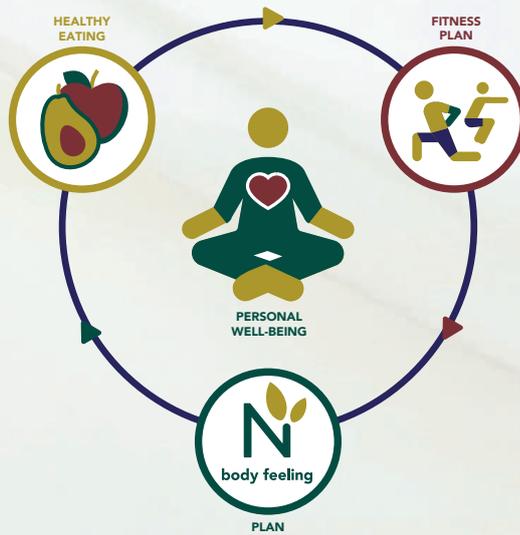




NATURALS

body feeling

P L A N



COMPLETE GUIDE TO
PERSONAL WELL-BEING

LEVISSIME
ALTA COSMÉTICA

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NATURALS BODY FEELING PROGRAMME

THE REVOLUTIONARY LIPOSCULPTING AND BODY FIRING LINE

Introducing a body programme composed of five very innovative liposculpting products in the field of cosmetics, formulated with **more than 92% natural ingredients** formulated with plant extracts with high antioxidant power, such as: Indian Pennywort, Ginkgo and Ivy. The active ingredients present in the entire range provide a reducing, firming and firming effect on the skin, activating circulation and smoothing the skin. Its composition is based on **chronobiology**, activating lipolysis and achieving a **24-hour day and night action that reshapes contours, reduces volume and eliminates cellulite**. In addition, it contains an ingredient that guides the active ingredients like a **GPS system**, favouring its efficacy.



NATURALS BODY FEELING by LeviSsime

Feeling well is synonymous with health

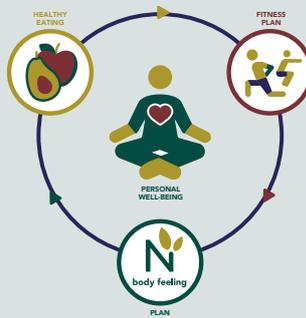
'The state of feeling healthy and happy'. That is the definition found in the dictionary for the word 'well-being'. In addition, the World Health Organization (WHO) included the word well-being in 1948 by defining health as 'A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'.

Everyone wants to achieve well-being because it is a guarantee of health, so here are the types of well-being that exist and how to improve them.

Your overall plan for your 'total' well-being is a combination of three elements:

Naturals Body Feeling
+
Healthy Eating
+
Physical Activity

The best habits for a healthy lifestyle. The main objective of Naturals Body Feeling is to unify these three pillars in order to achieve a healthy lifestyle.



+92%
ingredients of natural origin

+GPS





95%

ingredients of natural origin

body feeling sculpt gel cream +GPS

Liposculpting gel cream with natural ingredients and high antioxidant power. Indian Pennywort extract, Ginkgo, Ivy and the oil extracted from candlenuts, provide a draining and firming effect on the skin. Its formula based on Chronobiology activates Lipolysis achieving a 24-hour day and night action, that reshapes contours and reduces cellulite. Sculpted and soft silhouette

96%

ingredients of natural origin

body feeling sculpt cryo gel +GPS

Liposculpting gel cream with cooling effect, natural ingredients and high antioxidant power. Its composition formulated with Indian Pennywort, Chamomile, Ginkgo and Ivy, activates circulation, increases firmness and smooths the skin, reducing cellulite. Its formula based on Chronobiology activates Lipolysis achieving a 24-hour day and night action, that tones and reduces the contour. Easily absorbed and spreadable.



95%

ingredients of natural origin

body feeling sculpt thermo gel +GPS

Liposculpting cream gel with heat effect, natural ingredients and high antioxidant power. It contains an active ingredient that stimulates the heat receptors in the skin and, together with Indian Pennywort, Ginkgo and Ivy, reduce fat nodules in cellulite while draining and visibly improving the skin's appearance. Its formula based on Chronobiology activates Lipolysis achieving a 24-hour day and night action.





NATURALS BODY FEELING by LeviSsime

92%

ingredients of natural origin



body feeling sculpt concentrate flash +GPS

Powerful concentrate formulated with natural ingredients, with flash effect and high in antioxidants. Sorghum juice promotes an immediate and long-lasting tightening effect. Caffeine stimulates the drainage process and reduces cellulite, while **la Niacinamide B3** provides firmness and restores skin elasticity.

93%

ingredients of natural origin

body feeling sculpt cream +GPS

Liposculpting cream with natural ingredients and high antioxidant power. Its texture is perfect for a comprehensive in-booth massage with anti-cellulite, draining and firming effects. **Indian Pennywort extract, Ginkgo, Ivy** and the oil extracted from **candlenuts**, provide a **draining and firming effect on the skin**. Its formula based on **Chronobiology** activates **Lipolysis** achieving a **24-hour day and night action**, that **reshapes contours and reduces cellulite**. Smooth and firm silhouette.



95%

ingredients of natural origin

body feeling sculpt reductor +GPS

Intensive plan that reshapes your figure, **eliminates cellulite and recovers firmness**. Contains **Sculpt Gel Cream** and **wooden massager** to effectively **model and enhance the active ingredients**.



NATURALS BODY FEELING *TREATMENTS*

1

IN-BOOTH LIPOSCULPTING TREATMENT + HOME MAINTENANCE treatment

REDUCES, RESHAPES AND FIRMS

2

BODY FEELING SCULPT GEL CREAM + CONCENTRATE FLASH treatment

IMMEDIATE FIRMING AND RESHAPING

3

BODY FEELING SCULPT GEL CREAM + THERMO GEL treatment

VOLUME AND CELLULITE REDUCTION

4

BODY FEELING SCULPT GEL CREAM + CRYO GEL treatment

REAFFIRMATION, ELASTICITY and
VOLUME REDUCTION



NATURALS BODY FEELING by LeviSsime

1 IN-BOOTH LIPOSCULPTING TREATMENT + HOME MAINTENANCE treatment

IN-BOOTH LIPOSCULPTING TREATMENT REDUCES, RESHAPES AND FIRMS

APPLICATION

Manual · 1 session per week

PRODUCTS

4 in-booth products



**body feeling
sculpt cream**

**body feeling
sculpt concentrate flash**



**body feeling
sculpt thermo gel**

**body feeling
sculpt cryo gel**



RESULTS

VOLUME REDUCTION

REDUCES
**1 SIZE IN
1 MONTH**

INCREASED ELASTICITY AND FIRMNESS

+55%

ELIMINATES CELLULITE AND ORANGE PEEL SKIN

-25%

Enhanced results with
Ritual Naturals Body Feeling Wood Therapy.



HOME MAINTENANCE
FIRMNESS AND VOLUME REDUCTION

APPLICATION 

Daily

PRODUCTS

1 product



**body feeling
sculpt reducer**

ENHANCED RESULTS 

COMBINES INCREASED SKIN FIRMING

+38%

CELLULITE REDUCTION

-11%

100%

of the volunteers notice an improved overall appearance a few days after starting the study, experiencing a more delicate and moisturised skin

Results are enhanced with the wood therapy massager.





NATURALS BODY FEELING by LeviSsime

2 BODY FEELING SCULPT GEL CREAM + CONCENTRATE FLASH treatment IMMEDIATE FIRMING AND RESHAPING

APPLICATION

Daily

PRODUCTS

2 products



body feeling
sculpt gel cream



body feeling
sculpt concentrate flash

RESULTS

INCREASED FIRMNESS

+41%

REDUCES CELLULITE

-23%

100%

*of volunteers notice smoother, more hydrated skin and
an immediate tightening effect.*

3 BODY FEELING SCULPT GEL CREAM + THERMO GEL treatment

VOLUME AND CELLULITE REDUCTION

APPLICATION

Daily

PRODUCTS

2 products



body feeling
sculpt gel cream



body feeling
sculpt thermo gel

RESULTS

FIRMER, MORE ELASTIC AND UNIFORM SKIN

+23%

CELLULITE AND ORANGE PEEL SKIN REDUCTION

-21%

100%

of volunteers notice

a decrease in volume and cellulite



NATURALS BODY FEELING by LeviSsime

4 BODY FEELING SCULPT GEL CREAM + CRYO GEL treatment

TIGHTENING, INCREASED ELASTICITY and VOLUME REDUCTION

APPLICATION

Daily

PRODUCTS

2 products



body feeling
sculpt gel cream



body feeling
sculpt cryo gel

RESULTS

SKIN TIGHTENING

+40%

VOLUME REDUCTION

CELLULITE REDUCTION **-11%**

100%

of the volunteers notice tightening
in all treated areas

body feeling wood therapy

The massages performed with the wood therapy technique do not produce pain or discomfort despite pressure being exerted on the area on which they are performed. In addition, the movements are performed slowly and thanks to the pressure, the adipocytes are emptied and begin to mobilise before being expelled from the body through natural mechanisms such as urine.

It is also important to bear in mind that, in case of legs affected by oedema, skin should be drained first, because if not treated correctly, this massage may produce waterlogging as with any percussion treatment.

LeviSsime's effective cosmetics and the precise and refined massage technique make this ritual an effective, long-lasting method with spectacular and visible results from the first session, regardless of the degree of fat accumulation.



Instruments used in Body Wood therapy

Depending on the instrument used, it is possible to eliminate cellulite and to remodel, tone and improve circulation. LeviSsime has selected the necessary components so that the best results are quickly achieved in combination with this ritual.



Diamond-tipped roller

Used to perform a deep reductive massage. Perfect in cases of thick skin or bulky adiposity.

Cube roller

This roller is recommended for reducing treatments applied to the waist, abdomen, hips and legs to eliminate cellulite and fibrosis. It is also recommended for people with sensitive skin or low adiposity.



Swedish cup

Used to treat localised adiposity, to shape thighs, waist, back, abdomen and to tone and lift buttocks. Removes excess fluids. Perfect for sculpting and contouring the stimulated area once the applied procedure is completed. Recovers the skin's smooth appearance, finally leading to a noticeably visible rejuvenation touch.



Contouring board

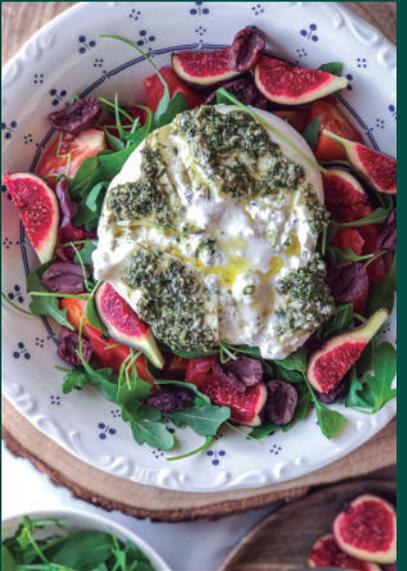


The last element of body wood therapy. One of the best instruments created to tone and outline the most difficult areas of the skin and redefine the figure. Its direct action firms the skin layers by traction, deeply drains fat removed from adipocytes towards the nearest gland area, and favours the elimination of toxins. The contouring board facilitates the return of circulation and significantly improves swelling issues. Contours the most delicate areas of the skin.

Benefits of Body Wood Therapy

- Improves blood circulation
- Regulates lymphatic circulation
- Tones and firms skin layers
- Improves muscle tone
- Shapes the buttocks, giving them a firmer and lifted appearance, which due to the effects of gravity have lost tone or firmness.
- Reduces cellulite and localised fat
- Flattens the abdomen
- Rejuvenates and softens the skin

It is contraindicated in people with high blood pressure, kidney and heart problems, dermatitis, wounds or ulcers, psoriasis, severe circulatory problems (both blood and lymphatic) or pregnant women.





HEALTHY EATING PLAN *by Saboreanda* *Weekly Menu*

Breakfast and Afternoon Snacks

pages 18 to 19

MONDAY

LUNCH Aubergines stuffed with lentil bolognese.

DINNER Salmon with orange and mustard vinaigrette.

pages 20 to 21

TUESDAY

LUNCH Pasta with roasted vegetables, spinach pesto and burrata.

DINNER Cream of broccoli and courgette with spiced chickpeas.

pages 22 to 23

WEDNESDAY

LUNCH Lentils with potatoes and chopped hazelnuts.

DINNER Mediterranean frittata + Quick escalivada.

pages 24 to 25

THURSDAY

LUNCH Grilled chicken with ricotta and spinach sauce +
Potato wedges with healthy walnut mayonnaise.

DINNER Broccoli gratin and tomato béchamel sauce .

pages 26 to 27

FRIDAY

LUNCH Zucchini and cheese omelette.

DINNER Traditional hummus with crudités + Burrata salad with figs and tomato.

pages 28 to 29

SATURDAY

LUNCH Iberian feather loin with tender onions and blue cheese.

DINNER Crispy toast with pea pesto + Quick ceviche with cockles and avocado.

pages 30 to 31

SUNDAY

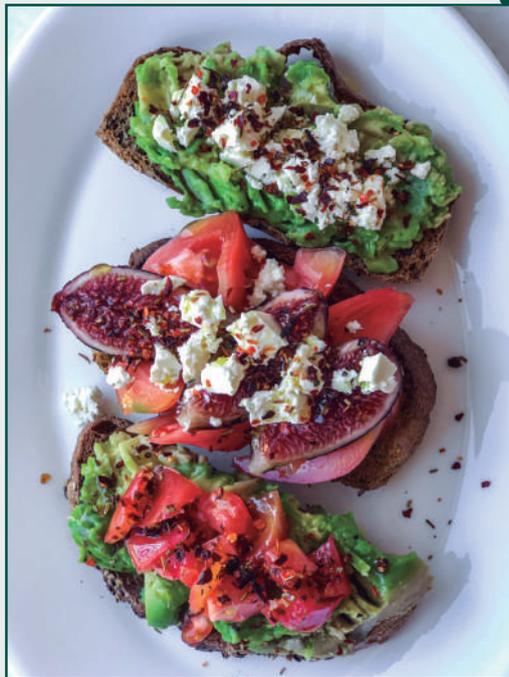
LUNCH Mellow rice with cuttlefish, green garlic and asparagus.

DINNER Cream of potato soup and poached egg.

pages 32 to 33



☀ Breakfast and Afternoon Snacks





Breakfast and Afternoon Snacks ☀

Fruit or a handful of dried fruits

Toast made with 100% whole wheat bread:

- *Avocado, feta cheese and spices*
- *Tomato, figs, cheese and spices*
 - *Avocado and tomato*
- *Sautéed asparagus, ricotta cheese and soft-cooked egg*
 - *Avocado and egg toast*

Sweet options:

- *Cottage cheese, walnuts and honey*
- *Yogurt/cheese smoothie with fruit and nut spread*
 - *Fruit salad*
- *Chocolate rocks with nuts*



Aubergines stuffed with lentil bolognese

Lunch



INGREDIENTS



- 4 medium aubergines
- 150 g red lentils
- 1 onion
- 2 carrots
- 1 Italian green pepper
- 1 small courgette
- 400 g crushed tomato
- 150 g Mozzarella cheese
- Oregano
- Extra virgin olive oil
- Salt to taste

PREPARATION



- 1** Wash and split the aubergines into two. Make a few cuts to the flesh in each half of the aubergine so that it cooks first. Place on a plate, add salt, pepper and a drizzle of olive oil and microwave for 10-12 minutes until soft. If they do not all fit in together, do it in two goes.
- 2** In the meantime, prepare the soffrito: in a frying pan with 2-3 tablespoons of olive oil, add the chopped onion, the peeled and chopped carrot, the chopped green pepper, cook for about 7-8 minutes over a medium heat and add the washed and chopped courgette without peeling. Cook everything together.
- 3** In the meantime, remove the aubergines' flesh that will be cooked by now, leaving the skin and a layer of courgette flesh to prevent it from being too fragile. Remove the rest, chop and add to the sauce.
- 4** Add the crushed tomato and a little salt. Cook for about 10 minutes.
- 5** Cook the lentils in a saucepan with water and salt for about 8-10 minutes, or until they are ready. Drain and add to the sauce.
- 6** Place the empty aubergines in an ovenproof dish, fill with the soffrito, add Mozzarella and oregano, and bake for 10-15 minutes at 220°C until the cheese is golden brown.

TIP If there are any leftovers, store in refrigerator for 3-4 days or freeze.



Monday

Dinner 🌙

Salmon with orange and mustard vinaigrette



4-6
diners



INGREDIENTS

1 Norwegian salmon loin (1 kg) 🌿

VINAIGRETTE:

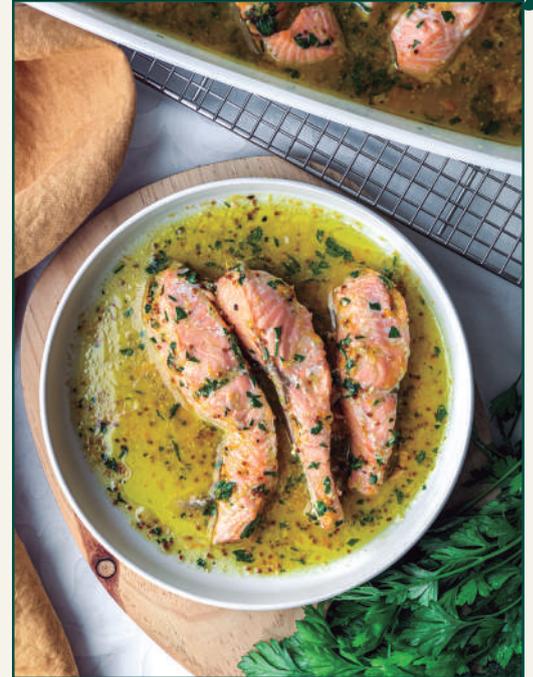
Juice and zest of 2 oranges 🌿

2 teaspoons of old mustard 🌿

1 tablespoon of honey 🌿

100 ml extra virgin olive oil 🌿

Salt to taste 🌿



PREPARATION

- 1 Remove the skin from the salmon and cut the loin into portions to taste.
- 2 Place the salmon in a baking tray and bake for 8 minutes at 200°C (can also be steamed).
- 3 Mix all the ingredients of the vinaigrette with a whisk or blender, add to a saucepan and cook over a medium heat for five minutes, until perfectly integrated.
- 4 Remove the salmon from the oven, add the vinaigrette and allow to stand for at least two hours.
- 5 It can also be eaten immediately after cooking, but the longer it stands, the deeper the flavour.



Tuesday

Pasta with roasted vegetables, spinach pesto and burrata

Lunch



INGREDIENTS



- 100 g pasta
- Vegetables: ½ zucchini, ½ aubergine and 2 carrots.
- 2 tablespoons of extra virgin olive oil
- Salt to taste
- Optional: 1 burrata (150 g approx) or 1 fresh Mozzarella cheese

PESTO:

- 50 g fresh spinach
- 50 g peeled and roasted pumpkin seeds (or any other preferred dry fruit)
- 1 garlic clove
- 40 g grated Parmesan cheese
- 30 ml extra virgin olive oil
- Salt and a little water if necessary

PREPARATION



- 1 Wash and chop up the vegetables; the courgette and peeled carrot into slices, and the aubergine into cubes. Place on a baking tray, add the olive oil and salt, stir in well and bake for 25-30 minutes at 220°C with air and heat up and down, until cooked. Stir a couple of times during baking.
- 2 Wash and dry the spinach thoroughly. Put in a food processor together with the pumpkin seeds and the garlic clove, crush. Add the grated Parmesan, olive oil, a pinch of salt, and stir or mash again. Add a splash of water to thin down if necessary.
- 3 Mix the roasted vegetables with the drained pasta and add a few spoonfuls of pesto. Serve and finish with the chopped burrata and a little more pesto.

TIP Pesto can be stored in an airtight container for 3-4 days in the refrigerator.



Tuesday

Dinner 🌙

Cream of broccoli and courgette with spiced chickpeas



INGREDIENTS

- 250 g courgette (with skin) 
- 350 g broccoli (florets and peeled stalk) 
- 250 ml vegetable stock or water 
- White or black pepper to taste 
- 30 ml extra virgin olive oil 
- Salt to taste 
- Black or white sesame seeds to decorate 

SPICED CHICKPEAS:

- 2 tablespoons of extra virgin olive oil 
- 200 g drained cooked chickpeas 
- Spices to taste, in this case, spicy curry powder 
- Salt to taste 



PREPARATION

- 1** Cut the zucchini into cubes of approximately 2 cm x 2 cm and steam with the broccoli florets and peeled and chopped stalk, for about 10 minutes. (They could also be cooked in a pot in the traditional way, but the steaming technique helps to better preserve the nutrients and vitamins). In either case, reserve the cooking water.
- 2** Mash the cooked zucchini and broccoli with 250 ml of the cooking water, pepper, oil and salt to taste.
- 3** Drain the chickpeas, dry as much as possible and sauté over medium heat with the oil, spices and salt for 5-6 minutes until golden brown (not crispy, but sautéed).

TIP Do not overcook the vegetables, as in addition to better preserving the nutrients, the colour will be brighter. Both the soup and chickpeas will last for 2-3 days in the refrigerator in an airtight container.



Lentils with potatoes and chopped hazelnut

Lunch



INGREDIENTS



- 300 g Castilian lentils
- 1 large onion (250 g)
- 50 g toasted hazelnuts
- 2 cloves garlic
- 1 large potato (300 g)
- 1.4 litres water
- Salt to taste
- 3-4 tablespoons extra virgin olive oil

PREPARATION



- 1** In a mortar or chopper, chop the hazelnuts and peeled garlic cloves.
- 2** In a saucepan, add the olive oil and fry the peeled and chopped onion for 7-8 minutes on medium heat.
- 3** Once it is cooked and starts to become translucent, add the washed and drained lentils, chopped hazelnuts and garlic, and cover with water. Add salt to taste.
- 4** When it starts to boil, cover and cook covered on medium heat for about 45 minutes or until the lentils are almost cooked.
- 5** Finally, add the peeled and diced potato and cook for 10-12 minutes with the lid off, until the potato and lentils are cooked.

TIP This dish is usually even more flavourful if it is left to rest. It can therefore be prepared in advance and heated on the day on which it is served.



Wednesday

Dinner

Mediterranean frittata



INGREDIENTS

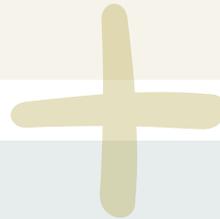
- 4 eggs 
- 50-100 g mozzarella (or cheese of choice) 
- 50 g rocket 
- 2 red onions 
- 12 cherry tomatoes 
- 12 Kalamata olives 
- A handful of pine nuts and raisins (optional) 
- Salt 
- Extra virgin olive oil 



PREPARATION

- 1 Peel the onions and cut into julienne strips. Sauté them with a couple of tablespoons of olive oil for 5 minutes, until they start to become transparent.
- 2 Add the whole cherry tomatoes, sauté for a couple of minutes, add half of the rocket and stir a few times.
- 3 Beat the 4 eggs, add a pinch of salt and pour into the sauté pan. Let the base set for 3-4 minutes over medium heat. Remove from the heat, add the pitted Kalamata olives, mozzarella balls and some pine nuts and raisins.
- 4 In a preheated oven, bake at 180°C for 12-14 minutes until it is completely set and golden brown on top.
- 5 Carefully remove, holding the handle of the pan with a cloth, and transfer the frittata to a plate. Cut as you would an omelette or pizza.
- 6 Optional: top with the rest of the rocket, pine nuts and raisins with a few drops of olive oil.

TIP Use a pan that can be put in the oven



Quick escalivada



INGREDIENTS

- 1 onion 
- 1 red bell pepper 
- 1 aubergine 
- Extra virgin olive oil 
- Salt to taste 
- Fresh thyme (optional) 



PREPARATION

- 1 Wash, remove the stems and cut all the vegetables into strips. Place in a deep microwave-safe glass bowl, add 2 tablespoons of olive oil and a little salt. Stir and cover with a glass lid or plastic wrap.
- 2 Cook at maximum power for 15 minutes in the microwave, then leave to cool, with the container covered, for at least 30-45 minutes.
- 3 Drain the cooking water from the vegetables, place in a bowl, add a little fresh thyme if you wish, salt and a good dash of olive oil.

TIP Store in the refrigerator in an airtight container for 4-5 days maximum.



Grilled chicken with ricotta and spinach sauce



INGREDIENTS

1 large chicken breast

MARINADE THE CHICKEN BREAST:
(this step is optional, but it adds flavour to the chicken)

1 teaspoon oregano

1 teaspoon garlic powder

Salt and pepper to taste

RICOTTA SAUCE:

200 g fresh spinach

150 g ricotta

2 tablespoons of extra virgin olive oil

Salt to taste



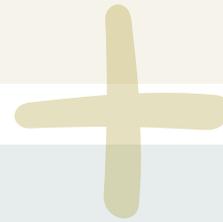
PREPARATION



- 1 Mix all the ingredients for the chicken marinade. Cut the chicken into fillets or any preferred shape, and soak in the marinade. Leave to sit for at least one hour.
- 2 For the sauce: in a frying pan, add the oil and sauté the fresh and washed spinach over high heat for 5-6 minutes until it loses its volume. Add the ricotta, stir well, cook for 2-3 minutes and add salt to taste. The sauce can be served like this, or you can also blend it.
- 3 On a griddle on high heat, cook the chicken for 2-3 minutes on each side until tender. Serve with the sauce.

TIP You can also add the sauce over the chicken and brown for a few minutes under the grill.

Potato wedges with healthy walnut mayonnaise



INGREDIENTS

300 g potatoes

2 tablespoons of extra virgin olive oil

Salt to taste

SAUCE:

1 boiled egg

20 g walnuts or cashew nuts

1 teaspoon onion powder

15 ml extra virgin olive oil

20 ml milk or vegetable drink

Salt and pepper

Decorate with a handful of walnuts (6-7), 10 g parsley and paprika (optional)



PREPARATION

- 1 Wash the potatoes and cut into wedges, leaving the skin on. Place on a baking sheet with baking paper, add a drizzle of olive oil and a little salt, soak well and spread on the tray. Bake at 200°C in the centre of a fan-assisted oven with heat from above and below, for about 25-35 minutes depending on the oven, until golden brown.
- 2 For the sauce; mash the boiled and peeled egg, and mix with the milk, onion, and walnuts. Add the oil, a pinch of salt and pepper and mash again. Add more salt and pepper if necessary and store in the refrigerator.
- 3 To decorate (this step is optional, but it will add a delicious crunchy touch), grind the walnuts with the washed parsley until diced.
- 4 Serve the potatoes with the sauce on top, a little paprika and the chopped walnuts.



Thursday

Dinner 🌙

Broccoli gratin and tomato béchamel sauce



INGREDIENTS

- 1 large broccoli
- 2 tablespoons of extra virgin olive oil
- 100 g grated cheese: brie, manchego or vegan cheese (optional)

BÉCHAMEL SAUCE:

- 170 ml milk or vegetable drink
- 1 small onion
- 25 g butter or extra virgin olive oil
- 25 g spelt (or wheat) whole wheat flour
- 130 g home-made fried tomato
- Salt to taste



PREPARATION

- 1 Grate or chop the onion and brown with the butter for 3-4 minutes.
- 2 Add the flour, cook for 2 minutes and gradually add the previously heated milk, stirring to thicken and prevent lumps, for about 10 minutes.
Add the tomato, stir and cook for another 5 minutes.
Salt to taste and set aside.
- 3 Cut the broccoli florets, peel and chop the stalk. Wash and set aside.
- 4 Put half of the béchamel sauce on the base of a baking dish, add the raw broccoli on top, finish with the remaining béchamel sauce and add a few pieces of cheese on top.
- 5 Bake at 200°C with heat from above and below (and fan-assisted, if available) for 13-15 minutes, until golden brown.

TIP Cauliflower can be used as a substitute for the broccoli.

The broccoli is added raw because the oven time is sufficient to cook it. The less cooked and closer to al dente the vegetables are, the more properties and vitamins they preserve. If you prefer it more cooked, it can be cooked for about 10 minutes before adding it to the dish.



Zucchini and cheese pancakes

Lunch



INGREDIENTS

- 1 zucchini (300 g)
- 2 medium eggs
- 60 g shredded mozzarella
- 60 g oat flour
- 1 teaspoon baking powder or raising agent (6 g)
- Extra virgin olive oil
- Salt
- Oregano

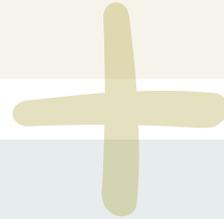
8-10
pancakes



PREPARATION

- 1 Grate the zucchini, washed thoroughly and with the skin on. Transfer to a colander and drain the liquid well, pressing with a spoon to help.
- 2 Place the drained zucchini in a bowl, add the eggs, mozzarella, half of the flour, yeast and a pinch of salt and oregano. Stir well and add the rest of the flour if necessary.
- 3 On a non-stick griddle, brush with olive oil, and place a spoonful of dough for each pancake, shaping them with a spoon. Depending on the size, about 8-10 pancakes can be cooked.
- 4 Brown the pancakes for 2-3 minutes on each side until cooked through.

Avocado Gazpacho



INGREDIENTS

- 1 large avocado or 2 small avocados
- 1 large peeled cucumber or 2 small ones
- 50 g fresh spinach
- 1 small spring onion
- Juice of 1 lemon
- 1 small garlic clove
- 350 ml water
- Salt to taste
- 30 ml extra virgin olive oil
- Toppings: cherry tomatoes, sweetcorn, pickled onion, sesame, chopped parsley (optional)

4
diners



PREPARATION

- 1 Place the avocado pulp, peeled and chopped cucumbers, spinach, peeled and quartered onion, lemon juice, garlic clove, water and salt to taste in a blender. Blend until homogeneous and very smooth.
- 2 Add the oil in a trickle while continuing to grind until it emulsifies. Add salt and lemon juice if necessary.
- 3 Serve chilled with toppings of your choice.



Friday

Dinner **INGREDIENTS**

HUMMUS:

400 g cooked chickpeas

1 tablespoon tahini

1 garlic clove Salt,
cumin powder and
lemon juice to taste

Cold water if necessary

To accompany the Hummus:

Carrots

Lettuce hearts

Alficoz (very typical in the Valencian
Community, and can be substituted with
cucumber)

Spelt bread (from a bakery)

Rye toast (from a
supermarket)

Assorted olives

Assortment of pickles

Sesame seeds to decorate

**PREPARATION**

- 1 In a food processor or blender, add the drained chickpeas, peeled and chopped garlic clove, tahini, salt, cumin and lemon juice. Blend until you obtain a very smooth cream.
- 2 If it is too thick, add a little cold water to help it blend and obtain a much finer texture.
- 3 Serve in a bowl, top with paprika, seeds or toppings of your choice, and serve with crudité, pickles, sticks or seed breadsticks.

*Burrata salad with figs and tomatoes***INGREDIENTS**

1 large tomato

4-5 figs

1 burrata (150 g approx) or 1
fresh mozzarella cheese

5-6 black or kalamata olives

Rocket leaves

3-4 tablespoons of spinach pesto
or to taste (you can use the pesto
from Tuesday's recipe)
(optional)**PREPARATION**

- 1 Dice the tomato, add the burrata on top and break it open. Finish by adding some rocket leaves, chopped figs, olives and the pesto on top.

TIP Figs are a seasonal fruit. They may be substituted with grapes.



Iberian feather loin with tender onions and blue cheese.

Lunch



INGREDIENTS



- 1 300 g Iberian pork loin (it could also be sirloin, chicken breast, entrecôte...)
- 2 spring onions
- 1 lemon
- Blue cheese to taste (50-70 g)
- Extra virgin olive oil
- Salt
- Pepper

PREPARATION



- 1** Remove the outer layer of spring onions and cut off the upper part of the stalk that is not fresh. Cut 6-7 cm of the green part and set aside.
- 2** Cook them halved in a frying pan with a tablespoon of olive oil for 5 minutes on each side. Make a vinaigrette by chopping the green part of the spring onions set aside. Add the lemon juice, olive oil, salt and pepper to taste.
- 3** Remove the onions and cook the meat on high heat to taste.
- 4** Fillet the meat, add the onions, pour the vinaigrette and spread a little blue cheese on top so that heat melts it.



Saturday

Dinner

Toasts with pea pesto



INGREDIENTS

- 300 g cooked peas 
 - 100 g peeled walnuts 
 - 1 clove of garlic without the germ 
 - 20 g fresh basil 
 - 50 g grated Parmesan cheese 
 - 50 ml extra virgin olive oil 
 - 50-100 ml water to create texture 
 - Salt to taste 
- To serve: Whole wheat toasts, basil leaves, ricotta/cottage cheese, pepper, peas and extra virgin olive oil. 



PREPARATION

- 1 Blend all the pea pesto ingredients in a food processor or blender until the desired texture is obtained.
- 2 Toast the bread slices, spread the pesto on top and add some basil leaves, cheese, peas, pepper and olive oil.

TIP The pesto can be stored in the refrigerator in an airtight container for 3-4 days.



Quick ceviche with cockles and avocado



INGREDIENTS

- 1 can of cockles (the higher the quality the better) 
- 1 avocado 
- ½ small red onion 
- 1 lime 
- Sweet corn (2-3 tablespoons) 
- 1 Jalapeño or Chili pepper (optional) 
- Salt to taste 
- 1 tub or jar to mix everything 



PREPARATION

- 1 Cut the onion into fine julienne strips and put them into the tub. Add the lime zest and juice, the chopped jalapeño, the sweet corn, salt and the whole can of cockle with its juice. Close and stir well for 2-3 minutes. Set aside in the refrigerator for at least 1 hour.
- 2 Dice the avocado and place in the base of a soup dish. Add the cockle mixture that was set aside.

TIP Chopped cilantro or parsley may be added.



Sunday

Mellow rice with cuttlefish, green garlic and asparagus

 Lunch



INGREDIENTS



-  200 g clean cuttlefish
-  100 g clean and chopped green garlic
-  100 g fine green asparagus
-  120 g round rice (albufera or the variety available in each area)
-  650 ml fish stock/fumet
-  2 tablespoons of grated tomato
-  1 tablespoon of ñora or choricero pepper
-  30 ml extra virgin olive oil (2 tablespoons)
-  Salt to taste
-  Chopped parsley for garnish (optional)

PREPARATION



-  **1** In a saucepan on low heat, add the oil and stir-fry the chopped cuttlefish, the chopped green asparagus and the garlic for 5 minutes with a pinch of salt.
-  **2** Add the grated tomato and the choricero pepper flesh. Cook for 3 to 4 minutes.
-  **3** Finally, add the rice, cook for a couple of minutes and add the hot stock.
-  **4** Cover the saucepan and cook the rice on medium heat for about 18 minutes. Turn off and allow to stand for 5 minutes.



Sunday

Dinner

Cream of potato soup and poached egg



INGREDIENTS

400 g potatoes 

100 ml milk or vegetable drink 

100 ml potato water
(according to taste) 

25 g butter 

25 g Parmesan cheese 

1/4 teaspoon of nutmeg 

Pepper 

Salt to taste 

PPOACHED EGG:

1 egg per person and 1 tablespoon of mild vinegar
(apple cider vinegar). 

HOW TO SERVE:

1 poached egg, chopped chives and olive oil. 



PREPARATION

- 1** Peel the potatoes, cut into thick dices and cook in boiling water for 20-25 minutes until ready. Strain well and set the stock aside.
- 2** Mash the boiled potatoes together with the milk, butter, Parmesan cheese, nutmeg, salt and pepper to taste.
- 3** Add cooking water and continue mashing until reaching the desired consistency. Add pepper and salt if necessary.
- 4** How to prepare the poached egg:
 -  Bring a saucepan of water to a boil.
 -  When it starts to boil, add a tablespoon of vinegar and stir the water with a spoon to create a whirlpool.
 -  Add the cracked egg so that the white can wrap the yolk by inertia and cook for 1 or 2 minutes on medium heat (boiling but not gushing) to taste.
 -  Remove with a skimmer and drain well.
 -  Serve the cream on a plate, add the poached egg, chopped chives and olive oil.





FITNESS PLAN *by Ana Tendero*
Exercise tables

TABLE 1



WARM-UP
pages 36 to 37



ACTIVATION
pages 38 to 39



COMBO EXERCISES
pages 40 to 41



COOLDOWN
pages 42 to 43

TABLE 2



WARM
pages 44 to 45



ACTIVATION
pages 46 to 47



GROUND + WEIGHT
pages 48 to 49



COOLDOWN
pages 50 to 51



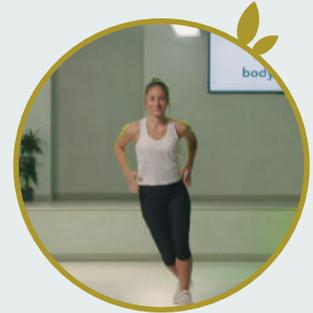
Warm-up 

 30 reps for each exercise



1 "Step touch" : step to the side.

Starting from a standing position, spread one leg to the side, then the other leg joins the first one, doing a side step.



2 "Knee lift" : knee lift with rotation.

Lift your knee above your hip and draw a circle. Alternate both legs.



3 "Arm circles" : body swing with arm rotation.

Circular motion of the arms alternating both arms.





 30 reps for each exercise

Warm-up  

 **4 “Butt kicks”** : raise the heel towards the buttocks.

Side step and bring the heel towards the buttocks.



 **5 “Leg Swing”** : pendulum.

Pendular movement of one of the legs. Spread one leg up and instead of stepping on the floor, make a pendulum move without touching the floor, and then, return to the initial position with your legs together. The leg that moves away from the body should be extended.

 **6 “Side lunge”** : bend one leg while extending the other to the side.

Place the weight of the body on the leg bent to one side, leaving the other leg extended.





Activation

2 sets of 20 reps*

SQUATS

Starting from a standing position with your legs spread up to shoulder width, bend your knees downwards and then upwards. Keep your shoulders and chest elevated.

1



TOUCH HEELS

Starting from a standing position, and with your leg flexed, bring the heel towards the opposite hand.

2



LUNGES

Spread your legs forward with one in front and the other behind the body. The back heel should be lifted. Bend your legs until the thigh is parallel to the floor and the front knee is bent 90 degrees.

3



SIDE KNEE ELEVATION (OBLIQUES)

Raise your knee to the side towards your elbow, with a slight inclination of the trunk. Avoid bending the trunk forward.

4



* 1 more series for advanced level



2 sets of 20 reps*



Intense



DYNAMIC SQUAT

Starting from a standing position, do a side step until reaching the squat position. Then return to the initial position.



CALVES

Starting from a standing position, with your legs slightly apart, extend your ankles raising the heels off the ground.



HIGH KICK

Place one leg forward in front of your body and lift of the back leg up to your waist (or higher).



LEG LIFT (OUTER THIGH)

Place one leg forward in front of your body and lift of the back leg up to your waist (or higher).

* 1 more series for advanced level



Combo exercises



2 sets of 4 reps*

**SQUAT +
SIDE LEG LIFT**

Starting from a standing position with the legs spread up to shoulder width, do a squat. Then return to the initial position by raising the leg to the side at about 45 degrees with your toes pointed forward.



KNEE UP + LUNGE

Starting from a standing position, raise your knee towards your chest and when moving it down, make a lunge.



SQUAT + CALVES

Starting from a standing position with the legs spread up to shoulder width, bend your knees to perform a squat and when extending back finish with a heel raise.



ISOMETRIC 10-SECOND LUNGE

Make a lunge and maintain this position isometrically for 10 seconds. 4 reps per leg.



* 1 more series for advanced level



2 sets of 20 reps*



 Ground



BUTTOCKS • SIDE LIFT

Starting from a standing position, step to the side ending in the squat position. Then return to the initial position.



INNER THIGH • LEG LIFT

Starting from a side position on the floor, place the leg that is up (flexed) so that it rests behind the lower leg. Raise your leg on the floor (stretched) with your toes pointed forward (never upwards), at a height of about 45 degrees.



MID BACK • 'SWIMMING'

Lying face down and with the forehead on the floor, raise one arm and the opposite leg at the same time.



ABS • CRUNCHES

Lying face up with the legs flexed (you can place your hands behind your neck or crossed on your chest) raise the upper back exhaling in each crunch. Avoid bringing the chin close to the chest.

* 1 more series for advanced level



Cooldown

STRETCHING

Minimum  20seg per exercise

Keep your breathing relaxed and deeper than usual

Knees to chest

Lying face up, bring your knees to your chest.



Buttocks

Lying face up, cross one leg over the other and bring them close to the chest.

Back

Kneeling with your hands together, stretch with both arms to the side and bring the shoulder to the floor.





Cooldown 

STRETCHING

Minimum  per exercise

Keep your breathing relaxed and deeper than usual

Hamstrings

Stretch one leg forward with your toes pointed upwards and bend the trunk towards the leg.

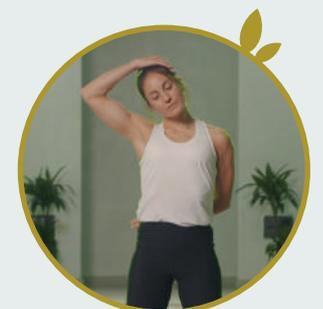


Quadriceps

In a standing position, bring the heel to the buttocks by gently pushing the knee backwards.

Trap and neck

Cross one arm behind the lower back and gently push the head towards the opposite shoulder with the other hand.





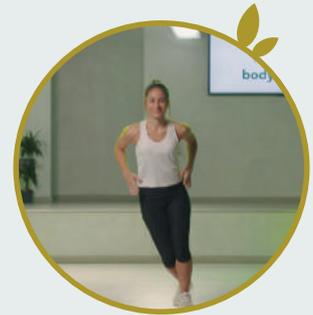
Warm-up 

 30 reps for each exercise



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Starting from a standing position, spread one leg to the side, then the other leg joins the first one, doing a side step.



2 "Knee lift" : knee lift with rotation.

Lift your knee above your hip and draw a circle. Alternate both legs.



3 "Arm circles" : body swing with arm rotation.

Circular motion of the arms alternating both arms.



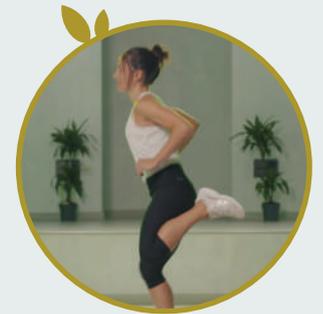


 30 reps for each exercise

Warm-up  

 **4 “Butt kicks”** : raise the heel towards the buttocks.

Side step and bring the heel towards the buttocks.



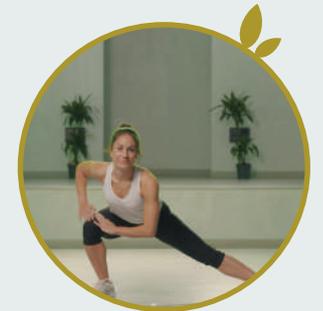
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Pendular movement of one of the legs. Spread one leg up and instead of stepping on the floor, make a pendulum move without touching the floor, and then, return to the initial position with your legs together. The leg that moves away from the body should be extended.



 **6 “Side lunge”** : bend one leg while extending the other to the side.

Place the weight of the body on the leg bent to one side, leaving the other leg extended.





Activation



2 sets of 20 reps*

LUNGE in two times

Do the exercise explained above but flex your legs at a slower pace than usual, at two times.

1



OUTER/INNER THIGHS • Leg Swing

From a standing position make a pendulum move with your leg. Start the movement with a side lift and then continue the movement towards the front until crossing the leg in front of the supporting leg.

2



HEEL ELEVATED SQUATS

Do a squat exercise raising one heel at a time. For the beginner level, raise one of the heels in each set, and for the advanced level, do 10 reps for each foot in the third set.

3



OBLIQUES • Knee to opposite elbow

From a standing position and with the arm elevated, raise your knee bringing it to the opposite elbow.

4



* 1 more series for advanced level



2 sets of 20 reps*

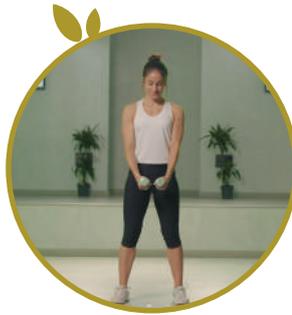


Intense + Weight**



3-bounce SQUAT

With the weight in the hands at chest height, do a squat and, at the lowest point, make three small bounces in the seated position.



SHOULDERS • Side arm raises

Starting from a standing position and while holding the hand weights, raise the arms to the sides while minding not to go higher than the shoulder line and not to create too much tension in the neck.



OBLIQUES • Lateral trunk sway

Standing and holding the weights in your hands, bend the trunk sideways, focusing on the contraction of the abdomen. It is important not to bend the back forward or backward.



BICEPS • Elbow flexion and extension

Standing and holding the weights in your hands, start with the elbows extended and flex the arm until bringing the weight up to the shoulder height. Pay maximum attention to keeping the back straight and shoulders elevated.

* 1 more series for advanced level

** You can use weights or water bottles of the most suitable weight for you

Check these tables on video on LeviSsime's Youtube Channel



Ground + Weight 

 2 sets of 20 reps*

BUTTOCKS • Glute bridge

Lying with the legs flexed, place the weight on the lower part of your belly. Lift your hips.



TRICEPS • Upward elbow extension

Lying and holding the weights in your hands, extend your arms upwards just above your face. The exercise is performed by bending your elbows bringing the weight to our ears and extending back your arms towards the ceiling.



'RUSSIAN TWIST' • Russian sit-ups

Seat with your knees bent, placing your weight on the hands. Tilt the torso back at a 45 degree angle. It is important not to arch or curve the spine excessively. Rotate your body, carrying the weight from one side to the other.



CHEST • Arm opening

On a lying position with the legs bent and the weight on your hands, raise your arms pointing towards the ceiling, just above your face. The exercise consists of opening the arms out to the sides (without touching the floor) and closing them back to the starting position.



* 1 more series for advanced level



2 sets of 20 reps*



 Ground



OUTER THIGHS • Side leg lift

Lying down on one side, bend the leg underneath and stretch the leg above. Raise the stretched leg towards one side, pointing the foot tip forward (never towards the ceiling) at a height of approximately 45 degrees, bending the ankle.



MULTI-JOINT EXERCISES • Elbow plank

Lying face down, put the elbows on the floor at shoulder level and the tips of the toes (or the knees if it is too intense). Align the body while keeping the plank position. Hold the position for 15 seconds and perform 4 reps.



ABS • Upper and lower

Lying on your back with your hands behind your neck or crossed over your chest and your legs bent, lift the trunk by bringing one knee towards the nose in each exercise. Alternate between knees.



ABS • 'Criss cross' obliques

Lie down on a supine position with your hands behind the neck, one leg bent and the other one extended and raised off the ground. Rotate your trunk by bringing one knee to the opposite elbow. Alternate between knees to make repetitions.

* 1 more series for advanced level



Cooldown

STRETCHING

Minimum  20seg per exercise

Keep your breathing relaxed and deeper than usual

Knees to chest

Lying face up, bring your knees to your chest.



Buttocks

Lying face up, cross one leg over the other and bring them close to the chest.

Back

Kneeling with your hands together, stretch with both arms to the side and bring the shoulder to the floor.





Cooldown 

STRETCHING

Minimum  per exercise

Keep your breathing relaxed and deeper than usual

Hamstrings

Stretch one leg forward with your toes pointed upwards and bend the trunk towards the leg.

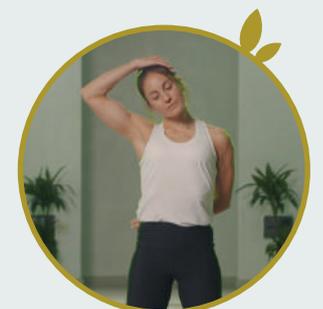


Quadriceps

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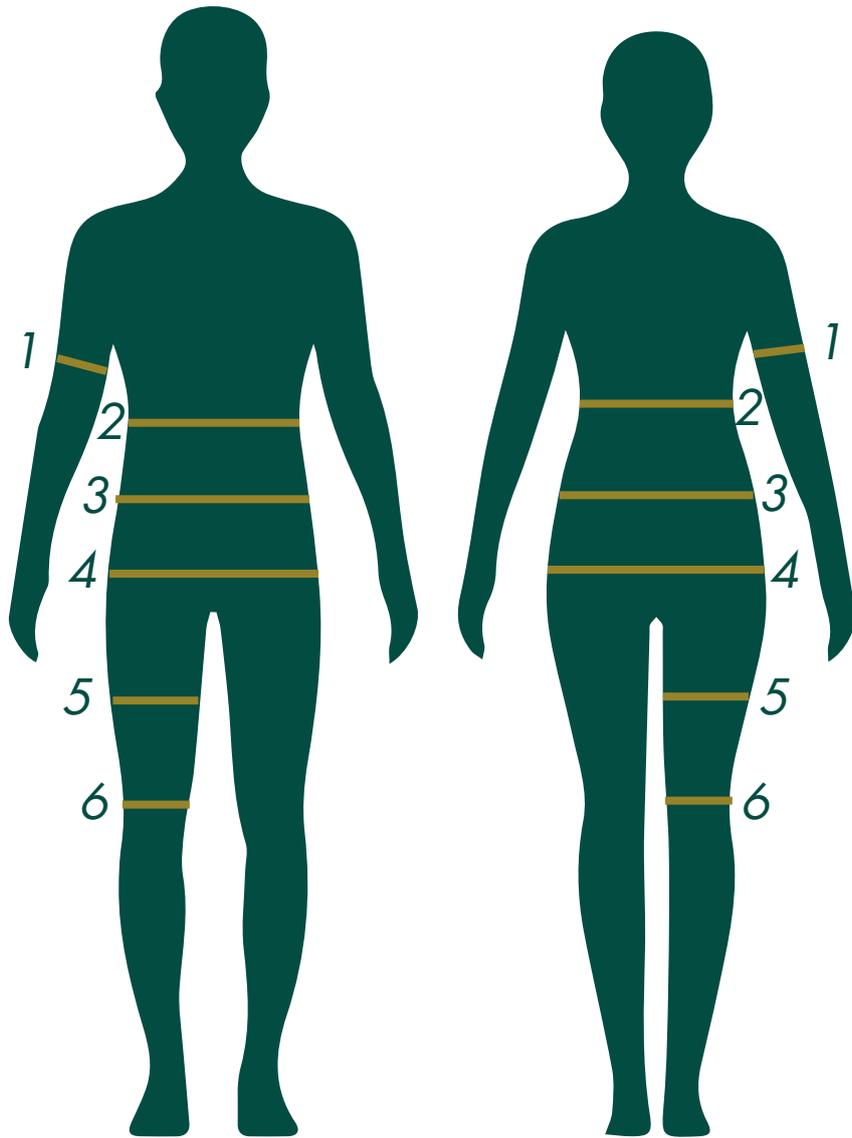
Trap and neck

Cross one arm behind the lower back and gently push the head towards the opposite shoulder with the other hand.





Measures



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