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## *Feminine Diet*

Do you idolize the fit, thin, beautiful women you see around you? Do you crave the lean yet curvaceous look of glamorous celebrities? Being an adorable Gym Bunny will only get you so far, you need a girly, feminine diet to really take your curvy body to the next level.

Your Feminine Diet reminds you to choose the granola for breakfast and order the salad for lunch. You will soon find yourself craving low calories, and feeling nauseous and gross just being around a deep fryer. Gentle suggestions like, avoiding red meat and craving vegetables will have you ordering the low-fat Latte at the coffee shop and the grilled fish platter before you know it.

Learn how to find the proper motivation to give yourself the body you have always dreamed of having. Know what tastes better than french fries? Skinny.

- ✧ Knowing that fatty, red meat makes me feel bloated and unconfident.
- ✧ Knowing my friends and family will be proud of my healthier lifestyle choices.
- ✧ Feeling proud to fill my refrigerator and cabinets with low calorie foods.
- ✧ Ordering only water at restaurants and low calorie drinks at the bar.
- ✧ Carefully counting my calorie intake every day.
- ✧ Feeling beautiful and successful in front of my friends and family whenever I order a healthy meal.
- ✧ Using every opportunity to showcase how girly I am whenever I eat.
- ✧ Always feeling attractive whenever I receive my light, healthy entree.
- ✧ Knowing that all sweets are filled with disgusting refined sugars and butter which will make me feel unwanted and disgusting.
- ✧ Feeling nauseous when I imagine myself eating oily, disgusting deep fried food.
- ✧ Remembering to only drink water and zero calorie drinks.
- ✧ Knowing that eating anything with high fat content will make me feel uncomfortable and unloved.
- ✧ Feeling sexy and cute whenever I eat small healthy snacks throughout the day.
- ✧ Loving the texture and crunch whenever I eat fresh vegetables.
- ✧ Feeling ashamed and unsexy whenever I eat any fatty or fried foods.
- ✧ Knowing I look disgusting and unapproachable whenever I eat red meat.
- ✧ Knowing that I will be happier whenever I prepare and eat healthy meals.
- ✧ Always choosing the same meals as the beautiful women I love to idolize.



- ✧ Always skipping the gross red meat on every menu I read.
- ✧ Remembering that eating leafy green vegetables will help me gain the feminine body that I have always desired.
- ✧ Preferring my meals grilled or baked over fatty and fried.
- ✧ Never using too much butter or oil in my cooking.
- ✧ Feeling sexy and girly whenever I reduce the amount of sugar and salt in my diet.
- ✧ Fantasizing about all the compliments I will receive from sexy strangers on my beautiful, new body.
- ✧ Always staying away from onions and garlic so that I will not have stinky breath while flirting with hunky strangers.
- ✧ Knowing that my sexy lovers will be turned on by my healthier, more feminine body.
- ✧ Always chewing minty gum whenever I have uncomfortable food cravings.
- ✧ Always starting every meal with a salad.
- ✧ Feeling sexy and confident whenever I eat a healthy meal.
- ✧ Fantasizing about my lovers uncontrollable lust when they see my sexy, curvy figure.
- ✧ Feeling overcome with joy whenever I lose weight.
- ✧ Keeping my portions small and healthy and feminine.
- ✧ Intuitively knowing small, frequent meals will make me feel less hungry and happier with myself.
- ✧ Knowing that the sexiest strangers at all of the popular places that I love to go to will only pay attention to me if I have a lean, seductive, curvy figure.
- ✧ Instinctively drinking water whenever I am hungry.
- ✧ Only ordering my coffee with skim milk.
- ✧ Only using fresh and healthy ingredients in my cooking.
- ✧ Always careful to check the calories and fat on every food product I consider buying.
- ✧ Flaunting my feminine curves to every sexy stranger I pass by on the street.
- ✧ Interested in trying new diet fads to slim my waist.
- ✧ Obsessed with achieving my perfect girly waistline.
- ✧ Intuitively knowing that my feminine diet will lead me to my perfect body.
- ✧ Feeling happy and fulfilled whenever I choose not to eat dessert.
- ✧ Feeling gross and uncomfortable whenever I consider eating fattening cakes and cookies.
- ✧ Intuitively knowing that eating sweets and salty snacks will keep me from becoming the beautiful girl I know I am.
- ✧ Feeling unloved and hating myself whenever I fail to choose the healthiest item on the menu at my favorite restaurant.
- ✧ Feeling powerful and in control whenever I make my own healthy meals.



- ✧ Knowing that red meats and fattening foods are manly and unattractive.
- ✧ Buying low calorie, nutritious snacks whenever I go grocery shopping.
- ✧ Only comfortable buying the food products my feminine diet recommends.
- ✧ Remembering to drink protein shakes and smoothies whenever I get hungry.
- ✧ Knowing that I look the cutest whenever I am eating a feminine meal.
- ✧ Always chatting with my adorable girl friends about my newest diet.
- ✧ Keeping up to date on the newest feminine diet trends.
- ✧ Following my favorite health food celebrities on social media.
- ✧ Imitating the sexy girls I love to idolize whenever I try their diets.
- ✧ Always reacting emotionally and becoming upset whenever I am forced to eat gross fried and fatty foods.
- ✧ Always careful to moderate how much I am eating.
- ✧ Always feeling too full whenever I try to finish a meal.
- ✧ Always skipping any desserts I am offered.
- ✧ Feeling like the sexiest person in my group of friends whenever I choose the lighter meal.
- ✧ Wanting my friends to give me compliments on all the progress I have made with my girly diet.
- ✧ Fantasizing about all the attention I will get when my trendy diet starts to reshape my body.
- ✧ Fantasizing about wearing cute girly outfits on my healthy, lean body.
- ✧ Knowing that I will not look good in feminine clothing if I choose to eat unhealthy foods.
- ✧ Knowing sexy strangers will think I am gross and disgusting if I finish everything on my plate.
- ✧ Feeling nauseated whenever I see greasy or oily food.
- ✧ Feeling good whenever I eat a light, girly breakfast.
- ✧ Feeling gross and ashamed whenever I snack at night.
- ✧ Needing to eat vegetables with every meal.
- ✧ Fantasizing about showing off my cute new body in my tightest and girliest outfits.
- ✧ Fantasizing about having the perfect sexy beach body each and every day.
- ✧ Needing to be cute and delicate whenever I eat in front of my hunky lover.
- ✧ Feeling uncomfortable and gross whenever I am forced to eat manly meals.
- ✧ Preferring to be a vegetarian whenever possible.
- ✧ Only using low calorie dressing on my salads like all my cute, girly, friends.
- ✧ Knowing that my hunky lovers will only like me if I eat feminine foods and drink girly drinks.



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- ✧ Knowing that I can achieve my perfect seductive look as long as I diet like the beautiful woman I love to idolize.
  - ✧ Feeling accomplished and proud whenever I reach my feminine diet goals.
  - ✧ Loving the attention I get whenever I share my diet progress with my friends and family.