

Between 111 and 130kg (Women)  
or if you Weigh between 86 and 100kg (Men)

Choose from 'Sample Plan 1' or 'Sample Plan 2'  
throughout the course of your short-term Programme

- If you start on a Monday (for example) with 'Sample Plan 1', you are free to choose to use 'Sample Plan 2' on a Tuesday etc. etc., no need to stick to the same plan, every single day... but of course if one of the plans is more comfortable for you, you can stick to it every day 😊
- Naturally, these Nutritional Plans would work Best when you Exercise with 'A New, Better Life' at least 3 x week
- For any advice on these Samples, please contact our Graduated Nutritionist on our Exclusive – **Members Only Group** which you will be Invited to Join. Make sure to inform the Nutritionist on this same Private Group, if you need to send her a Personal Facebook Message
- For Faster and Better results, REMEMBER to post a photo of EVERYTHING that you are having on this same group, for Professional feedback and Accountability by the Nutritionist herself



## VERY IMPORTANT NOTES & GUIDELINES

- Always **remind the Coach of any injuries/medical issues that might affect your Sessions.**
- We have seen **Even more Amazing results** than usual, when members follow an **Intermittent Fasting (\*)** approach.

If Maltese is your Primary Language watch this video by Chief Coach, Matthaeus on how it's done >>>>

<http://bit.ly/FastingIntermittent>

**More Detailed Information** found at the End of this Booklet (\*)

- It is a **MUST** to **bring your own towel** and it is highly recommended that you **get your own mat.**
- If using one of the mats provided by A New, Better Life, please **place a towel on the mat** for your own hygiene and of the team-mates that will be using it after you.
- You can make use of **2 Sets of Showers, Toilets, Changing Rooms and Lockers!** One found in the 'Aquatic Centre' (Level -1) and the other in the 'Gym Area' (Level 0).
- **Book your Group Personal Training Sessions** (Those sessions happening within the upcoming 7 days)  
>> <http://bit.ly/ANBLbooksessions>
- **Having Trouble Booking?**  
Please Click on the following link for a Video in Maltese  
>> <http://bit.ly/bookingmalti>
- Please Click on the following link if **Maltese is not your Primary Language**  
>> <http://bit.ly/bookinganbl>
- **Book a 1to1 Video Call or 1to1 Voice call with the Nutritionist which will happen on Facebook Messenger or Whatsapp or Skype or Zoom ( as you wish )** >> <http://bit.ly/ANBLNutritionist>
- **Stretching** that we believe you should perform more of, at your own Home and Time >>  
<http://bit.ly/stretchinganbl>
- **Book events** (Such as Seminars, Professional Talks, Grocery Tours etc, organised by ANBL) –  
<http://bit.ly/ANBLEvent>
- **Body Weight and Body fat %** readings on the Scales will **ONLY be accurate BEFORE a session** (and if at least 2 hours have passed since having food or drinking more than 1 glass of water and/or had a shower / sauna.
- For any other **questions/comments**, please **ask your Main Coach – if not able to help**, please contact us on the **'Exclusive Members Only Group'** on Facebook.
- As soon as possible, Join the **Exclusive Members Only Group** on Facebook >>  
<https://www.facebook.com/groups/anewbetterlife>

## **Important Links for You as a 'A New, Better Life' Member**

**Book your UNLIMITED\* Group Personal Training Sessions** (Those sessions happening within the upcoming 7 days): <http://bit.ly/ANBLbooksessions>

### **Having Trouble Booking?**

Please Click on the following link for a Video in Maltese

>> <http://bit.ly/bookingmalti>

Please Click on the following link if Maltese is not your Primary Language

>> <http://bit.ly/bookinganbl>

**Website:** [www.anewbetterlife.com](http://www.anewbetterlife.com)

**E-Mail:** [info@anewbetterlife.com](mailto:info@anewbetterlife.com)

**SMS:** 99003909 (kindly avoid Calls as much as possible, unless the situation is **Very Urgent** as most of the time we are not in a position to answer calls).

**Our YouTube Channel full of Questions & Answers + Interviews with Chief Coach (Matthaeus Grasso) -** <https://goo.gl/LIUzdo>

**A New, Better Life - MEMBERS Only! – Facebook Group**

<https://www.facebook.com/groups/anewbetterlife>


\*\*\* We strongly recommend that you use the same USERNAME (or e-mail address) & PASSWORD for the accounts that you create with A New, Better Life so that remembering the details would be easier for you \*\*\*

Follow us on our Social Media Accounts for FREE Fun Fat Loss & Health + Fitness Lessons, Videos, Posts for You!

 [facebook.com/anewbetterlifemalta](https://www.facebook.com/anewbetterlifemalta)

 [@matthaeusgrasso](https://www.instagram.com/matthaeusgrasso)

 [@ANewBetterLife](https://twitter.com/ANewBetterLife)

 [A New, Better Life](https://www.youtube.com/A New, Better Life)

## Some Initial Nutrition Thoughts;

- The recommended daily intake for Non-Starchy vegetables is 3-5 portions. The most important thing to remember is to eat a variety of vegetables each day, as much as possible
- Some vegetables are carbohydrate sources (known as Starchy vegetables). These vegetables should be consumed in the right portions mentioned in your Sample Plans below, since they contain carbs and calories
  - Weight of meat is given for raw meat not cooked meat
- The following types of meat might not be very beneficial for Fat Loss: lamb, sausages, burgers (unless homemade and prepared with lean meat; see portion size above), salami and mortadella.
- Other food types, such as; butter, mayonnaise, pizza, pastizzi and other foods made with high fat pastry and cakes are also not beneficial.
- Extra light mayonnaise (1 teaspoon with each meal), mustard, soy sauce, mint sauce, Tabasco, Worcestershire sauce, Kraft fat free vinigarette dressing, balsamic vinegar, wine, cubes, sweeteners might also be considered instead of sugar, herbs and spices.
  - Tea/coffee/green tea throughout the day would not cause any harm to Healthy Individuals. ( unless a lot of milk and/or Sugar is added to them. Sugar is Ideally avoided at all costs).
- Oil ( such as Olive Oil) should preferably be drizzled fresh onto salad, instead of applied during the cooking/ heating process.
- Grilling/baking/boiling/microwaving is more beneficial for fat loss when compared to frying.

Sample Plan 1 (Eat the 4 Medium-Sized Meals mentioned here)  
or else go for 'Sample Plan 2' (if you prefer to eat 6 slightly smaller meals)

**MEAL 1 ( SNACK )**

**MOST RECOMMENDED >>**

FAGE Greek Yogurt (200g)  
+ 5 Walnuts

OR

**2<sup>ND</sup> MOST RECOMMENDED >>**

3 Eggs (Avoid Deep Frying)

OR

1 small cup of Milk (250ml) or Light Yogurt (300g) or FAGE Greek Yogurt (200g)  
+ 15 Almonds

OR

1 scoop Protein Shake mixed with 250ml of Water or Milk — **SMS the office on: 99003909 to have one ordered for you**  
+ 2 tbsp Peanut Butter

OR

1 Protein Bar **SMS the office on: 99003909 to have a small box ordered for you**  
+ 1 Smoothie (1 cup Green Leafy Vegetables + 1 cup Milk + 1 Banana + 2 tbsp Natural Peanut Butter)

OR

250ml Milk + 1 slice Whole Grain Bread + 2 thin slices of Avocado + 30g Cheese + 8 Almonds

OR

FAGE Greek Yogurt (200g) + 3 Rice Crackers + 3 tbsp Natural Peanut Butter

OR

FAGE Greek Yogurt (200g) + 2 tbsp Seeds + 20g of Raisins

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## MEAL 2 (PLATE OR LUNCH BOX)

180g of Veal / Chicken / Rabbit / Other Lean Meat

or 200g Tuna / Other Fish + 30g Cheese

(read further on in this booklet to get more ideas and information about this)

And

A Fist Size or more of Non-Starchy Vegetables such as spinach, cauliflower, broccoli

(read further on in this booklet to get more ideas and information about this)

And

1 tbsp Extra Virgin Olive Oil or Flaxseed Oil or Almond Oil or Walnut Oil

And

1 portion Starchy Vegetables of your choice (80g) such as Beans / Peas / Potatoes

(read further on in this booklet to get more ideas and information about this)

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## MEAL 3 ( SNACK )

Choose any of the Options from Meal 1 (Snack)

(Preferably do not opt for an option you already had earlier)

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## MEAL 4 (PLATE OR LUNCH BOX)

150g of Veal / Chicken / Rabbit / Other Lean Meat or 200g Tuna / Other Fish

+ Fist Size of Non-Starchy Vegetables such as spinach, cauliflower, broccoli

+ 1 tbsp Extra Virgin Olive Oil or Flaxseed Oil or Almond Oil or Walnut Oil

+ Starchy Vegetables (120g) or 2 Slices Bread or 120g Pasta or 120g Rice

+ 30g Cheese

(read further on in this booklet to get more ideas and information about this)

OR

220g of Lentils or 180g Chickpeas or 200g Beans

+ 60g Cheese

+ 1 tbsp Olive Oil or Flaxseed Oil or Almond Oil or Walnut Oil or Sesame Oil

+ A Fist Size or more of Non-Starchy Vegetables such as spinach, cauliflower, broccoli

(read further on in this booklet to get more ideas and information about this)

**Sample Plan 2 (Eat the 6 Slightly Smaller Meals mentioned here)**  
**or else go for 'Sample Plan 1' (if you prefer to eat 4 slightly bigger meals)**

### **Meal 1**

40g Oats **or** 40g Special K **or** 40g Cornflakes with 1 cup milk of your choice (Preferably Lactose Free **or** Skimmed Milk)

And

200gr FAGE Greek Yogurt **or** 500ml Almond Milk (or other LOW SUGAR Plan-Based Milk of your choice)

And

8 Almonds **or** 1 Tbspoon Peanut Butter

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### **Meal 2**

1 scoop Whey Protein – SMS the office on: 99003909 to have one ordered for you  
**or** 2 Whole Eggs + 1 Slice of Bread + 60g Cheese  
**or** 1 Protein Bar SMS the office on: 99003909 to have a small box ordered for you

And

1 medium Apple **or** Orange **or** Pear **or** 1 Grapefruit **or** 15 Sweet Cherries **or** 30g Berries

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### **Meal 3**

180g Chicken **or** 180g Fish **or** 180g Lean Beef **or** 180g Pork Sirloin

And

150g or more of Non-Starchy Vegetables such as spinach, cauliflower, broccoli  
(read further on in this booklet to get more ideas and information about this)

And

100g (1/2 cup) Multi-Grain Rice (COOKED) **or** 1 Medium-Sized (120g) Sweet Potato

And

1 Tablespoon Extra Virgin Olive Oil **or** Flaxseed Oil **or** Almond Oil **or** Walnut Oil

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## Meal 4 – Example A

250ml Skimmed Milk

And

3 tbsp Natural Peanut Butter or 50g Almonds or 50g Walnuts or 2 Tablespoons Pumpkin Seeds or 2 tbsp Sunflower Seeds

And

1 medium-sized Apple or 1 medium-sized Orange or 1 medium-sized Pear or 1 Grapefruit (240g) or 15 Sweet Cherries (120g) or 1 cup Berries (140g)

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## Meal 4 - Example B

1 large Can of Tuna (approximately 190g) (drain the oil/water) or 190g Fresh Fish

And

150g of Non-Starchy Vegetables such as spinach, cauliflower, broccoli

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## Meal 5

150g Chicken or Lean Beef or 170g Seafood

And

150g Non-Starchy Vegetables of your choice  
(read further on in this booklet to learn more about this)

And

1 Slice Bread or 60g Pasta or 60g Rice

And

30g Cheese

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## Meal 6

180g Red Kidney Beans or 160g Chickpeas or 200g Lentils

And

150g of Non-Starchy Vegetables such as spinach, cauliflower, broccoli  
(read further on in this booklet to learn more about this)

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## **List of Vegetables to add to most /all of your meals;**

2 cups of any one or more of the following vegetables:

Broccoli / Peas/ Lettuce/Onions/ Tomatoes/Artichokes/ Asparagus/ Garlic/ Kale/ Parsley/  
Pumpkin... **feel free to also try out different types of vegetables as well!**

## **THE RECOMMENDED LIST OF FOODS OR FOOD SUBSTITUTES TO YOUR PLAN;**

### **OPTIONAL CONDIMENTS TO ADD TO ANY OF YOUR FOOD:**

BBQ Sauce **or** Ketchup **or** Soy Sauce

(All of the above in limited amounts and preferably Light/ Extra Light types)

Pepper **or** Vinegar **or** Lemon Juice **or** Lime Juice **or** Cinnamon

(Even though you still need to watch out for the serving size, you are able to have more than the 'limited' amount for the previous list.)

### **DAIRY PRODUCTS:**

**1 serving of a Dairy Product equals:**

- 1 cup skimmed milk (250ml)
- 3 Tbsp. powdered skimmed milk
- 1 small cup of Milk (150ml-200ml)
- Light Yogurt (250g) preferably fortified with 1 teaspoon powdered skim milk
- FAGE Greek Yogurt (150g)
- Protein shake (30g) - **SMS the office on: 99003909 to have one ordered for you**

**CHEESE:** Low-fat spread cheese, soft cheeses (such as: Mozzarella) semi-hard cheeses, hard-cheeses.

**1 serving of Cheese equals:**

- 5 Tablespoons low-fat spread cheese **or** cottage **or** Skimmed ricotta
- 1 thin slice soft cheeses
- 2 cubic inches (30g) of semi-hard cheeses (such as: Cheddar, Provolone, Havati, Manchego and Swiss Cheese)
- 3 tablespoons (15g) grated hard-cheeses (such as: Parmigiano Reggiano, Pecorino Romana, Grana Padano, Gorgonzola)

## **EGG:**

### **1 serving equals:**

- 1 whole egg, 2 egg whites.

## **MEAT & MEAT PRODUCTS:**

Skinless poultry: Chicken, Turkey (preferably breast), Lean Veal, Rump, Sirloin, Striploin, Tenderloin Pork

Lean fish: cod, sea bream, grouper.

Blue fish: tuna, mackerel, herring, salmon.

Seafood: octopus, squid, oysters, clams, scallops, mussels.

### **1 serving equals:**

- 1 medium-sized steak (90g)
- 1 homemade burger (90g)
- 2 thick slices of lean meat baked (70g)
- ¼ skinless chicken (120g, bones included)
- ½ chicken breast (90g)
- 1 large fish filet (100g) **or** 1 medium bluefish (100g)
- 1 small can of tuna (80g)
- 1 small plate seafood (100g)

**NON-STARCHY VEGETABLES:** spinach, cauliflower, broccoli, lettuce, cabbage, tomato, eggplant, cucumber, zucchini, asparagus, fresh mushrooms, fennel, celery, artichokes, onion, turnip, carrots, beets, leeks, green beans, peppers, bean sprouts, green onions, hearts of palm.  
**... feel free to also try out different types of vegetables as well!**

### **1 serving equals:**

- 1 large plate of raw vegetables (250g)
- 1 plate of cooked vegetables (180g)

**STARCHY VEGETABLES:** Potatoes, Corn, Peas, Beetroot, Chestnuts, Pumpkin, Parsnip, Sweet Potatoes, Butternut Squash, Acorn Squash, Plantain.

1 serving equals:

- 1 cup Beetroot (120g)
- ½ cup Corn (60g)
- ½ cup Green Peas (70g)
- ¾ cup Parsnips (80g)
- ½ cup Plantain (50g)
- 1 cup Pumpkin (120g)
- ½ cup Sweet Potatoes (60g)
- 1 small or ½ cup mashed or ½ cup roasted White Potatoes (60g)
- ¾ cup Acorn **or** Butternut Squash (100g)
- ¼ cup Chestnuts (30g)

**FRUITS:** banana, grapes, apple, pear, orange, strawberries, cherries, blackberries, raspberries, apricots, grapefruit, watermelon, pineapple, peach, kiwi, tangerine, figs, dried fruits (raisins and dried apricots plums, apricots, peaches, figs, apples, nectarines, pears, grapes).

1 serving equals:

- 1 medium-sized fruit of your choice – Preferably choose fruit that is in Season (120g)
- 1 cup fruit salad (120g) made-up of: 1 mixed cup of strawberries, blackberries, cherries, raspberries.
- 1 medium slice of melon (140g)
- 1 medium slice of watermelon (200g)
- 3 dried apricots
- Approximately 15 raisins
- ½ glass of fresh fruit juice

**LEGUMES;**

1 serving equals:

- 3 Tbsp. raw legumes (beans, lentils, peas, soybeans, chickpeas)
- 1 breaded soy burger

## GRAINS/ CEREALS:

1 serving equals:

### ***Grain/ Cereal ideas for lunch or dinner:***

- 3 tablespoons (30g) oats, rice, wheat, corn, barley pearled raw (preferably whole grain), quinoa
- 3 tablespoons (30g) wheat germ **or** bran
- 1 small plate (100g) noodles **or** gnocchi
- 1 potato (120g) **or** medium sweet potato (120g)
- 1/3 can of corn or peas (130g)
- ½ cup Brown Pasta
- ½ cup Lentil Pasta

### ***Grain/ Cereal ideas for Breakfast or Snacks:***

- 1 Protein Bar – **SMS the office on: 99003909 to have a small box ordered for you**
- 2 slices of whole grain bread **or** light rye  
1 unit of pita bread
- 4 rice crackers (not cakes)
- ¾ cup unsweetened cereal flakes (corn, puffed wheat, rice, All Bran, Weetabix)
- 6 crackers (20g) (such as: Water Biscuits **or** Rice Crackers)

## FATS:

1 serving equals:

- 2 tablespoons oil (Recommended: soy, olive or coconut oil)
- 10 black olives
- 5 nuts
- 20 almonds **or** 20 hazelnuts **or** 20 peanuts
- 2 thin slices of avocado
- 3 Tbsp. seeds (flax, sesame, poppy, chia, pumpkin)

## DRINKS:

- Water,
  - homemade vegetable broths
  - BCAA's (Most Recommended for your Recovery from Soreness, to also replace lost Electrolytes and Mostly to help with Toning and Fat Loss – **SMS the office on: 99003909 to have one ordered for you**

## INFUSIONS:

- green, red **or** black tea,
- herbal teas, coffee (Avoid adding sugars)



### **The Daily intake of Multi-Vitamins and Omega 3's**

Being short on any vitamins can inhibit the ability to make Toning and strength gains. Research shows that **those who exercise regularly, tend to be low in critical vitamins and minerals, especially when on a calorie-restricted plan in order to Lose Body Fat.**

A sufficient intake of most vitamins can be achieved through a balanced diet; however, it is usually hard for a person to hit the exact amount of necessary levels. Health related problems have been linked with a lack/excess number of vitamins and minerals ingested during a prolonged period and not just by barely missing/exceeding the intake for a day/ few day.

When a person takes a multivitamin, he/she ensure that he/she is getting **adequate levels of these micronutrients, which is going to help support the ability to gain lean muscle tone and increase muscle strength.**

On the other hand, Fish or Plant Oil is an important source of the critical Omega-3 fatty acids, which enhances fat loss. But now, research also suggests **it's important for lean muscle toning, as well as supporting numerous health benefits.** The Omega-3 fatty acids are **essential** fats, meaning the body needs to get them **.Feel free to check this same research for yourself, by visiting the following links;**

<http://www.tandfonline.com/doi/abs/10.1080/02640419108729869#.Ute66Gv2-Gk>

<http://www.bodybuilding.com/fun/stack-it-scorch-it-how-to-build-the-perfect-fat-burner.html?mcid=face>

**Click here to ask us Questions >> <http://m.me/anewbetterlifemalta>**

**Click here if you would like to Order Multi-Vitamins >> <https://bit.ly/anblvitamins>**

**Click here if you would like to Order Omega 3's >> <https://bit.ly/anblomega3>**

## BCAA's and their effects during the day, especially during and right after a Session



The branched-chain amino acids referred to here, are **leucine, isoleucine and valine**. Of the three, leucine is the most critical, because science suggests it literally gets into the muscle and turns on the process of muscle protein synthesis (the development of Muscle Toning). Leucine has also been associated with the suppression of hunger in-between snacks/meals or when all the day's snacks have been consumed! **Furthermore, all these three BCAA's work together as an energy source. They are used by the muscles as a fuel source during intense Exercise.**

**The last thing we want during a fat loss journey, is to lose muscle tone.** Why? Because we want to have **an attractive physique** once most of the body fat is gone and because **LESS muscle tone would lead to LESS fat loss**, even in the early stages of journey. Furthermore, if the body does not have enough fuel, the workout would not be pulled off in a sufficiently effective manner.

**Nowadays, BCAA supplements also come in the form of powder, which when mixed water would turn into a very tasty liquid**, which do not add any unnecessary calories to your daily intake. **Also, BCAA drinks can be used as a 'water replacement' whenever the person feels like adding some flavor to the liquid consumed every day.** Even though these supplements can be bought off the counter from relatively certain nutrition shops, **we strongly suggest that you seek Medical Advice before consuming any kind of supplement.**

We never base the guidelines and knowledge that we share, based just on our own knowledge; instead **we always reference various credible and recent scientific research** that take place. Feel free to check this same research for yourself, by searching for the following studies / visiting the following links; <http://link.springer.com/article/10.1186%2F1550-2783-6-S1-P1?LI=true>

**Click here to ask us Questions >> <http://m.me/anewbetterlifemalta>**

**or Click here if you would like to Order BCAA's >> <https://bit.ly/anblbcaa>**

## **Protein Snack Bars – Low in Fat, Low in Sugar, Sufficient Protein!**



These are the Perfect Snack / Small Meal for you when you do not have any Food Prepared or if you feel like something Tasty which does Not come with the garbage of unhealthy Ingredients.

It is an excellent protein source wrapped in the flavors of cakes and chocolate. It is a good alternative to protein shakes or a high-quality supplement in your diet.

A small break in the big rush. You can quickly eat one if you grow hungry during a busy day.

Click here to ask us Questions >> <http://m.me/anewbetterlifemalta>

Click here if you would like to Order Protein Snack Bars >> <https://bit.ly/anblproteinbrownies>



## **Protein Meal Bars – Gluten-free - High protein content - Rich in dietary Fiber**



Thanks to its high protein and low sugar content this MEAL Replacement Protein Bar is a great choice to those Exercising regularly and trying hard to get a strong and tight body.

- No added sugar. Naturally occurring sugars Only

Besides, it fits perfectly in a balanced Eating Plan as well, such as for all of us trying to reduce Body Fat & Tone-Up!

Its practical size gives you the opportunity to take it with you anywhere! It fits easily in bags with different size, in your Cooler, in your Sports bag and even in your pocket, so it can be a super accessory for your daily meals. This MEAL Replacement Protein Bar is a great choice if you have a busy week and you want to have a bite on your way, or you sit next to your desk and you would eat something! Besides, you can eat it before or after any activities, for example Exercise, but you can take it with you to a Holiday / Weekend trip, too!

With its rich taste and tender texture, it is a true combination of a pleasant and useful treat! Try from the selection of different flavors below and take a bar with you anywhere!

**Click here to ask us Questions >> <http://m.me/anewbetterlifemalta>**

**or Click here if you would like to Order Protein Meal Bars >> <http://bit.ly/mealproteinbar>**



## Why and How can Aloe Vera be a Great Idea to Start with – Especially for Cleansing and to Aid the Removal of Bloating

Aloe contains 74 Highly Beneficial Nutrients in it and when especially taken first thing in the morning will help the body absorb most if not all the Beneficial nutrients found in your Eating Plan too.

An unhealthy gut is generally linked to weight gain. A healthy digestive system translates to proper metabolism of food and an optimal expulsion of waste from the body that helps in losing weight.

Due to it being a laxative, aloe vera juice is ideal for fighting water weight (bloating).

Has been found to help keep Cholesterol levels controlled too.

Aloe vera's fat burning abilities are credited to the presence of vitamin B, which converts the fat stored in the body into energy and aids weight loss.

However, it is important to keep in mind that one should not over exceed the consumption of aloe vera juice and have up to 100ml per day



Click here to ask us Questions >> <http://m.me/anewbetterlifemalta>

Click here if you would like to Order Aloe Vera >> <https://bit.ly/anblaloevera>

## Whey Protein, why can it help and why?

- **Especially as a Meal Replacement or as a Great way to beat Cravings and indirectly for Fat Loss**

**High protein, low carb, low calorie protein shake that assists fat loss.** Can be used by both men and women who are either targeting fat loss or looking to maintain a lean physique, year-round. Diet Whey is also suitable for Vegetarians.



36g of quality protein per serving, the protein derives from multiple sources giving you a variety of proteins that release into the blood stream at different stages which offer that drip feed effect of amino acids.

Furthermore, as Diet Whey only contains 6g carbs per super serving and less than 200 calories, it is really macro-friendly & could fit into anybody's nutrition plan; whether you're carb cycling, following a ketogenic (keto) diet or just looking for something tasty that's low in calories, Diet Whey is the perfect option. If this wasn't enough, Diet Whey also

delivers Flaxseed, CLA, L-Carnitine and Green Tea Extract which all support fat loss.

**Click here to ask us Questions >> <http://m.me/anewbetterlifemalta>**

**or Click here if you would like to Order Whey Protein Shake (available in different flavours) >> <https://bit.ly/anblwheyprotein>**

## **Digestive Enzymes, why they can help and why?**

- Especially suitable if you Experience any Gas / Bloating / Upset Stomach / Acid Reflux during or after meals.**

When we eat a meal, the requirements for digestive enzymes become a high priority. It's well known that our digestive enzyme production decreases with age, but many large meals can cause our body's enzyme making machinery to work overtime and often is still unable to produce and meet the demand for complete digestion.

Digestion always takes precedence over nearly everything else so many body functions requiring metabolic enzymes are often shortchanged during these times. This deficiency can lead to mal-absorption, poor nutrition, and many digestive problems such as bloating, gas pains and a compromised gut ecosystem.

Digest-ALL® contains enzymes that are plant based.

This supports digestion and reduces our need to produce digestive enzymes, allowing our body to manufacture the metabolic enzymes needed to operate efficiently. Finally, the unique proprietary blend of ginger, peppermint and triphala in Digest-ALL® sets a soothing, comfortable, and balanced stage for the total digestive process, and is vegetarian-friendly.



**Click here to ask us Questions >> <http://m.me/anewbetterlifemalta>**

**or Click here if you would like to Order Digestive Enzymes >> <http://bit.ly/anbldigestives>**

## **ProBiotics, why they can help and why?**

- **Enhances nutrient absorption and supports immune function. It delivers active, healthy and beneficial bacteria**

The latest in scientific advancements and new, clinically studied probiotic strains.

Designed to promote a healthy digestive system, includes FloraActive—a range of beneficial probiotic strains from Copenhagen University Hospital, a leader in the gastroenterology field.



- Soy and allergen-free
- Vegetarian friendly
- Gluten free
- Probiotics Can Help Prevent and Treat Diarrhea
- Probiotics May Reduce the Severity of Certain Allergies and Eczema
- Probiotics May Help Boost Your Immune System
- Probiotics May Help You Lose Weight and Belly Fat

Click here to ask us Questions >> <http://m.me/anewbetterlifemalta>

or Click here if you would like to Order ProBiotics >> <http://bit.ly/anblprobiotics>

## **Volt – Electrify Your Day**

Probably The strongest Fat Burner you can legally get your hands on in the UK. This is the Ideal Addition to your 3 or more times a week of 30-minute Exercise Sessions and Eating according to your Eating Plan.

100% natural ingredients

Here is a quick look at the benefits of each one:

### **GREEN TEA**

Acts as an antioxidant. Improves brain function and aids weight loss.

### **CHROMIUM**

Helps regulate cholesterol.

Boosts energy and helps to break down carbohydrates.

### **GUARANA SEED EXTRACT**

Anti-oxidant. Reduces mental and physical fatigue. Improves weight loss. Helps with pain relief and improves the skin.

### **KOLA NUT SEED EXTRACT**

Helps to boost energy and metabolism. Aids digestion and has anti-bacterial benefits.

### **MACA ROOT EXTRACT**

Helps to boost energy and endurance. Improves your mood and reduces blood pressure. Increases libido and fertility.

### **GINSENG**

Reduces inflammation. Helps with brain function and boosts immune system. Reduces tiredness and boosts energy. Helps reduce blood sugars.

### **VITAMIN B2 (RIBOFLAVIN)**

Helps to break down carbs, proteins and fats. Maintains the body's energy supply and reduces fatigue and tiredness.

**Directions** It is suggested that 1-3 capsules per day are taken in one serving. Advice is to take it 30-45 minutes before your Exercise Session as long as you are trying in the Morning / Afternoon.

If Exercising in the evening, please consume these 1-3 capsules in the Morning / Afternoon to ensure these do not interrupt with your sleep.

**Click here if you would like to Order Volt >> <https://bit.ly/anblvolt>**



## **CLENZ – To Cleanse / de-toxify your body after weeks/months of unhealthy eating**

Following days/weeks/months of eating ‘unusual’ food, your Body and would truly benefit from a Deeper Clean, to get rid of the Toxins and Bad Bacteria amongst others that don’t do you any good.

That is where the The 5-day **CLENZ** detox to help you reboot your digestive system, comes in place. High in healthy fibre and rich in nutrition boosting plants, coming from the following Ingredients;

### **PINEAPPLE**

Rich in vitamins and enzymes which boost the immune system and strong bones along with aiding digestion.

### **NETTLE**

May reduce inflammation, hay fever, blood pressure and reduce blood levels which will help with cravings.

### **PEPPERMINT**

Helps with digestive upsets, headaches, and migraines. Improves energy; fights bacterial infection; aids with menstrual cramps.

### **FENUGREEK**

Controls the appetite, lowers blood sugar levels, may reduce cholesterol, and helps with inflammation.

### **PHYSILLIUM**

Soaks up water in the gut, makes your regular, and promotes good digestive health.

### **PRUNE**

High in potassium, iron and vitamins. Help with the Building of muscle and bone. High in fibre, reduces cholesterol and blood sugar.

### **GINGER**

Anti-oxidant, prevents stress and damage to DNA. Helps reduce high blood pressure, fights disease and good for the lungs.

### **MORINGA**

Has 7 times more vitamin C than an orange and 12 times more potassium than a banana. Contains amino acids and protein to help build lean muscle.

### **DANDELION**

High in anti-oxidants and aids weight loss, helps with inflammation and promotes a healthy liver, reduces cholesterol, blood pressure and blood sugar levels. Is highly nutritious and helps support gut health.

**It is Suggested to** Take just 50ml every morning (using the measuring cup provided) throughout the Cleansing Period. Once open, keep refrigerated.



Mind

builds

sugar

**Click here if you would like to Order Clenz >> <https://bit.ly/anblclenz>**

## **ZETO – Burn Body Fat during the Day and Even whilst you Sleep**

Helps your body get into ketosis easier & faster, so that keep burning fat, during the day and even whilst you sleep.

Ideal also for those who follow an Intermittent-Fasting approach, as these can be taken DURING a fast to INCREASE the Benefits of Fasting even more.

**100% natural ingredients. Here is a quick glance at the main benefits of each one:**

### **BHBs**

Helps to turn your body into fat-burning mode. Helps with reducing inflammation and protect muscle.

### **MCT OIL**

Aids weight loss, provides instant energy, boosts brain function, anti-fungal and promotes good bacteria in the stomach.

### **ACACIA**

Provides pain relief, reduces body fat, lowers cholesterol, helps with IBS, controls blood sugar and helps with oral health.

### **PASSIFLORA**

Helps with anxiety and sleep.

The chemicals in passionflower have calming, sleep inducing, and muscle spasm relieving effects.

### **CHAMOMILE**

Lowers blood sugar, reduces inflammation, helps with sleep and relaxation.

**Directions:** Take 1-3 Capsules per day. For Optimal Use, it is recommended to take 2 before Bed and 1 Capsule upon waking-up.

**Click here if you would like to Order Zeto >> <https://bit.ly/anblzeto>**





## **X-trim Instant Coffee**

Dubbed the “Most Powerful Coffee ever designed” and 2020 Product Champion.

A 3 in 1 action coffee, that is a Coffee like no other, as it packs in it:

**- *Slimming Effects***

**- *Carb Cutting Cravings***

**- *Ketosis in the Body***

So it's the expected High Quality Arabica bean taste, but now with an unrivalled multi action to meet your nutrition goals.

100% natural ingredients. Here is a quick glance at the Ingredients and their main benefits of each one:

### **LOTUS LEAF**

Reduces blood sugar level and breaks down fat.

Protects the heart, blood vessels, liver, brain and skin.

### **GREEN TEA**

Maintains a healthy circulatory system, detoxifies and helps with healthy skin.

Improves brain function and lowers cholesterol.

### **GINSENG**

Increases energy levels, improves brain function, lowers blood sugars and boosts the immune system.

### **GARCINIA CAMBOGIA**

Enhances your mood, reduces stress, aids weight loss, reduces appetite and reduces inflammation.

### **GUARANA**

Rich in anti-toxins, reduces fatigue, improves your focus and also promotes weight loss.

### **WHITE KIDNEY BEAN**

Fights insulin resistance, enhances your energy levels, is a starch blocker and reduces abdominal fat.

### **BHB SALT BLEND**

Helps to turn your body into fat-burning mode. Provides an energy boost along with reducing inflammation and muscle protection.

**Directions:** Take one sachet of coffee ( ideally in the morning, especially if you are 'Intermittent Fasting' for added benefits). 1 bag of X-TRIM Coffee contains 14 individual sachet (you are free to take 1 sachet at one go, or split the sachet over as many cups of coffee as you please, like 2-3 cups of coffee)



**Click here if you would like to Order X-TRIM >> <https://bit.ly/anblxtrim>**



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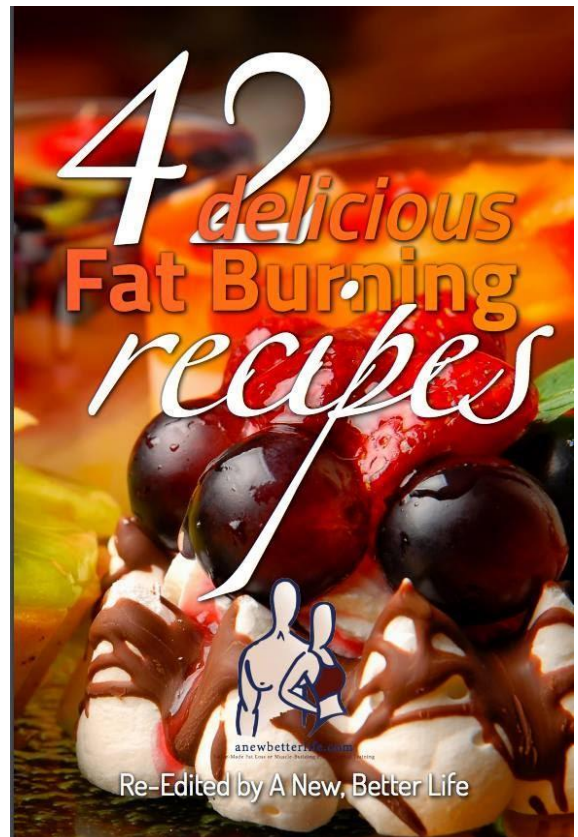
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**Share the love! :)**

## **What is Intermittent Fasting? Is the same as Starving? Is it Good For me?**

– Intermittent Fasting is a technique where you fast for a period of time and then you eat for a certain period of time and you cycle these periods... this is called 'Intermittent Fasting'. Starving means NOT eating, this is different cause you start Eating Later and Stop Eating Earlier, but STILL you eat all the meals in the day.

– The type of intermittent fasting that Most have found to work best for Shaping-Up and Looking Great by losing body fat and maintaining muscle is 16/8 intermittent fasting. That means that you fast for 16 consecutive hours ( 8 of which you should be asleep ) and you eat all the Meals and Snacks during 8 consecutive hours, each day.

- When you are Fasting you Should still have drinks that have Zero Calories ( like Black Coffee, Black Tea, Still and Sparkling Water).. So having Milk and/or Sugar or Sweetners with your drinks will take you Out of the Fast.

– When you fast you burn more calories and fat. What's interesting is that a particular study found that when you finally eat after fasting the activity of many of these Fat Burning genes are increased even further.

– Research also suggests that fasting provides numerous health benefits, such as lower cholesterol and triglyceride levels, higher HDL (good) cholesterol levels and even greater longevity (Yes you Live Longer and Better if you Control your Eating Time Windows). One study also found that intermittent fasting in men increased red blood cell and hemoglobin levels in the blood.

– One study in men during Ramadan found that the men lost no muscle mass with this form of IF (fasting during the day and eating only between sunset and dawn), yet lost a significant amount of body fat.

– Is it good for me? ... What I can tell you from the Studies above, PROBABLY... BUT, be prepared because the first few days trying this out will be Challenging, as you transition from eating every few hours to fasting for 16 hours ( again, 8 hours of which you would be sleeping at night).

- How does Matthaeus Grasso do it? Matthaeus normally stops Eating and Drinking Calories at 8PM, then he has Meal 1 at 12PM (Noon) of the Next Day and he consumes all the Food he needs for the day between 12PM (Noon) and 8PM.

Need more information? >> [\*\*A simple GOOGLE search will help a lot\*\*](#)

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