

ORGANIC vegetables in our plates

VEGAN FOOD, I FEEL GOOD



Organic

↳ 100% NATURAL
naturally cultivated,
without any chemical
or pesticides

↳ Happy nature!

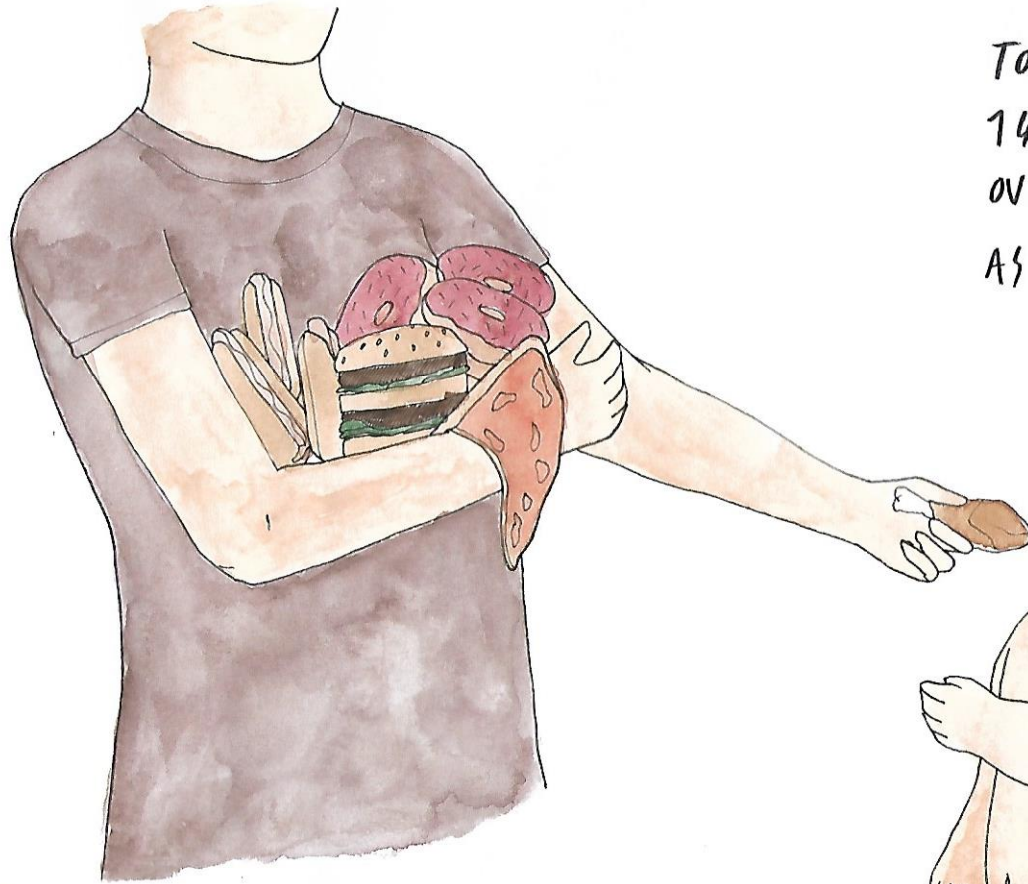
Think about your health!

↳ vegetables bring
a lot of vitamins
to your body,
they give you energy!

bring colours to your plates

↳ vegetables have
a lot of different colours

↳ you can use this array
of colour to make
nice plates!



TODAY IN THE USA
14% OF ALL CHILDREN ARE
OVERWEIGHT AND 8% ARE CONSIDERED
AS OBESE.

THE MAIN REASON OF IT
IS THAT THE PARENTS
GIVE A BAD FOOD
TO THEIR CHILDREN.

SO, DO SOMETHING!

YOUR CHILDREN
DON'T NEED JUNK
FOOD!



107 Santa Monica Boulevard
Los Angeles, California
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wefightobesityorganisation.org

That costs less than 10 \$...

But do you know why?

This hamburger tempts you to buy it? But how it was prepared? With what ingredients?

- 40% of beef PIZZLES and beef FAT
- 15% of industrial tomatoes
- 10% of other vegetable
- 15% of industrial cheese
- 20% of industrial bread



This donut tempts you to buy it? But how it was prepared? With what ingredients?

- 50% of sugar
- 25% of butter
- 20% of oil
- 5% of other substances



Do you REALLY think that your body needs that?



^{You} **EAT**
JUNK FOOD?

OR **HEALTHY**
FOOD?

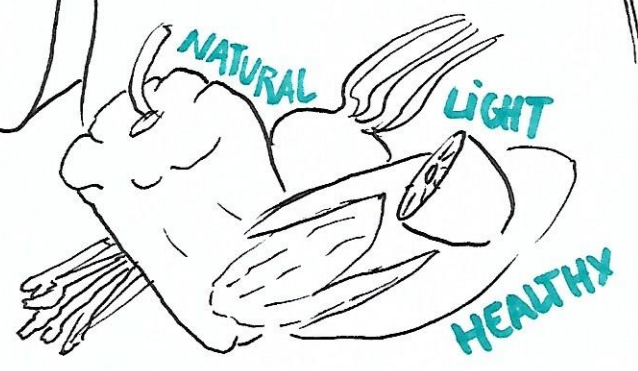


flat food



FAT

SUGAR



NATURAL

LIGHT

HEALTHY

WHAT DO YOU WANT TO
LOOK LIKE ?

HEALTHY BREAKFAST (10min)

You need: one banana, blueberries, oatmeal, yogurt 0% fat, cinnamon, honey.



In a big bowl, add the blueberries with the yogurt. **Mix** it with oatmeal and honey. **Cut** a banana in slices and sprinkle with cinnamon.

Have a good day!

MADE IT BY MYSELF

EASY BULGUR (15min)

You need: 200 gr of bulgur,
2 carrots, parsley, chive,
50 gr of feta cheese in cubes
and lemon.



Boil the bulgur in hot water,
chop the carrots in thin
slices, and chop the
parsley and the chive.
Mix it all with lemon juice and
feta cheese.

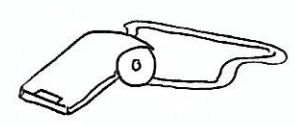
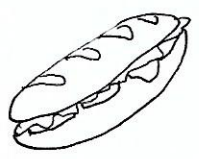
Enjoy your meal!

MADE IT BY MYSELF

Clemence
PROVOST

Get Healthy!

a brand new type of life style



you can start
NOW

Why wait? Get our magazines, download our application, visit our web site! We developed all the possible ways to feel better than ever. Your health is our **PRIORITY**. We give our best to help you forget the fastfoods or all those useless diets. With us, get healthier simply and playfully!



your very own
COACH

with the Get Healthy app, get in contact with one of our loyal coaches who will guide you in your new life style by giving you the best advices and tips to find food that's the best for you, to get rid of bad habits, and even to give you some sport exercises to feel way better, healthier, and get confident with your body. Our goal is to make you **LOVE YOURSELF!**

Provide yourself the means of
CHANGE