



Zeomineral *Bossberry*

Dietary supplement containing green coffee and raspberry extract

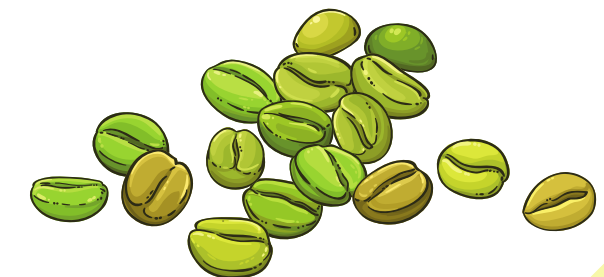
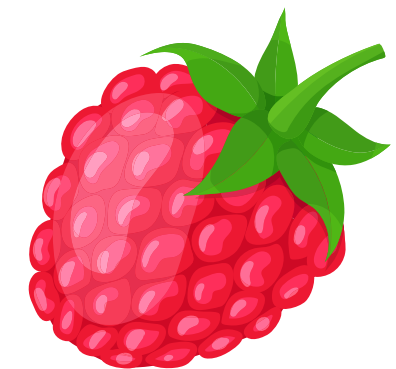
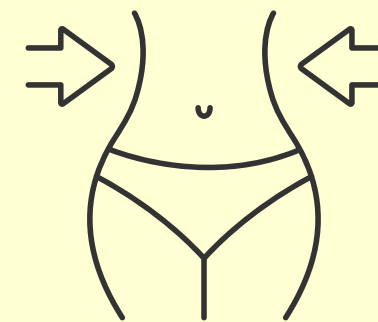
Bossberry:

- With calorie-burning ingredients that stimulate weight loss and metabolism.
- With active ingredients that regulate blood sugar and hormone levels.
- With extracts to help build muscle and break down fat.

A regular and a vegetarian diet were put together for effective weight loss.

Daily dose: 3x1 capsules

Packaging: 90pcs





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Active ingredients:

- **Chlorogenic acid:** Green coffee extract- accelerates metabolism, plays an important role in "starting" weight loss. Essential for biosynthesis, it prevents the rapid release of glucose.
- **Raspberry Ketone:** Raspberry Extract- enhances adiponectin release and excretion. Adiponectin is a protein hormone that plays a regulatory role in several metabolic processes, including the regulation of the breakdown of glucose or fatty acids.
- **Bromelain:** a protein breakdown enzyme found in pineapple that helps digestion. It is also a powerful anti-inflammatory.
- **Vitamin C:** It occupies the same receptors in cells as glucose, which is often fattened. An important function is that before glucose can release the hormone signals of fat-building in the liver cells, it is blocked by vitamin C molecules.
- **Urzolic Acid:** Rosemary extract - regular consumption of which increases the weight of two calorie-burning tissues, muscle and brown fat. Supports healthy body fat levels. Improves cardiovascular function. It keeps your blood sugar level normal.





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The basis of successful weight loss is a well-thought-out diet. It's not enough to simply lose the extra kilos; you need to be able to maintain your weight. You want to lose fat, not muscle, during weight loss. Muscles give shape to the body, it is important to keep them. To do this, keep your carbohydrate and fat intake low and increase your protein intake. Vitamins and quality supplements are also essential to the diet used to achieve the desired weight. Eat several times a day, at least 4-5 times, preferably smaller portions. Incorporate a midmorning and mid-afternoon snack into your diet.

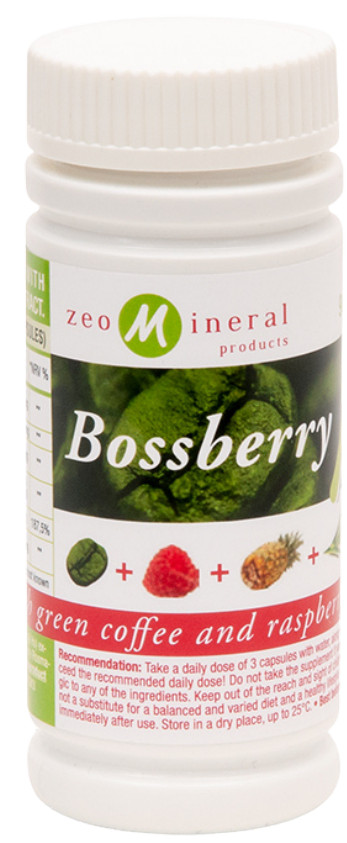
- Breakfast should always include vegetables or fruit. In this case, you should eat no more than one slice of bread, preferably wholemeal.
- Fruits can be added to the diet for the midmorning snack.
- For lunch, soup and vegetables are ideal. If both, split 50-50.
- Meat, side dishes, preserves, and salads can be eaten for snacks. Natural fried meat is best, you can have any garnish except fries. You can also eat a small portion of preserves, pickles and salads. If you don't have diabetes, any preserve is good, even sugary, just don't drink the juice. For salads, the dressing should not be oily or greasy and should contain as little cheese as possible.
- Dinner can be almost anything, but mostly mid-afternoon snack-like dishes are recommended. Dinner must be taken 3 hours before bedtime. Consume at least 2-2.5 litres of sugar-free liquid, mainly water or mineral water, but real, sugar-free juices and teas are also suitable.

<p>day 1</p> <p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>fried egg (on a little oil) from 2 eggs, 1 slice of rye bread, 10 g of tomatoes, Zeomineral Lava or Magma one apple diced, mixed with 125 g of Greek yoghurt tomato soup with grilled chicken breast and Greek salad 1 slice of sugar-free cereal bar, Zeomineral Lava or Magma 4 slices of rye crispbread, low-fat cow's cheese (seasoned), 3 pickles</p>
<p>day 2</p> <p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>Cinnamon porridge, Zeomineral Lava or Magma 5 almonds, a small handful of nuts vegetable soup with a slice of roast (10-12 g) cabbage salad 2 pieces of Alga-choc Dark, Zeomineral Lava or Magma Onion vinegar salad made of 2 boiled eggs and a medium potato</p>
<p>day 3</p> <p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>3 slices of thinly sliced ham, 1 slice of rye bread with cottage cheese cream, 100 g of tomatoes, Zeomineral Lava or Magma A glass of diet fruit yogurt broccoli cream soup with a slice of steamed fish fillet with garden salad and 50 g mozzarella cheese 3 oat biscuits, Zeomineral Lava or Magma fat-reduced cow cheese with green spices, a slice of rye bread</p>
<p>day 4</p> <p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>1 low-fat diced cheese, 1 sausage with a slice of rye bread, mustard, Zeomineral Lava or Magma 3 pieces of nuts, a handful of student treats 150 g fried sausages with braised purple cabbage 3 pieces of bran biscuits, Zeomineral Lava or Magma 2 poached eggs, 4 slices of rye crispbread, cucumber</p>
<p>day 5</p> <p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>2 small slices of toasted rye bread with tuna salad, Zeomineral Lava or Magma 1 pear, 2 pieces of dried plums green pea vegetable sauce thickened with oatmeal with a fried egg 3 slices of rye crispbread, Zeomineral Lava or Magma small portion of grilled chicken breast, walnut salad</p>
<p>day 6</p> <p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>scrambled eggs with 2 eggs, 1 slice of rye bread, Zeomineral Lava or Magma 3 oatmeal biscuits, 1 apple cabbage soup with steamed chicken liver with mushroom rice sliced vegetables with diet dip, Zeomineral Lava or Magma grilled fish slices, Caesar salad</p>
<p>day 7</p> <p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>fruity porridge, Zeomineral Lava or Magma small handful of nuts vegetable soup with tomato pasta and basil 2 pieces of Alga-choc Dark, Zeomineral Lava or Magma zucchini or mushrooms stuffed with low-fat meat and rice</p>

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Diet - Week 1





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Vegetarian diet with Bossberry



The basis of successful weight loss is a well-thought-out diet. It's not enough to simply lose the extra kilos; you need to be able to maintain the weight. You want to lose fat during weight loss, not muscle, because muscles give shape to the body, it is important to keep them. To do this, keep your carbohydrate and fat intake low and increase your protein intake. Vitamins and quality dietary supplements are also an essential part of the diet used to achieve the desired weight.

Nutrient balance is also important in a vegetarian diet. They should pay particular attention to adequate intake of proteins, omega-3 fatty acids, iron, zinc, calcium, vitamin D and vitamin B12, as by cutting out meat and animal products may eliminate the most nutrients needed by the body. The replacement of missing nutrients can be done on the one hand by consuming artificially prepared foods produced for vegetarians (plant-based milks, fortified foods, food supplements) and on the other hand by consuming certain fruits and vegetables more consciously. Soy is one of the most useful supplements in a vegetarian diet. It covers protein requirements with efficiency similar to animal proteins, and some products also contain oils needed to make omega-3 fatty acids. However, in addition to soy, other beans and legumes are also useful to cover protein intake. In addition, they have the great advantage that they can be bought fresh according to the season. The vegetable oils needed to make omega-3 fatty acids are found in the highest proportions in flaxseed, hempseed, rapeseed and walnut.

It is advisable to consume these in larger quantities so that the body can make sure that the right amount of fatty acid is produced from them. The most critical nutrient is vitamin B12, which is obtained by consuming adequate amounts of dairy products and eggs, however, vegans may need to use dietary supplements in this case. Dinner must be taken 3 hours before bedtime.

Consume at least 2 to 2.5 litres of sugar-free liquid daily, primarily water or mineral water, but real, sugar-free juices and teas are also suitable.

<p>day 1</p>	<p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>2 small slices of toast (bran or rye bread), cheese (vega), bell pepper, Zeomineral Lava or Magma a small handful of walnuts and green tea potato and broccoli cream soup with vegetable sour cream and mushroom mince 3 pieces of bran biscuits, Zeomineral Lava or Magma green peppers stuffed with rice and tofu, a carrot, a wholemeal bun, a glass of soy or almond milk</p>
<p>day 2</p>	<p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>eggplant cream with 2 small slices of toast (bran or rye bread), Zeomineral Lava or Magma 2 oat biscuits, nettle tea two thin slices of pizza from whole wheat flour, vegan cheese, a mug of green lettuce salad with oil-vinegar dressing 6-7 grains of almonds, Zeomineral Lava or Magma Ratatouille with brown rice</p>
<p>day 3</p>	<p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>a bran bun with fried celery cream made and vegan butter, Zeomineral Lava or Magma 2-3 bran biscuits, nettle tea a bowl of vegetable soup mushroom stew with millet 2 pieces of Algae-choc Dark, Zeomineral Lava or Magma 1 slice of toast, sliced vegetables dipped in vegan yoghurt seasoned with green spices</p>
<p>day 4</p>	<p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>porridge, Zeomineral Lava or Magma 3-4 dried plums a small portion of tomato soup with oven-baked lentil balls on a lettuce bed 3-4 walnuts, Zeomineral Lava or Magma zucchini stuffed with mushrooms and rice, almond or soy milk</p>
<p>day 5</p>	<p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>100 g tofu scrambled eggs, a multi-seeded bun, Zeomineral Lava or Magma 1 apple, lemongrass tea cabbage soup, pasta made from wholemeal flour with vegan cheese, tomatoes, spinach and basil leaves 6-7 almonds, Zeomineral Lava or Magma oven-baked cauliflower with vegan cheese and cream</p>
<p>day 6</p>	<p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>a bowl of porridge made with soy milk, Zeomineral Lava or Magma sliced carrots and celery with vegan yogurt dip spring lentil soup sweet potato balls made with maize grits with rucicola on the side 2 pieces of Alga-choc Dark, Zeomineral Lava or Magma a vegan burger in wholemeal bread rolls with lettuce, tomatoes, onions and cucumbers, a glass of soy milk</p>
<p>day 7</p>	<p>Breakfast Midmorning Lunch Mid-afternoon Dinner</p>	<p>2 small slices of rye bread with fresh tomato and carrot cream, Zeomineral Lava or Magma 2 bran biscuits, a glass of vegan yogurt vegetable soup and vegan chili beans 1 sugar-free cereal bar, Zeomineral Lava or Magma 150 g layered eggplant with vegan cheese, a bran bun</p>

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Vegetarian *diet Week 1*

