

The NuLean for Life Diet

How to be healthy, fit and lean for the rest of your life!



There are many ways to lose weight. To lose weight and create a healthy, fit and lean body is another story. The *NuLean for Life Diet* will assist you lose weight and create a healthy, fit and lean body for life.

After doing the *NuLean One Week Diet* it is important that you continue to cleanse your body, not only for the purpose of keeping weight off, but to achieve optimum health. Here's how to do it.

First and foremost, you must eat the right foods.

Generally speaking there are two types of food: alkalizing foods and acidifying foods. Simply stated, alkalizing foods help create an alkaline environment in your body. Acidifying foods promote an acid environment. The more “acid” your body is, the less healthy you will be. An acid body is a body that is susceptible to many diseases including cancer. An acid body also promotes inflammation, which is a major component of obesity. Unfortunately, the “American diet” promotes an acid body. It is one of the reasons why obesity and disabling diseases are so prevalent in America.

An alkaline body is a healthy body. The reason for this is that most diseases cannot live in an alkaline body. Alkalizing foods also help reduce inflammation and promote weight-loss. The "perfect" diet would be one that is about 75% alkalizing foods and 25% acidifying foods. However, if you just generally try to eat as many alkalizing foods as possible, you will be doing your body a great service. At the bottom of the page, there is a complete list of alkalizing and acidifying foods.

Another important aspect to maintaining a healthy body is having a diet rich in antioxidants. Antioxidants counter-act the effects of free radicals in the body. Free radicals can be very damaging, and help contribute to certain diseases.

The *NuLean One Week Diet*, with its proprietary blend of herbs and proteins, was designed to create an alkaline body. Now that you have done the One Week Diet, your goal is to *maintain* an alkaline body. It is important to know what foods to eat (and avoid) in order to accomplish this.

For good health (and weight-loss) the 'must avoid' foods are sugar, white flour, deep fried food and corn syrup.

THE NULEAN FOR LIFE DIET

After doing the *NuLean One Week Diet* continue to take two **Quick Burn Capsules** each day (one in the morning, one at night) until the bottle runs out.

EXERCISE

There is no better way to burn calories and boost your metabolism than to exercise. Exercise is also an important factor in creating an alkaline body. Continue to exercise twenty minutes or more a day. This can simply be a light walk. Remember, daily light exercise is better than strenuous exercise one to three times a week.

MAINTENANCE DIET

Each morning have a **NuLean Protein Shake**. Whey protein is one of the few proteins that are not acidic. The NuLean shake is an alkaline shake that will give you a hardy dose of protein to start each day. Protein is essential for weight-loss and energy.



Each morning also drink an 8oz glass of **NuLean Next Generation Greens**. The greens will promote an alkaline body, as well as provide antioxidant power. Each serving of the **NuLean Next Generation Greens** will provide you with five servings of 32 fruits and vegetables!



Feel free to have a glass of *NuLean Next Generation Greens* anytime during the day to quench your thirst or if you have a craving to eat something sweet.

For lunch and dinner try to avoid processed foods. A salad with plenty of greens is good. As much as possible, stay with a low calorie diet of fish, chicken or turkey with a salad and or lightly cooked vegetables.

After three or four weeks of doing the *NuLean for Life Diet*, if you want to lose more weight, you may again to the *NuLean One Week Diet*. This cycle can be repeated as necessary.

Continued...

Eat as many alkalizing foods as possible.

ALKALIZING FOODS INCLUDE:

VEGETABLES

Garlic
Asparagus
Fermented Veggies
Watercress
Beets
Broccoli
Brussel sprouts
Cabbage
Carrot
Cauliflower
Celery
Chard
Chlorella
Collard Greens
Cucumber
Eggplant
Kale
Kohlrabi
Lettuce
Mushrooms
Mustard Greens
Dulce
Dandelions
Edible Flowers
Onions
Parsnips (high glycemic)
Peas
Peppers
Pumpkin
Rutabaga
Sea Veggies
Spirulina
Sprouts
Squashes
Alfalfa
Barley Grass
Wheat Grass

Wild Greens
Nightshade Veggies

FRUITS

Apple
Apricot
Avocado
Banana (high glycemic)
Cantaloupe
Cherries
Currants
Dates/Figs
Grapes
Grapefruit
Lime
Honeydew Melon
Nectarine
Orange
Lemon
Peach
Pear
Pineapple
All Berries
Tangerine
Tomato
Tropical Fruits
Watermelon

PROTEIN

Eggs
Whey Protein Powder
Cottage Cheese
Chicken Breast
Yogurt
Almonds
Chestnuts
Tofu (fermented)

Flax Seeds
Pumpkin Seeds
Tempeh (fermented)
Squash Seeds
Sunflower Seeds
Millet
Sprouted Seeds
Nuts OTHER
Apple Cider
Vinegar
Bee Pollen
Lecithin Granules
Probiotic Cultures
Green Juices
Veggies Juices
Fresh Fruit Juice
Organic Milk (unpasteurized)
Mineral Water
Alkaline Antioxidant Water
Green Tea
Herbal Tea
Dandelion Tea
Ginseng Tea
Banchi Tea
Kombucha

SWEETENERS

Stevia

**SPICES/
SEASONINGS**

Cinnamon
Curry
Ginger
Mustard
Chili Pepper
Sea Salt

Miso
Tamari
All Herbs

ACIDIFYING FOODS INCLUDE:

FATS & OILS

Avocado Oil
Canola Oil
Corn Oil
Hemp Seed Oil
Flax Oil
Lard
Olive Oil
Safflower Oil
Sesame Oil
Sunflower Oil

FRUITS

Cranberries

GRAINS

Rice Cakes
Wheat Cakes
Amaranth
Barley
Buckwheat
Corn
Oats (rolled)
Quinoi
Rice (all)
Rye
Spelt
Kamut

Wheat
Hemp Seed Flour

DAIRY

Cheese, Cow
Cheese, Goat
Cheese, Proc-
essed
Cheese, Sheep
Milk
Butter

**NUTS & BUT-
TERS**

Cashews
Brazil Nuts
Peanuts
Peanut Butter
Pecans
Tahini
Walnuts

**ANIMAL PRO-
TEIN**

Beef
Carp
Clams
Fish

Lamb
Lobster
Mussels
Oyster
Pork
Rabbit
Salmon
Shrimp
Scallops
Tuna
Turkey
Venison

PASTA (WHITE)

Noodles
Macaroni
Spaghetti

OTHER

Distilled Vinegar
Wheat Germ
Potatoes

**DRUGS &
CHEMICALS**

Chemicals
Drugs, Medicinal

Drugs, Psyche-
delic
Pesticides
Herbicides

ALCOHOL

Beer
Spirits
Hard Liquor
Wine

**BEANS & LEG-
UMES**

Black Beans
Chick Peas
Green Peas
Kidney Beans
Lentils
Lima Beans
Pinto Beans
Red Beans
Soy Beans
Soy Milk
White Beans
Rice Milk
Almond Milk

Doctor recommended
NuLean

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