



Proper Nutritional Foods (Non-Cellulite Building)

The foremost goal in choosing foods is for their nutritional value rather than taste alone. Healthy food can be delicious and satisfying, and offers lots of ways to customize to your preferences.

Emphasize proper nutritional foods:

Milk (fresh or powdered)

Yogurt

Eggs

Fresh fish and/or chicken and/or fowl

Meat (6 oz. per day)

Unsalted nuts (only unsalted, and in moderation, I recommend 1 oz. per day)

Whole grain bread and/or cereals (no preservatives added)

Wheat germ

Soybeans

Dried peas, beans and lentils

Brown rice (1/2 cup)

Dried fruits

Pure natural honey

Fruit and vegetable juices (fresh, 4 oz. per day)

Fresh fruit: strawberries, honeydew, cantaloupe, other berries
(other fruits are ok too, but try to keep to 1-2x/day, 1 piece)

Fresh vegetables: carrots, beets, tomatoes, avocados, broccoli, mushrooms, peas, red and green peppers, spinach, cabbage, lettuce, artichokes, celery



Nubod Concepts Salon
151 West Branch, Suite D
Arroyo Grande, CA
carol@nubodconcepts.com

805.481.7000
Call for free initial consultation

www.EndermologieCentralCoast.com