

Nutritionally Yours May Newsletter

"We must be the change we wish to see"
-Ghandi



SUMMER IS COMING!

Ready, set...summer! While June is the official month that summer begins, many start a "summer kick off" on Memorial Day with barbecues, pool or beach parties. However you celebrate the start of summer, do so with confidence. Picture yourself wearing all of the clothes you want to this summer, albeit tank tops, short shorts, miniskirts, summer dresses, bathing suits or for the guys out there... imagine feeling confident without your shirt!

Having put that thought in your mind, now you may be wondering a couple of things, one how do I achieve such confidence especially with summer right around the corner and two, with all the summer parties and events coming up, how do I keep my weight and diet under control? At *Nutritionally Yours*, we have created a Spring into Shape Program for \$99 that suits any individual seeking answers to those two questions. We have developed a menu consisting of breakfast, lunch and dinner options designed with the right combination of proteins, healthy fats and complex carbohydrates to help satisfy your appetite while you burn excess fat and shed unwanted pounds. We have also created a snack list containing our favorite low calorie and tasty snacks.

So now, you find yourself at a summer party and all around you you see hot dogs, burgers, sausage, chips and dips, pina coladas, cosmopolitans, margaritas, beer, wine, cheese, ice cream...now what? Don't despair. At *Nutritionally Yours*, we will share with you our tips for surviving summer parties. We will teach you what foods to choose and what foods lose. You will learn what drinks are highest in calories and what drinks you can consume that won't pack on excess pounds.

We will provide you with awesome recipes for dips, burgers, salads and more. We will show you how to reduce calories from your favorite summer foods, in ways that you will find taste great.

Call *Nutritionally Yours* today at (732) 335-1800 and let this be the summer you shed your winter clothes with confidence. Let this be the summer you enjoy the most. Let this be the summer that sizzles!!!

Nutritionally Yours,
Christine and Suzanne

P.S. For those of you who are not local, we can send you menus, snack lists, tips via e-mail and are available for phone consults. For more information visit us on the web at www.NutritionallyYoursllc.com.