

NOTE: This is a ChatGPT translation from the original version written in Serbian, so there could be some flow issues. Original is below, so if you are a Serbian speaker scroll down to review it.

Why Meal Plans Don't Work, PLUS a Better Lifelong Solution for Self-Improvement and Nutrition.

I really nicely rhymed this title.

But, without keeping you waiting, let's get right into it.

MEAL PLANS DON'T WORK, and I'll explain why in just a moment.

But first, let me ask you:

Do you want to look and feel better, be healthier, have more energy, and finally change your life for the better?

Are you ready to step-by-step transform your habits from within to become the best, most valuable, happiest, and most successful version of yourself?

If that's you, then keep reading, because in the following, you'll learn:

Why meal plans don't work

What's preventing you from achieving fitness and realizing your dreams

The key to healthy eating supported by sustainable habits for a lifetime

How proper (or improper) nutrition affects your life

Here's what's happening:

When you decide to follow a certain food chart day by day, there are two possible outcomes:

You can't stick with it because those foods, habits, and logistics are completely opposite to you. You revert to your old ways, or
You manage to stick with it for a while, and either succeed or fail to achieve results, after which you revert to your old routine – the only thing you're familiar with.

In any case, changing everything at once is difficult, and giving up everything that's currently your choice and transitioning to something completely different is challenging, usually involving a lot of sacrifice, tasteless food, and principles you don't understand.

That's why meal plans don't work in practice.

They're often made for someone else, not for you. What works and brings results for someone else doesn't necessarily work the same for you.

That's why you still feel insecure about your body, constantly attempting to achieve visible and lasting results through various restrictive diets and exercises, which seem to be lacking visible results regardless of the effort you put in.

And to be honest, you'll never look and feel better, you'll never become one of those ambitious, successful, healthy, and positive fit individuals full of energy unless you completely change your approach to fitness.

I might sound blunt, but I want you to succeed, which is why I'm trying to explain that if you keep persistently trying the same old thing that hasn't yielded any results, hoping that somehow this time it will magically turn out differently, you're just wasting time, money, and nerves...

The biggest problem is that every failure discourages you more and more, and it's only a matter of time before you finally give up on yourself and your dreams.

I can't allow that, which is why I created NUTRIMIZE.ME.

And now you're probably thinking, "What is this NUTRIMIZE.ME? How is it miraculously different from those infamous and ineffective meal plans?"

I understand your skepticism, especially after all those failed attempts.

And it's not just another revolutionary and magical meal plan that's somehow revolutionary and magically different from all previous plans ever made.

It's something more, NUTRIMIZE.ME is actually the key.

The key to achieving a healthy balance in your diet, supported by sustainable habits for a lifetime, and that's a healthy and whole life without exhausting diets and starvation.

BECAUSE A HUNGRY PERSON IS MUCH BETTER OFF IF I GIVE THEM A FISHING ROD AND TEACH THEM TO FISH, RATHER THAN GIVING THEM SEVERAL READY-MADE MEALS THAT LEAD TO EVEN MORE CHAOS WHEN EATEN.

THIS IS THE TRUE COMPARISON OF NUTRIMIZE.ME TO MEAL PLANS!

It's the only correct approach to nutrition, primarily focused on priorities related to eating hygiene, healthy choices, organization, and most importantly, IDENTITY CHANGE.

You become what you consume, and if you consume junk, your body becomes junk, your mind becomes junk.

Your energy, mood, strength, ability, productivity... everything depends on and starts with the food you eat.

And that's why NUTRIMIZE.ME helps you achieve that identity change through the food you eat, which extends to all areas of your life, whether at work, school, gym, field, or with family...

And don't think I'm exaggerating; proper nutrition truly has such an effect.

Just imagine where you would be today if you've always eaten properly – how much more you would have achieved, how much more advanced you would be, primarily mentally, and then physically, in work, and in life in general.

Don't regret it if you haven't, because now you have the opportunity to rectify that.

You don't fulfill your dreams by waiting. It's time to take control of your health, energy, and future.

Now you can choose whether to finally opt for the path of discipline, success, and progress, or if you'll remain on the current path of comfort that prevents you from realizing your full potential and might, in the end, cost you your dreams.

The decision is yours.

[Click here to get NUTRIMIZE.ME](#), your key to a healthy and successful life.

WITHIN NUTRIMIZE.ME, YOU'LL RECEIVE:

UNDERSTANDING FOOD AS FUEL AND BUILDING MATERIAL – how we expend and incorporate food, what we need to know about macronutrients, where vitamins and minerals are found

E-BOOK ON VITAMINS AND MINERALS – their involvement in processes, food sources, how to recognize early signs of deficiency/excess, and everything else you need to know

PRIORITIZATION LIST AND BASICS OF HEALTHY EATING – the most crucial part of NUTRIMIZE.ME that emphasizes important eating habits along with an easy way to incorporate them without struggle and sacrifice

APPROXIMATE FOOD/CALORIE INTAKE – how to calculate and adjust it to your goals

MEAL ARCHITECTURE GUIDE – what to eat and how to combine it

FOOD SEMAPHORE – a table of green, yellow, and red foods that's a useful reminder of what we want to eat daily, occasionally, and what we should avoid.

ALL ABOUT PROTEIN SOURCES – all the essential foods related to proteins are covered!

GUIDE TO MEAL PREPARATION, COMBINING, AND CARRYING – organization is the most crucial thing, and we are the most experienced in that area

FLUID BALANCE GUIDE – as we're mostly water, knowing how to hydrate is crucial

GUIDE TO UNDERSTANDING AND CHOOSING SUPPLEMENTS – some are highly useful, sometimes even necessary, but the supplement industry is a strong business branch with effective marketing. Information helps you distinguish the essential from the non-essential

BONUS: HOW TO EAT AT RESTAURANTS and THROUGH DELIVERY

All of this could easily be worth hundreds and hundreds of euros, but for instance, a price of €300 would be completely justified, especially considering that this guide alone could completely transform you, your life, and your perception of it.

But, of course, I won't charge that much.

Since an average meal plan costs between €70 and €150, and statistics show that 90% of those who buy meal plans eventually give up, quickly returning to their old ways, and that 50% of them exceed their previous weight, whether the goal was weight loss or gain, I could, with a clear conscience, round the price of NUTRIMIZE.ME to €200.

This price would be more than justified when you consider that everything you get within NUTRIMIZE.ME is worth much more, as it will teach you how to create a realistic and sustainable plan for yourself and adapt it to each subsequent stage and goal in life.

But since many people here won't be able to afford NUTRIMIZE.ME even at this price, which would cost me many potential transformations that many people could achieve, and since my main goal is to help as many people as possible, I've decided to drastically lower the regular price to just €79.

And that's not all; if you order now, you'll get NUTRIMIZE.ME for only €59. So, anyone serious about themselves, their future, and their health can afford it.

[Click here to get NUTRIMIZE.ME](#), your key to a healthy and successful life.

Zašto planovi ishrane ne funkcionišu,

**PLUS bolje doživotno rešenje
za ishranu i samounapređenje.**

Baš sam fino srimovao ovaj naslov.

Nego, da te ne zavláčim, pređimo odmah na stvar.

A stvar je u tome što PLANOV I SHRANE NE FUNKCIONIŠU, a objasniću ti i zašto u nastavku.

Ali prvo, da te pitam:

Želiš li da izgledaš i osećaš se bolje, da budeš zdraviji/a, da imaš više energije, da konačno promeniš svoj život nabolje.

Jesi li spreman/a da korak po korak iznutra kreneš da menjaš svoje navike kako bi konačno postao/a ta najbolja, najvrednija, najsrećnija i najuspešnija verzija sebe.

Ako si to ti, nastavi da čitaš i u nastavku ćeš saznati:

Zašto planovi ishrane ne funkcionišu

Zašto te to sprečava da konačno postaneš fit i ostvariš svoje snove

Ključ zdrave ishrane podržan održivim navikama za ceo život

kako pravilna (ili nepravilna) ishrana utiče na tvoj život,

E sad, zašto planovi ishrane ne funkcionišu?

Evo šta se dešava:

Kada odlučiš da se pridržavaš neke tablice namirnica po danima, postoje dva moguća ishoda:

Da ne možeš da istraješ u tome jer su te namirnice, navike i logistika nešto potpuno suprotno od tebe. Vratiš se na staro, ili

Da uspeš da istraješ neko vreme, i time uspeš ili ne uspeš da napraviš rezultate, posle čega sledi povratak na stari režim – jedino što ti je u stvari poznato.

U svakom slučaju, teško je promeniti sve odjednom i teško je odreći se svega što je trenutno tvoj izbor i preći na nešto potpuno drugačije, po pravilu uz puno odricanja, neukusne hrane i principa koje ne razumeš.

Zato planovi ishrane ne funkcionišu u praksi.

Jer su najčešće pravljene za nekog drugog, a ne za tebe. Ono što nekome odgovara i pravi rezultate ne mora da znači da će na tebe delovati isto.

To je razlog zašto se još uvek osećaš nesigurno u vezi svog tela, zašto neprestano pokušavaš da kroz razne restriktivne dijetе i vežbe ostvariš vidljive i trajne rezultate koji jednostavno kao da izostaju, nezavisno od količine truda koju uložiš.

I da budem iskren, nikada nećeš izgledati i osećati se bolje, nikada nećeš postati jedan od onih ambicioznih, uspešnih, zdravih i pozitivnih fit ljudi punih energije, ukoliko u potpunosti ne promeniš svoj pristup fitnessu.

Možda zvučim grubo, ali ja želim da uspeš, zato pokušavam da ti objasnim da ako budeš iznova i iznova uporno pokušavao da uradiš istu staru stvar koja ti ne donosi nikakve rezultate, nadajući se da će nešto ovoga puta magično ispasti drugačije, ti samo gubiš vreme, novac i živce...

A najveći problem je u tome što te svaki taj neuspeh sve više i više obeshrabruje i samo je pitanje trenutka kada ćeš konačno da odustaneš od sebe i svojih snova.

Ja to ne mogu da dozvolim, zato sam napravio NUTRIMIZE.ME.

I sada se sigurno pitaš "Šta je sada ovaj NUTRIMIZE.ME? Na koji način je sada on čudesno drugačiji od tih, kako on to predstavlja, ozloglašanih i neefikasnih planova ishrane?"

Razumem tvoju sumnjičavost, pogotovo nakon svih tih propalih pokušaja.

I nije to opet samo neki revolucionarni i magični plan ishrane koji je opet nekako revolucionarno i magično drugačiji od svih prethodnih i ikad sastavljenih planova.

On je nešto još više, NUTRIMIZE.ME je zapravo ključ.

Ključ za ostvarivanje zdrave ravnoteže u ishrani koji je podržan održivim navikama za ceo život, i to ceo i zdrav život bez iscrpljujućih dijeta i gladovanja.

JER GLADNOJ OSOBI JE NA DUŽI ROK MNOGO BOLJE DA JOJ DAM OPREMU I NAUČIM JE DA PEKA, NEGO DA JOJ DAM NEKOLIKO SPREMNIH OBROKA KOJE KAD POJEDE NASTAJE JOŠ VEĆA FRKA.

OVO JE PRAVO POREĐENJE NUTRIMIZE.ME SA PLANOVIMA ISHRANE!

To je jedini ispravan pristup ishrani koji je pre svega fokusiran na prioritete koji se tiču higijene jedenja, zdravih izbora, organizacije i ono što je najvažnije, PROMENU IDENTITETA.

Ti postaješ ono što unosiš, i ako unosiš smeće, tvoje telo postaje smeće, tvoj um postaje smeće.

Tvoja energija, raspoloženje, snaga, sposobnost, produktivnost... ama sve, zavisi i počinje od hrane koju jedeš.

I zato ti NUTRIMIZE.ME pomaže da kroz hranu koju jedeš ostvariš tu promenu identiteta koja se prenosi i važi u svim sferama tvog delovanja, bilo na poslu, fakultetu, u teretani, na terenu, u porodici...

I nemoj da misliš da preterujem, pravilna ishrana stvarno ima takav efekat.

Zamisli samo gde bi bio danas da si se oduvek pravilno hranio, koliko bi više postigao, koliko bi bio napredniji, prvenstveno u glavi, pa onda i u telu, u poslu, u životu generalno.

I nemoj da žališ ako nisi, jer sada imaš priliku da to ispraviš.

Svoje snove ne ostvaruješ čekajući. Vrijeme je da preuzmeš kontrolu nad svojim zdravljem, energijom i budućnošću.

Sada možeš da biraš da li ćeš konačno da izabereš put discipline, uspeha i napretka, ili ćeš da ostaneš na trenutnom putu komfora koji te sprečava da ostvariš svoj potpuni potencijal i koji te na kraju može koštati tvojih snova.

Odluka je na tebi.

[Klikni ovde da preuzmeš NUTRIMIZE.ME – tvoj ključ zdravog i uspešnog života.](#)

U OKVIRU NUTRIMIZE.ME DOBIĆEŠ:

POZNAVANJE HRANE KAO GORIVA I GRADIVNE MATERIJE – kako trošimo i kako ugrađujemo hranu u sebe, šta su i šta treba da znamo o makronutrijentima, šta su i gde se nalaze vitamini i minerali

E-BOOK O VITAMINIMA I MINERALIMA – u koje procese je koji uključen, u kojim namirnicama se nalaze, kako da prepoznamo rane znake manjka/viška i sve ostalo što je potrebno znati

LISTU PRIORITETA I OSNOVE ZDRAVE ISHRANE – najvažniji deo NUTRIMIZE.ME koji apostrofira najvažnije navike u ishrani uz lak način kako ih uvesti bez muke i odricanja

OKVIRNI UNOS HRANE/KALORIJA – kako ga izračunati i kako ga prilagoditi svojim ciljevima

PRIRUČNIK ZA ARHITEKTURU OBROKA – šta jesti i kako kombinovati

SEMAFOR NAMIRNICA – tabela zelenih, žutih i crvenih namirnica koja je jako koristan podsetnik u vezi toga šta želimo u ishrani svakodnevno, šta ponekad, a šta treba da izbegavamo.

SVE O IZVORIMA PROTEINA – sve namirnice koje su bitne kada se priča o proteinima su tu!

PRIRUČNIK ZA PREDPRIPREMU, PRIPREMU, KOMBINOVANJE I NOŠENJE HRANE – organizacija je ubedljivo najvažnija stvar, a mi smo tu najiskusniji

VODIČ ZA BALANS TEČNOSTI – mi smo većinski voda i jako je važno znati kako se hidrirati

VODIČ ZA POZNAVANJE I BIRANJE SUPLEMENATA – neki su nam jako korisni, nekada i neophodni, ali je industrija suplemenata uz to i jaka grana privrede uz dobar marketing. Informacije služe da odvojiš važno od nevažnog

BONUS: KAKO JESTI U RESTORANU I PREKO DOSTAVE

Sve ovo moglo bi da vredi stotine i stotine eura, ali eto na primer, neka cena od 300 eura bila bi sasvim opravdana, pogotovo kad uzmemo u obzir da ovaj priručnik sam može u potpunosti da transformiše tebe, tvoj život, i način na koji ga doživljavaš.

Ali naravno, ja neću toliko da naplaćujem.

Pošto samo jedan plan ishrane košta u proseku između 70 i 150 evra, a statistika kaže da 90% onih koji kupe plan ishrane pre ili kasnije odustanu, vraćajući se na staro jako brzo, uz to da čak 50% njih premaši kilažu koju je ranije imalo, bilo da je cilj mršavljenje ili dobijanje kila, ja bih mirne savesti mogao da zaokružim cenu NUTRIMIZE.ME na €200.

Ova cena bila bi i više nego opravdana samo kad pogledaš da sve što dobijaš u okviru NUTRIMIZE.ME vredi mnogo mnogo više, jer će te naučiti kako da sebi napraviš realan i održiv plan, kao i da ga prilagodiš svakoj sledećoj etapi i cilju u životu.

Ali pošto mnogi ljudi kod nas neće moći da priušte NUTRIMIZE.ME ni po ovoj ceni, što bi me koštalo mnogih potencijalnih transformacija koje bi ti mnogi ljudi mogli da ostvare, i pošto je moj glavni cilj da pomognem što većem broju ljudi, odlučio sam da drastično smanjim redovnu cenu na samo 79 eura.

I to nije sve, ako poručiš odmah, dobijaš NUTRIMIZE.ME za samo 59 eura, tako da svako ko je iole ozbiljan u vezi sebe, svoje buduć

nosti i svog zdravlja, može sebi da ga priušti.

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