



## FREE EATING PLAN BY DETOX SKINNY HERBS

### **WELCOME GIRLS ;)**

This free nutrition plan is designed to help you achieve your dream weight and body shape. Skinny Detox Herbs composition has been designed for you to achieve your objective in the shortest possible time just by following the rules below. Eating healthy and additional physical activity can only help and reduce the time in which you reach your goals. By using Skinny Detox Herbs and being guided by our free nutrition plan we are more than confident that the success awaits you. We are looking forward to your results ;)

### **DETOX & Detox Skinny Herbs**

Poorly functioning digestive system prevents transformation of food nutrients into vital energy which is highly needed for us. Blocked digestive system is the most common cause of constipation and also inhibits excretion of parasites and toxins which further can cause unnecessary gain of fat mass.

Cleansing your body out of harmful toxins allows digestive system to fully absorb and utilize nutrients. Herbs detox is one of the oldest methods of body detoxification. Today it is a necessity, which has only good effects.

## MAIN RULES

- reduce amount of carbohydrates as the day passes by - the most in the morning and nothing at the end of the day
- drink at least 2.5 liters of water per day
- eat meals frequent but smaller portions
- do not let you feel hungry
- during detox, try to reduce carbohydrates consumption
- avoid processed food
- no dairy

## YOUR NUTRITION PLAN CAN INCLUDE:

**vegetables** - the more the better ;) Ideally, if they were your snacks throughout the day ;) Try to eat fresh, steamed or fatless grilled vegetables. You can eat almost all vegetables except potatoes. Remember, the more the better.

**proteins** - fresh white fish coming from natural environment is essential. Eat also: lentils, peas, chickpeas. All kinds of beans: soy, white, red, black, kidney, etc.. All raw nuts but not too much. Wholegrain cereals: rye, spelled, oats.

**grains and legumes** - during detox you can eat all legumes, seeds and germinating seeds, brown or wild rice, red rice, whole grain pasta, oats, buckwheat.

**fats** - the best source of fats are avocados, nuts, coconut oil, flaxseed oil, fish oil, olive oil – these are good fats and should be part of your diet.

**nuts and seeds** - try to eat in small amounts: almonds, walnuts, sunflower seeds, pumpkin seeds, linseeds, chia seeds

**fruits** - eat seasonal, fresh fruits but avoid tropical fruit except lemon, lime and grapefruit, try to eat fruits rather in the morning but not in large amounts, avoid grapes.

**herbs and spices** - use following: cinnamon, ginger, cardamon, turmeric, cayenne pepper, cumin, black pepper, dill, herbs de provence, oregano, basil, garlic, rosemary.

**dairy substitutes** - if you have to substitute dairy, let it be replaced by simple soy products, which are unfortunately usually processed products.

**sweeteners** - if you can do not use them at all. If you do, use only natural sweeteners and only in very small amounts, such as stevia, agave nectar, brown rice.

### liquids

- water - 2.5 liters per day, preferably with freshly squeezed lemon
- tea - herbal tea, green tea, up to 5 cups a day
- coffee – in order to enhance Skinny Detox Herbs performance it is the best to give

up coffee, alternatively one cup, preferably black, if you must drink it with milk choose soy milk

- vegetable juices – the best are homemade from fresh vegetables,
- fruit juices - the best are homemade from fresh fruit, alternatively cocktails with addition of coconut water and frozen fruit
- no alcohol

## **AVOID**

- avoid primarily sugar
- meat
- white products such as white pasta, white rice, white bread
- processed food of all kinds (canned, prepared meals, frozen meals, sweets)
- alcohol in any form
- all beverages except fresh vegetable and fruit juices

## **SAMPLE DAILY PLANS**

### **SHORTLY AFTER GETTING UP**

- drink two large cups (300 ml) of water with squeezed lemon
- 20 minutes later, drink a glass of freshly squeezed fruit juice
- 30 minutes before breakfast drink a cup of Skinny Herbs

### **BREAKFAST**

- homemade muesli made with oats, seeds and nuts, topped with almond or soy milk
- a cup of fruit salad, such as banana, grapefruit, raspberries
- a large glass of water

### **MID-MORNING**

- a few pieces of fruit, a cup of green tea
- a large glass of water

### **LUNCH**

- a cup of vegetable cream from cauliflower and broccoli + 2 to 3 homemade oatmeal cookies
- a large glass of water

### **MID AFTERNOON**

- a few pieces of fruit + up to ten almonds
- a cup of green tea
- a large glass of water

### **DINNER**

- a portion of brown rice

- a portion of steamed vegetables
- a portion of grilled salmon
- a large glass of water

Just before bedtime (no later than 2 am)

- drink a cup of Detox Herbs

LOVE ;) Detox Skinny Herbs Team ([detoxskinnyherbs.com](http://detoxskinnyherbs.com))