

# Skinny Line Diet Plan

*It's More Than A DIET*

*It's Your SAFEGUARD*

The Skinny Line's 30-day program has been used as a measure of resilience when it comes to staying strong and slaying any unwanted pathogens. The diet plan is designed for you to receive a certain amount of targeted nutrients that saturates into cells and helps prevent any kind of nutritional deficiencies. Individuals who consume well-balanced diets appear to be healthier, stronger and safer, as they are equipped with lower visceral fat levels and stronger immune systems, making it easier to protect themselves against any virus or pathogens. We act as a safeguard, not just a diet!

The program explores the importance of nutrition when it comes to boosting immunity in order to ensure that the body is as equipped as possible to help defeat the virus and even the newly found strains. Despite an effective vaccination, it is highly likely that other anti-microbial and resistant infections will prevail in society. Losing weight and enhancing nutritional status is crucial to maintaining a strong immune system, thus helping to stay safe against the virus – and any future virulent viruses.

Followers on the plan lose an average of 10 or more pounds, eliminate visceral fat, especially around their mid-sections, choose healthy foods to help lower BMI (Body Mass Index), and reduce chronic systemic inflammation which is an underlying factor to all major degenerative diseases. These include but are not limited to obesity, heart disease, cancer, hypertension, diabetes and joint pain. The plan also strengthens immunity, serving as a safeguard when it comes to fighting off infections like the common cold and COVID-19. These viruses aren't going away any time soon, making it more imperative than ever before to enhance your immune system.

If there is one thing that every health care professional can agree upon, it is that this program is a safeguard which can ensure that your body is better protected when fighting a more severe COVID-19 infection.

For the next 30 days, avoid the following highly inflammatory, insulin producing hormonally unfriendly foods, some of which can result in weight loss resistance, causing unpleasant symptoms such as sluggishness, bloat, poor digestion, weight gain (especially belly fat) and accelerated aging.

- Gluten-containing grains (wheat, rye, oats, barley, spelt)
- All dairy foods (milk, cheese, yogurt, butter, sour cream)
- All GMO foods (corn, soy, canola oil, beet sugar, wheat, dairy, aspartame, non-organic zucchini and yellow squash - all produce with 5 digit code beginning with 8)
- All highly processed meats (cold cuts, hot dogs, sausage, bacon)
- All junk food (soda, candy, cake, cookies, chips, pretzels, etc.)
- All refined carbs (white flour products, white rice, white potatoes, all forms of **SUGAR** - especially HFCS)
- All bad fats (hydrogenated oils, trans-fats, canola and all refined-vegetable oils, fried foods)
- Alcohol (beer, wine, spirits)
- All foods not listed below.

## **Skinny Rules:**

- Fast for 13 hours overnight (ex. If you stopped eating at 7:00 pm, eat breakfast after 8:00 am)
- Start your morning off with a cleansing cup of hot water with fresh lemon and a sprinkle of cayenne pepper (if tolerant) 30 minutes prior to eating. Follow with at least 8 oz. of pure water.
- Do not let more than 3-4 hours go between meals and snacks. Timing is very important to keep your blood sugar balanced, your stress hormones down, your metabolism revved and your energy up.
- Substitute 1 meal/day (Breakfast, Lunch or Dinner) with Skinny Shake. If you would like to accelerate your weight loss, Substitute 2 meals/day\* (Breakfast and Lunch or Dinner) with Skinny Shake.
- For added nutrition, you may add greens (spinach, kale, etc.) to your Skinny Shakes.
- For extra fiber and omega 3's, add 1 tsp. of ground flax seeds/chia seeds to your Skinny Shake or food 2x/day.
- Consume at least 5 servings of raw or lightly steamed green veggies/day (1 serving = 1 cup raw or 1/2 cup steamed) or consider adding a green drink to your diet (see recipe).
- Drink at least 64 oz. of Skinny Water/day (recipe below).
- Consume 1 cup of Skinny Broth (see recipe) with lunch and dinner and anytime throughout the day you desire.
- End your evening with a cleansing cup of hot water with fresh lemon and a sprinkle of cayenne pepper (if tolerant) about an hour before bedtime.

## Skinny EATING PLAN

Start your morning off with 1 cup of hot lemon water with a pinch of cayenne pepper (if tolerant) 30 minutes prior to eating. Follow with at least 8 oz. filtered water.

### **BEFORE BREAKFAST:**

- Take 1 capsule **Skinny Suppress\*** (at least 15 to 30 minutes prior to eating breakfast with an 8 oz. glass of water)
- Apply 3 sprays of **Skinny Spritz** (prior to eating breakfast) under tongue and hold for 20 to 30 seconds then swallow.

### **BREAKFAST:**

- **Skinny Shake** (see recipe) or
- 2-3 ounces **Skinny Protein**, 1 **Skinny Fat**, 1 **Skinny Fruit/Veggie** (see **Optimal Skinny Foods List**)

### **AFTER BREAKFAST:**

- Take 1 tablet **Skinny Boost** after breakfast.

### **MID-MORNING SNACK:** (If needed)

- 1/2 cup **Skinny Fruit** with a small handful (1/4 cup) nuts or seeds/nut butter (raw, unsalted, no peanuts)  
-OR-
- 6-8 ounces **Skinny Greens Smoothie** (see recipe)

### **BEFORE LUNCH AND/OR DINNER:**

- Take 1 capsule of **Skinny Suppress\*** (at least 15 minutes prior to eating lunch and dinner with an 8 oz. glass of water)
- Apply 3 sprays of **Skinny Spritz** (prior to eating lunch) under tongue and hold for 20 to 30 seconds then swallow.

**LUNCH/DINNER:** Start with 1 cup **Skinny Broth** (see recipe)

- **Skinny Shake**  
-OR-

- **Salad + Protein + Skinny Fat + Skinny Carb:** 2 cups of mixed raw **Skinny Veggies** (greens + chopped non-starchy veggies), 1/8 avocado, 1 tsp. ground flax seeds/chia seeds, 1 Tbsp. **Skinny Vinaigrette** (see recipe) + 4-6 oz. baked, grilled, broiled, steamed **Skinny Protein** + 1/2 cup **Skinny Carbs + Skinny Herbs and Spices** (see **Optimal Skinny Foods List**).

#### **AFTER LUNCH AND/OR DINNER:**

- Take 1 tablet **Skinny Boost** after lunch and dinner.

#### **MID-AFTERNOON SNACK:** (If needed)

- **Lettuce Wrap:** In 1 lettuce leaf put 1-2 oz. of **Skinny Protein** and 1/2 cup chopped **Skinny Veggies** (see **Optimal Skinny Foods List**), 1 tsp. **Skinny Vinaigrette** (see recipe)
- -OR-
- 6-8 oz. of **Skinny Greens Smoothie** (see recipe)

#### **THROUGHOUT THE DAY:**

Drink filtered water, **Skinny Water** (see recipe), **Skinny Broth** (see recipe), organic decaf green tea or warm water with lemon throughout the day to aid in cleansing, fat burning and weight loss.

**\*Skinny Suppress: Loading Dose:** Start by taking 2 capsules 15 minutes prior to each meal for the first 2 weeks and then decrease to 1 capsule 15 minutes prior to each meal. As an alternative, Skinny Suppress can be taken at any time throughout the day (instead of mealtime) to help curb appetite and cravings. **Note:** Do not exceed more than 6 capsules per day.

To enhance your weight and inch loss results - add the following products to your plan (sold separately at <https://theskinnyline.com/shop/>):

- **Skinny Sculpt:** (If you purchased) Apply to problem areas to aid in fat metabolism (see package directions) 2 times per day after hot bath, shower or applying warm towel to treatment area.

## **OPTIMAL Skinny FOODS LIST**

Choose organic, free-range, cage-free, grass-fed, non-GMOs and nohormones/antibiotics/nitrates added products. Avoid farm-raised fish.

### **Skinny Proteins: (1 ounce = 7 grams)**

- Poultry (organic, pasture-raised)
- Wild cold water fish (salmon, haddock, halibut, cod, mackerel, sardines, wild shrimp)
- Lean red meat (grass-fed beef, bison, venison)
- Grass-fed lamb
- Eggs (organic, omega-3, cage free or pasture-raised)
- Skinny Shake
- Tempeh
- Legumes (1/2 cup lentils, peas or beans)

### **Skinny Fats: (serving size = 1 tsp.)**

- 3 Olives/olive oil
- Chia seeds
- Flax seeds (ground)
- MCT oil (available at any health food store)
- Raw unsalted nuts and seeds and nut butters (no peanuts)
- Organic virgin coconut oil
- Grape seed oil
- Cod liver oil
- 1/4 Avocado/Avocado Oil
- Organic grass-fed ghee

### **Skinny Carbs: (serving size = 1/2 cup)**

- Quinoa and other gluten-free ancient grains
- Buckwheat
- Black/brown rice
- Yams/sweet potatoes
- Winter squash (acorn, butternut, spaghetti, pumpkin)
- Parsnips
- Turnips
- Artichokes
- Legumes (lentils, peas, beans)

### **Skinny Fruits: (serving size = 1/2 cup)**

- All fresh and frozen low-glycemic fruits (no sugar added). These include:
- Berries
- Green apples
- Barely ripe bananas
- Grapefruit
- Oranges
- Pears
- Plums
- Kiwis
- Lemons/limes

### **Skinny Veggies: (serving size = 1 cup cooked/2 cups raw)**

- All fresh and frozen non-starchy veggies (no butter or salt added). These include:
- All leafy green veggies
- All cruciferous veggies (bok choy, broccoli, brussels sprouts, cabbage, cauliflower, collard greens, kale)
- Asparagus
- Peppers
- Carrots
- Celery
- Cucumber
- Fennel
- Summer Squash (zucchini, yellow squash)
- String beans
- Snow peas
- Onions

### **Skinny Herbs/Spices:**

- All natural fresh and dried herbs and spices without additives.  
Herbs/spices that are especially beneficial for lowering inflammation and blood sugar balancing which assist in weight loss are:
- Cinnamon
- Ginger
- Chili pepper
- Cayenne pepper
- Turmeric
- Curcumin
- Cumin
- Cilantro

- Fenugreek
- Parsley
- Rosemary



### Skinny **HAPPY HEALTHY BELLY FOODS LIST**

In addition to your Optimal Skinny Foods List, try and work some of these gut-healing power foods into your diet each day and your belly will thank you with a calmer, happier and much flatter appearance :)

### Prebiotic Power Foods

A food that is prebiotic contains ingredients, mostly fiber, that gut bacteria feed on, producing fermentation by-products that benefit health. Here are some of the most potent prebiotic foods:

- Almonds
- Asparagus
- Bananas
- Burdock root
- Chicory root
- Endive
- Garlic
- Greens (especially dandelion greens)
- Jerusalem artichoke
- Jicama
- Kiwi
- Leeks
- Legumes
- Mushrooms
- Oats (gluten free)
- Onions

## **Probiotic Power Foods**

Instead of being cooked or eaten fresh, probiotic-rich foods are prepared by putting them in a slow cooker or a mason jar or otherwise letting the bacteria ferment them naturally. Common bacteria, like lactobacilli, break down the sugars into acids, preserving the food and imparting a salty, tangy flavor. Fermented foods can provide fiber for our resident gut bacteria as well as a fresh shipment of transient bacteria. The new bacteria enhance the diversity of our gut microbes during their one-way transit and, in ways that scientists are just beginning to unravel, help the resident bugs do their job better. Here are some of the most potent probiotic foods:

- Fermented vegetables (kimchi, sauerkraut, carrots, green beans, beets, lacto-fermented pickles, traditional cured Greek olives)
- Fermented soybeans (miso, natto, tempeh)
- Cultured nondairy products (yogurts and kefir made from organic soy, coconut, etc.)
- Fermented beverages (non-dairy kefir and kombuchas)
- Fermented condiments (raw apple cider vinegar)

## Skinny H2O

Drink this herbal-infused water throughout the day to help hydrate your body, balance your blood sugar and assist in fat burning.



### **INGREDIENTS:**

For every quart of pure filtered water add:

- 1 cup brewed decaffeinated organic green tea
- the zest and thinly sliced fruit of 1 organic lemon, 1/2 lime and 1 orange
- 1 cup fresh or frozen organic raspberries
- 1 cinnamon stick and
- 1 tsp. freshly grated ginger

### **METHOD:**

When done with first quart, just add 1 more quart of pure filtered water and 1 cup of brewed decaffeinated organic green tea and let infuse 30 minutes before drinking.

## Skinny **IMMUNE-BOOSTING GREEN DRINK**

This pH-balanced, antioxidant-rich and immune-enhancing green smoothie is the perfect way to start and finish your day or have as a mid-afternoon pick me up! In addition, if your meal is veggie-deficient, just drink this along with it and you are good to go! If possible, all ingredients should be organic and non-GMO.

Makes 2-3 servings



### **INGREDIENTS:**

- 2 cups pure water
- 4 large fistfuls fresh organic greens of your choice
- 1 organic Kirby cucumber or 4-inch piece of organic cucumber cut into chunks
- 1 large stalk of organic celery, chopped
- 1 large organic carrot, chopped
- Juice and zest of 1 organic lemon
- 1 cup pineapple chunks (fresh or frozen), 1 small organic green apple or 1 organic grapefruit (pulp included)
- 1 tsp freshly grated ginger
- 1/2 cup fresh herbs (mint leaves, cilantro, parsley or basil)
- 1/2 c ice (optional)

### **METHOD:**

Put all ingredients in high-powered blender and process until smooth. This method retains the pulp and fiber which is beneficial. Makes approximately 2 to 3 8-oz. servings. Store remaining juice in glass mason jar - top with lime/lemon juice and refrigerate for up to 3 days.

## Skinny **IMMUNE-BOOSTING SMOOTHIE**

Try a different flavor every day. A great boost for your immune system and your tastebuds!



### **INGREDIENTS:**

4 oz. pure, filtered water

4 oz. plain, unsweetened organic plant-based milk (almond, cashew, hemp, coconut, etc.)

1/2 - 1 cup ice

1 scoop **Skinny Shake** protein powder

1 tsp. MCT oil (available at health food stores)

1 tsp. ground flax or chia seeds

3" piece banana (barely ripe) – best if frozen (optional)

1/2 cup fresh or frozen organic fruit (choose from: raspberries, blueberries, blackberries, strawberries, cherries, pineapple)

1 handful organic leafy greens (spinach, kale work best)

### **METHOD:**

Add all ingredients to blender and blend for approximately 1 minute.

\* for a chocolatey immune boost add 1 T raw organic cacao powder.

## Skinny **Broth**

The ultimate health tonic

- 2 large stalks organic celery cut into 2" pieces
- 1 large bok choy bulbs cut in 1/2
- 1/2 cup dried kelp
- 1 bunch Parsley
- 1 bunch dandelion leaves
- 4 large organic carrots cut into 2" pieces
- 1 large onion cut in 1/2
- 4 garlic cloves cut in 1/2
- 2 cups organic baby spinach leaves
- 6 red-skinned un-peeled organic potatoes
- 1" piece of ginger root peeled and sliced
- 2 T Himalayan sea salt
- 1/4 tsp. turmeric powder
- 1/2 tsp. cayenne pepper
- 1 Tbsp. chopped fresh thyme or 1/2 tsp. dried organic thyme
- 1 tsp. fennel seeds



### **METHOD:**

All veggies, herbs and spices should be organic. Put all ingredients in a large, non-aluminum pot and cover with pure filtered water. Bring to a boil then simmer with cover on until broth is a light amber color and has a rich flavor (approx. 2 – 3 hrs.). Strain and discard ingredients. Check seasoning and add more if necessary. Drink hot or cold. Broth will keep for about 3 days unless frozen.

## Skinny Vinaigrette

It's antioxidant-rich, alkaline and immune-boosting, as well as, refreshing and delicious. Makes approximately 2 servings

### **INGREDIENTS:**

Zest and juice from 1 organic lemon or lime  
1/2 Tbsp. organic extra virgin olive oil  
1 tsp. MCT oil (available at any health food store)  
1 garlic clove  
1 t dijon mustard  
1 Tbsp. mixed chopped fresh herbs (thyme, sage, parsley) or  
1/2 T dried  
1/4 tsp. turmeric  
Pinch of cayenne pepper to add a little zip (optional if tolerant)



### **METHOD:**

Put all ingredients in mini food processor and process until well blended.