I’m Hungry. Now What?

How to Eat Like a Human Animal.

Angela Shurina
Eating for Health, Weight Loss and Extreme Sexiness Made Easy.
As it was designed to be.

By Angela Shurina
Dedication.

To all the confused searching for THE DIET:

to eat healthy
to ALWAYS be fit and sexy
to enjoy life AND food.

Healthy, Sexy, Fit AND Happy?
Possible?
Yes.
Promised land is out there for you to discover.
So you are human. Now what?
I’m Hungry!!!

Duh!
What do I eat?
I’m Hungry!!!
… I also want to look good in jeans…or without.
… I want to have lots of energy and feel good. Always!
A problem.
Almost impossible to solve these days.
Unhealthy-by-default world.

Unhealthy choices are easy.
Healthy choices make you go an extra mile.
What do I eat?!
I’m still hungry!!!
You are a Human Animal.
You have a planet-made body.
**Eat things planet-made, avoid lab-made (made by men in a lab) crap in a bag.**
Do what other animals do. Simple.

**Check.**
**Fruits, vegetables – planet-made. Eat.**
**Meat, fish etc. – planet-made. Eat.**

**Crap, that comes in a bag, and lab-made.**
**Stay away from it!**
Make lots of space between you and the crap.
Potentially dangerous for your life!
Not everything planet-made can be eaten by a human animal.
How to choose?
Eat it.
Does it taste good?
Does it smell good?
Does it feel good when you eat it in your stomach/body?
Does it give you energy?
Do you feel good few hours after?
Cooking is GREAT!

Use lots of planet-made foods.
Avoid lab-made crap in a bag as much as possible while cooking.
You are good to go!
Eat.
Enjoy.
Live Long and Prosper!
**Bonus tip for Wanna-Be-Super-Fit-And-Sexy.**

Eat, when you are hungry. ONLY!
Chew well.
Eat slowly.

Eat so much, that you are ready to get up and run, if a lion happened to be near and started chasing you.

Do NOT eat like, if you were a bear, getting ready to hibernate for winter right after your meal.

**The END**