



TRIAL PROGRAM

WWW.SKINNYMETEA.COM.AU





10 TIPS FOR A HEALTHIER YOU

When you begin the SkinnyMe Detox Program, it is important to look after all aspects of your health ;physical, emotional, mental, social, spiritual and environmental. The tips below are examples of what you can do to achieve a holistic approach to your health.

- 1 Eat nutrient-dense foods that nourish your body. Keep it natural
- 2 Drink lemon water in the morning to promote digestion and detoxification.
- 3 Add 2 tablespoons of Apple Cider Vinegar to your water to aid digestion and detoxification. Drink once a week.
- 4 Spice it up! Increase your spice intake (e.g., cinnamon, turmeric) to speed up your metabolism.
- 5 Train with a friend to motivate each other.
- 6 Listen to music while you work out.
- 7 Take a detox bath once a week (Check out @DetoxBaths on Instagram).
- 8 Stay hydrated! One way to make drinking water more enjoyable is making a 'Detox water' Check out @DetoxWater on Instagram for more inspiration.
- 9 Remember that every day you are one step closer to your goal.
- 10 Most importantly have a positive attitude, you are on your way to getting healthy, looking great and feeling fantastic!

WHY YOU SHOULD DETOX

Although detoxification is a natural, ongoing process in the body, the ever-increasing number of toxins we are exposed to and the daily stress we experience prevent us from detoxifying optimally, which can eventually lead to disease. It has been estimated that over 70,000 synthetic chemicals have been manufactured over the past 60 years, many of which now lurk in the food we eat, the water we drink and the air we breathe. The truth is, human beings have never been exposed to such a toxic environment as the one we currently live in. That's why we need to take extra steps to ensure that our diets stay clean and healthy.

A detoxification diet helps your body to process the toxic load trapped in your fat cells through a specific dietary plan. In doing so, it may raise your energy levels, stimulate digestive health, improve your concentration and mood, alleviate allergies, boost your immune system, prevent some diseases, and of course, help you to lose weight. This diet usually requires you to avoid common allergenic foods like dairy products and wheat; ingest plenty of organic raw vegetables, plus some fruits, nuts, seeds and oils; drink freshly made vegetable juices and lots of water, as well as herbal teas; and take a multivitamin/ multimineral tablet.

YOUR DAY ON A PLATE

BREAKFAST

CINNAMON MUESLI

- 1 banana peeled and sliced
- 2 tablespoons desiccated coconut
- ¼ cup millet
- ¼ cup quinoa
- ¼ cup buckwheat groats
- 2 tablespoons pumpkin seeds
- 2 tablespoons sunflower seeds
- 2 cups coconut water
- ¼ teaspoon cinnamon
- 1 teaspoon maple syrup

1. Combine coconut, millet, quinoa, buckwheat groats, seeds and cinnamon in a bowl and add the coconut water/milk and mix.
2. Cover and soak over night.
3. Strain and reserve the coconut water/milk to pour over when serving.
4. Use half a cup to serve one person and top with banana and maple syrup.



DINNER

TUNA NICOISE SALAD

2 fillets of fresh tuna (for a more sustainable option choose wild caught snapper)

Olive oil

medium sweet potato - boiled and sliced with the skin left on

2 eggs - boiled and sliced

1 handful of green beans – tailed and cooked until tender

1. To make the Salsa Verde blend all ingredients in a blender to form a paste
2. On a large plate, arrange the still warm egg, sweet potato and green beans
3. Rub tuna with sea salt and black pepper, and drizzle with olive oil, place on a hot pan and sear for 2 minutes on each side
4. Place tuna on the serving plate and pour over Salsa Verde
5. Serve immediately

Salsa Verde Ingredients:

2 cloves garlic - minced

1 teaspoon of capers

½ cup parsley

½ cup basil

¼ cup mint

1 tablespoon of apple cider vinegar

1 tablespoon of lemon juice

100ml of olive oil



LUNCH

SHREDDED BRUSSELS SPROUT SALAD

- 1 avocado, cubed
- 400g brussels sprouts
- 1 Tablespoon slivered almonds
- 2 spring onions finely sliced
- 2 tablespoons sultanas finely chopped
- Juice ½ a lemon
- 2 tablespoons extra virgin olive oil
- Pinch of salt and pepper

1. Remove stem of brussels sprouts and finely slice.
2. In a large bowl combine brussels sprouts, avocado, spring onions, almonds and sultanas.
3. In a separate small bowl, combine the lemon juice, olive oil salt and pepper mix.
4. Pour dressing over salad ingredients.



SNACK

CHOC NUT BUTTER BALLS

- 1 cup rolled oats
- 1 medium banana, mashed
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon of your favourite nut butter
- 1 packet Stevia
- 1 teaspoon vanilla extract

1. Combine all ingredients into a bowl, mix until combined.
2. Using a tablespoon, scoop out mixture and roll into balls.
3. Place the balls onto a cookie sheet / plate, and continue until all balls are made.
4. Refrigerate balls for an hour or eat straight away.



EXAMPLE HIIT WORKOUT



PLEASE NOTE: We advise against partaking in high intensity workouts while teatoxing. Use this workout before and after the teatox.

WORKOUT // REPEAT X2 // TIME: 25 MIN

SQUAT THRUSTS

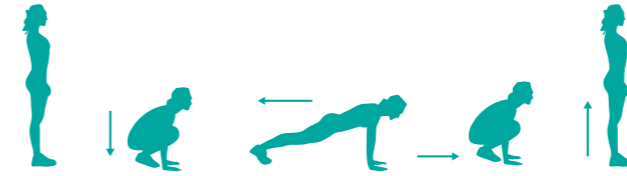
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WORK

⌚ 1:00

REST

⌚ 0:30



TIP: MAINTAIN GOOD POSTURE

HIP THRUSTS

(P 70)

WORK

⌚ 1:00

REST

⌚ 0:30



TIP: SQUEEZE GLUTES

BURPEES

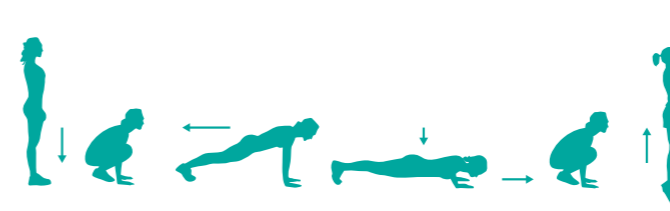
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WORK

⌚ 1:00

REST

⌚ 0:30



TIP: MOVE FAST

KNEE UPS

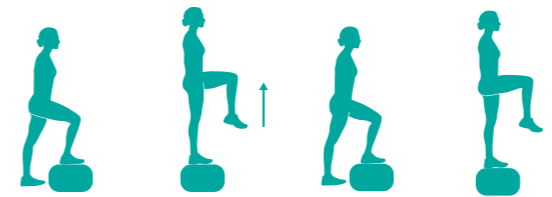
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WORK

⌚ 1:00

REST

⌚ 0:30



TIP: KEEP CORE TIGHT

SKIPPING

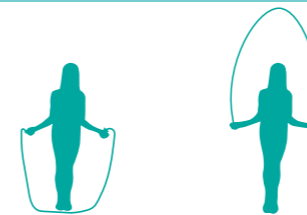
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WORK

⌚ 1:00

REST

⌚ 0:30



TIP: MOVE FAST

JUMP SQUATS

(P 72)

WORK

⌚ 2:00

REST

⌚ 0:30



TIP: LAND LIGHTLY

REVERSE CRUNCHES

(P 74)

WORK

⌚ 1:00

REST

⌚ 0:30



TIP: KEEP LOWER BACK FLAT TO GROUND

WHAT'S INCLUDED IN THE FULL PROGRAM

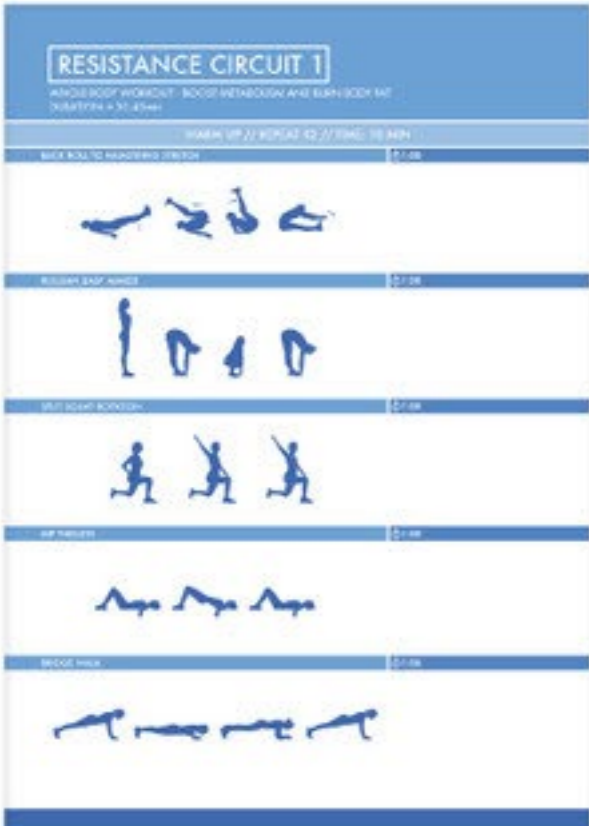
The 'SkinnyMe Bikini Body Program' (8 weeks) and the 'SkinnyMe Detox Program' (4 weeks) have been designed specifically to work in conjunction with our signature 14Day and 28Day Teatox, combining nutrition and exercise to maximise the weight loss and detoxification effects.



4-8 WEEKS

300+ PAGES

150+ RECIPES



WHAT OUR CUSTOMERS THINK OF US



— OVER —

97%

WOULD RECOMMEND SKINNYME TEATOX TO A FRIEND OR FAMILY MEMBER

98% WOULD LIKE TO TRY SKINNYME TEA'S PROGRAMS

83% ENJOYED THE TASTE OF SKINNYME TEA

92% FELT HAPPER AND HEALTHIER

93%

FELT LESS BLOATED AFTER HAVING SKINNYME TEA

94%

THINK SKINNYME TEA IS AN EFFECTIVE DETOX.

88%

AGREED THAT THE EVENING CLEANSE FLUSHED THEM OUT

80%

HAD MORE ENERGY WHILE ON THE TEATOX

85%

ACHIEVED NOTICEABLE RESULTS WITH SKINNYME TEA



10% ACAI TEA

4% COMPLEXIONME TEA

2% ZEN TEA

SURVEY CARRIED OUT FROM AUGUST 20TH TO 23RD AND ANSWERED BY 3,773 CUSTOMERS



Thank you for downloading our free trial program! To purchase our complete programs including Eating and Exercise Guides, head to our website (www.skinnymtea.com.au)

Start your journey to a healthier you today and get your bikini body today!

