

Eitses

This research paper was published by the world renown nutritionist and dietetician George Kun, returned recently from a study and research trip on Northern USA lifestyle and eating habits. The information contained herein may be helpful in providing nutritional and lifestyle tips on how to become and look like a "Real American".

Acest studiu a fost publicat de dieteticianul de renume international **George (Gyuri) Kun**, intors recent dintr-o vizita de documentare si cercetare a dietei comune americane, in partea nordica a Statelor Unite ale Americii. Informatiile furnizate in aceasta publicatie pot servi ca o sursa accelerata de documentare la cum sa devii si sa arati ca un American adevarat.

1. Hrana solida pentru micul dejun, prinz si cina.

Solid Foods for breakfast, lunch and dinner.



2. Hrana lichida.

Hidratati-va cu cel putin 8-10 pahare de Coca-Cola pe zi, si in plus oricind va mai e sete.

Get hydrated by consuming daily at least 8-10 glasses of Coke, and more, whenever thirsty.



Rezultate Garantate:

Bazat pe diferite metabolice personale, virsta si strictetea aderarii la acest regim, rezultatele individuale pot varia (nota autorului)

Results are guaranteed, as illustrated in the following pictures. (Individual results may vary, based on age, metabolic rate and degree of adherence to the suggested solid and liquid diet)



Full Back Quarterback







Not
in the Driver's Seat

The trunks are not what they used to be...nor are the kids





Water melon inside

