. Within a couple of months you will be used to it and you will feel great.



Until 12.00 eat

Fresh fruit and fresh fruit only (as they are, juiced, or blended). Fruit on an empty stomach provides energy without consuming energy as **fruit** doesn't need to be digested. Until 12.00, the body doesn't want other food than fruit.



and drink

Water, herbal teas, fresh fruit juices and smoothies (from fruit only and without yoghurt, milk, etc.)

Tip: for great recipes you can visit

www.rawfamily.com/recipes

For more information about a healthy diet:

Victoria Boutenko
Anthony Robbins
Harvey & Marilyn Diamond (Fit for Life)

No

In general, **NO** processed food and drinks. They are usually stuffed with sugar, preservatives, colorings, sweeteners and flavorings. All damaging to health.

The following list is not complete but you'll get the idea:

- NO** milk, yoghurt, cheese.
- NO** vinegar, sugar, salt.
- NO** candy bars, ice-cream, chocolate, candy, cookies, cake, canned and store-bought (fruit) juices, soft drinks.
- NO** roasted and salted nuts, peanuts, cornflakes, muesli, cereals.
- NO** ready-made meals, canned and bottled foodstuffs and beverages.
- NO** coffee, alcohol, tobacco, drugs.

All these items are energy guzzlers



untill 12:00

4 hrs. digestion

Moderate accumulation of fats

You can do without meat. If you eat it, eat moderately. In sequence from OKAY to BAD:

1. Fish
2. Poultry
3. Red meat
4. Pork

Only combine these with vegetables and salads.

Never with bread, potatoes, rice, pasta, fruit, nuts or peanuts.



Between 12.00 and 20.00 eat

Fresh vegetables
Fresh salads

and drink

Water, herbal teas,
fresh vegetable juices

good food combination

good food combination

With a fruit and green vegetable diet, fats in the body are quickly drained

Snacks?

Raw nuts, peanuts & vegetables

Craving for sweet?

Raw cold-pressed honey

bad food combination

8 hrs. digestion

Heavy accumulation of fats

2 hrs. digestion

Moderate accumulation of fats

You can do without bread & pasta's. If you eat it, eat moderately. From OKAY to BAD:

1. Rice
2. Potatoes
3. Bread, Soya, Tofu
4. Pasta



Only combine these with vegetables and salads.

Never with fish, meat or fruit.

untill 20:00

Don't eat after 20.00. Your body doesn't want food after 20.00. Craving for something to eat anyway? Eat fresh vegetables.

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Gerard.Koolen@lugera.com

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YES: e-mail me

Gerard.Koolen@lugera.com

Gerard Koolen is Group Managing Partner at

Lugera – The People Republic.

