VS Model Diet

- *4-5 small meals a day*
- *45+ minute workout*
- *Aim for organic/plant based foods*

Morning Start: full glass of water with lemon 15-20 minutes before breakfast

Breakfast options:

- -Egg and avocado toast
- -1/4 oatmeal and 1 cup of water with choc protein powder, blueberries, and almond butter

Snack options:

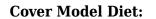
- -Apples
- -almond and strawberries
- -RX bars

Lunch/Dinner:

A protein and a healthy fat +veggies

Cover Model Diet

D Siedentop



Cover Model Diet Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Cover Model Diet**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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