



# Try the Skinny Dip 'Mix & Match' Diet

... and lose up to 10 pounds in 1 week!

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<i>(choose 1 meal daily)</i>	<i>(choose 1 meal daily)</i>	<i>(choose 1 meal daily)</i>	<i>(optional - choose 1 daily)</i>
1 egg scrambled with ham, onion, peppers, cheese 6 oz diet yogurt any no-cal beverage	2 boiled eggs 1 string cheese 1 cup raw veggies + salsa any no-cal beverage	<b><u>Shanghai Chicken Stir Fry</u></b> <u>over</u> 1 cup Skinny Dip Angel Hair 2 cups mixed salad greens any no-cal beverage	1 cup low fat milk 2 sugar free popsicles 10 almonds or walnuts 1 sugar free Fudgesicle
1 canned low carb shake 2 slices turkey bacon 1/2 cup diet Jello any no-cal beverage	6 oz baked chicken or fish 2 cups any <b><u>Skinny Dip Soup</u></b> 4 oz fruit cup, packed in juice any no-cal beverage	<b><u>South Beach frozen diet meal Kung Pao Chicken w/ Broccoli</u></b> <u>over</u> 1 bag Skinny Dip Rice Pearls any no-cal beverage	4 Hershey's Kisses 100 calorie bag popcorn 1 bottle light beer <u>or</u> 5 oz wine <u>or</u> 2 oz rum, vodka, etc.
1 frozen waffle & diet syrup 2 brown & serve sausages 1 string cheese any no-cal beverage	1 canned low carb shake 2 cups mixed salad greens 1 celery + 1 tsp peanut butter any no-cal beverage	6 oz baked chicken or fish 1 cup <b><u>Skinny Mexican Rice</u></b> 2 cups mixed green salad any no-cal beverage	<b>THE BASICS</b>
6 oz diet yogurt 2 strips turkey bacon 4 oz fruit cup, packed in juice any no-cal beverage	<b><u>South Beach frozen diet meal Caprese Chicken w/ Broccoli</u></b> <u>over</u> 1 bag Skinny Dip Rice Pearls any no-cal beverage	1 cup no-bean chili over 1 bag Skinny Dip Fettuccini 1 cup broccoli or green beans any no-cal beverage	Follow exactly for 7-14 days for maximum weight loss. Swap foods you don't like with a similar food. Limit coffee cream to
1 egg scrambled with ham, onion, peppers, cheese 1/2 cup diet Jello cup any no-cal beverage	1/2 cup tuna salad over 2 cups mixed salad greens 1/2 cup Jello diet pudding any no-cal beverage	<b><u>South Beach frozen diet meal Meatloaf w/ Green Beans</u></b> <u>over</u> 1 bag Skinny Dip Rice Pearls any no-cal beverage	2 tsp per day. <b>Daily snack is optional.</b> If you can't find the frozen meals -- swap any frozen meal with 15 carbs or less.
1 low carb shake 1 egg, any style 1/2 cup cottage cheese any no-cal beverage	<b><u>Weight Watchers frozen diet meal Garlic Beef w/ Snow Peas</u></b> <u>over</u> 1 bag Skinny Dip Angel Hair any no-cal beverage	<b><u>Easy Beef Stroganoff</u></b> <u>over</u> 1 bag Skinny Dip Fettuccini 1 cup broccoli or green beans any no-cal beverage	Measure & weigh your food for maximum weight loss. Check with your doctor before starting this or any diet plan.
1 frozen waffle & diet syrup 2 brown & serve sausages 1/2 cup diet Jello cup any no-cal beverage	1 bunless cheeseburger 1 side salad & diet dressing 4 oz fruit cup, packed in juice any no-cal beverage	1/2 cup spaghetti sauce over 1 bag Skinny Dip Angel Hair 2 cups mixed salad greens any no-cal beverage	Eat as much <b><u>5 Calorie Ramen Soup</u></b> as you want! Get at least 20 minutes of <u>any</u> exercise daily. Drink unlimited 0 cal beverages.

*(recipes are on the Skinny Dip Noodles website)*