

## Keep Your Contours in Good Shape

### Keywords

Eat, Recommendations, Rational Nutrition, Examples

### Preamble

It is common knowledge, to keep for many people good contours during all life is a really great problem. In practice, unfortunately, too many persons cannot maintain their figure in a well-proportioned and attractive shape. For this there are very many causes. Namely. Desire to eat many appetizing food-stuffs, for example: sweets, chocolate, baking, browned flour goods, including meat, beer and so on. It is right they say that a person is weak and a temptation is great. If any person constantly abuses of dish, it rather quickly calls out the irreversible of the alteration his/her figure. As an example: stomach, hip, back, thighs, neck, fingers, shoulder.

Exceptional recommendations will be given below. But they are only recommendation but they are not the obligatory rules because of the real specific character takes place in each individual case. And we propose that the definite person doesn't have harmful habits and his/her housing conditions are on good level. Moreover, you have to understand that situations which you can read in this article are given only in the capacity of the possible situation in our life. They have the conventional character. And author try to save dear readers from gluttony. Because in this case you instead of normal body with excellent figure can turn into a piece of fatty and ugly meat/beef.

### BreakFast

When you firstly get up in the morning and go to the lavatory and to the bath-room where you must become acclimatized (without fail) with rathe could water from face, head and to the belly. During this period your kettle will be ready with hot water to prepare a cup of tea or coffee (in last case it is better if you use a little bit of milk or cream. In addition to this you can eat only one slice of bread without butter but with a piece of sausage and with one slice of cheese. That's all. If you have a little free time before

### Short Note

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your breakfast, make several minutes morning exercises (squatting, opening hands into the sides and run on the place where you are standing).

### Lunch

Usually, you have to lunch in the middle of the day time. If you'll sou (one full plate) and without the second plate. On your dessert you can take one sweet small loaf (or pie) and one glass with juice. Instead of juice or as the additional element you can eat one apple or pear, or grapes. And instead of juice you can drink a cup of tea/coffee with a small and only one tea-spoon of sugar.

### To Have A Snack

During this position you can eat one apple or banana. And if you want, you can drink clean water (drinking water).

### Supper

Before going to take your supper, it is righter if you will make physical exercises during half an hour. After a bath-

room go to the kitchen and prepare your supper. It can include, for example, not over fried meat (one piece) or three pieces of kebab with one piece of black bread using a little bit of garlic/onions and/or mustard/ horseradish. In the capacity of salad take white cabbage, carrots, beet, green pea and add soured (cultured) cream. Not more than twice a week you can drink a small glass of wine/vodka or brandy. And else you can drink a cup of tea or coffee with a sweet white bread (or with a pie). The time of this supper must be about eight/nine o'clock in the evening.

But if you suddenly wanted to eat once again before your movement to sleep, please drink a little clean water. It will be enough to interrupt your wish for eating.

Now I confirm that my two good friends who have their

constant weight during about 35-45 ages and without any problems with such situation which I have just described the nutrition and they don't feel the hunger and feel well.

Thus, if you try to eat like this system is shown and your weight will not grow, I shall be very proud. Consequently, I helped you.

## Conclusion

Please try to hold on these recommendations with nutrition. Don't eat too fat, strong food and sauce or dressings. If your stomach good, using this way of eating, you really stabilize your weight for a long time. And your cherished aim will be executed in full! Your figure will be well-proportioned and beautiful.

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