



Introducing:

Body Changers Special 1

- ✓ Decrease in your craving for "junk foods"
- ✓ Target those trouble areas (waist, hips, thighs)
- ✓ Increase Energy
- ✓ Boost Metabolism
- ✓ Extremely Fast Acting



Welcome to Mii Gourmet's **'Body Changers Special Plan'**; the ultimate short-term diet plan offering a simple, sensible and satisfying approach for rapid weight loss.

The Body Changer Diet is designed for those who have a significant amount of weight and/or body fat to lose. **You eat good for five (5) days in a row then have a free eating day where you can eat less sensibly than normal enjoying the foods you may have missed during the previous five (5) days.**

By following the seven (7) points of the plan you should be able to lose excess body fat and lower your body weight, by at least 20 pounds (and often more) in a two-month period.

The **'Body Changers Special Plan'** includes a month's supply of the best nutritional supplement essentials to see your body change pound after pound.

Body Changers Supplements – 1 month supply

- | | |
|----------------------------------|----------------|
| 1 Nitro ² Max™ 3.9 lb | 1 Energy Plus™ |
| 1 Hoodia Plus™ | 1 Fiber Plus™ |

Seven (7) Point Body Changer Plan

Supplements are used as follows during the 5 diet days depending on the amount of weight you need to lose:

If you need to 10 - 20 lbs

1. ASAP after you wake up in the morning for breakfast. Nitro²Max™ 1 scoop with 8 oz non-fat milk (300 calories) or water blend with ice (177 calories).

Hoodia Plus™ -1 capsule upon rising
Fiber Plus™ - 2 capsules with breakfast

2. Two (2) hours after breakfast have a nutritional snack to help satisfy hunger (about 120 Calories) 1 medium size whole fruit or 1 cup raw vegetables and take:

Energy Plus™ - 1 capsule

3. 30 minutes before lunch

Hoodia Plus™ - 1 capsule

4. For Lunch eat a sensible nutritious, balanced meal (about 500 Calories) or Nitro²Max™ 2 scoops with 8 oz non-fat milk (475 calories) or water blend with ice (357 calories) and 200 calories of your favorite healthy food.

Fiber Plus™- 2 capsules with Lunch

5. Two (2) hours after lunch have a nutritional snack to help satisfy hunger (about 120 Calories) 1 medium size whole fruit or 1 cup raw vegetables and take:

Energy Plus™ - 2 capsules

6. 30 minutes before dinner

Hoodia Plus™ - 1 capsule

7. For Dinner eat a sensible nutritious, balanced meal (about 500 Calories) or Nitro²Max™ 2 scoops with 8 oz non-fat milk (475 calories) or water blend with ice (357 calories) and 200 calories of your favorite healthy food.

Remember deciding to take the step to lower your body weight has tipped the weight loss scales in your favor. So forget about any past diet failures. Decide now, who you want to spend your free eating day with and what you would like to eat. Reward yourself for progress, not perfection, and focus on the improvements you see in the mirror and how your clothes fit. The pounds will soon follow.

Make sure you exercise regularly 30 minutes every day to help increase weight and fat loss. If you have a day where exercising is a bit difficult to fit in take the stairs. Simply walking upstairs for 10 minutes achieves more calorie burn than walking for 40 min. Find someone to exercise with you, it will make your weight loss goal more enjoyable in attaining and help you reach your target weight faster with someone to encourage you along the way.