

skinny  
sprinkles®

# Shake it off!

## diet and exercise plan

Take our 20 day challenge!

- ✔ Simple to follow instructions
- ✔ Delicious recipes
- ✔ Skinny shakes
- ✔ Meal planner
- ✔ Weekly shopping list
- ✔ Weekly exercise programme
- ✔ 1200 calories a day



# Shake it off!

## diet and exercise plan

Developed by our expert nutritionist the Skinny Sprinkles® Shake it Off plan combines a healthy food and exercise regime to enhance the benefits of your Skinny Sprinkles®. Learn how to fight hunger pangs yet still reduce calorie intake with our menu planner as well as tone and slim with our exercise regime.

### How the plan works

- ✔ Reduces calorie intake to 1200 kcal a day
- ✔ Helps you stay fuller longer
- ✔ Reduces hunger pangs
- ✔ Combines Skinny Sprinkles® with food that has a low energy density
- ✔ Encourages you to eat more without consuming too many calories
- ✔ Easy to follow exercise routine to build strength and tone your body

### What you need to do

- ✔ Select breakfast, lunch and dinner from the recipes included
- ✔ Take a Skinny Sprinkles® half an hour before a meal
- ✔ Add one snack from the snack list
- ✔ Drink an additional 250ml of semi-skimmed milk to any milk mentioned in a recipe, use in tea, coffee or with Skinny Sprinkles® instead of water
- ✔ Stick to the exercise routine provided



The **flexible**  
approach to  
getting **slim**  
Your **choice**,  
your **way!**

# Getting started

Here's a shopping list to take with you to the supermarket. You won't be able to make every meal with this list, but together with the store cupboard items it will keep you going with a good choice of meal options for up to a week.

## *Shopping List*

- Eggs
- Wholemeal bread
- Natural yogurt
- Orange juice
- Semi-skimmed milk
- **From the vegetable section:** Bagged greens, spring onions, tomatoes, radishes, avocado, celery, cucumber, potatoes, carrots, cauliflower, courgettes, broccoli, peas, mushrooms, sweet potatoes
- **From the fruit aisle:** Mango, grapes, fresh or frozen berries, apples, bananas, citrus (limes and satsumas)
- Reduced fat soft cheese
- Mozzarella ball
- Cheddar
- Parma ham
- Carton of lentil soup
- Prawns
- Reduced fat hummus
- Chicken breasts
- Lean minced beef

The drink  
with a  
clinically  
proven  
ingredient  
to aid  
weight loss



## STORE BOUGHT FAVOURITES

(add any you're missing to  
your shopping list)

- ✓ Butter
- ✓ Seasonings
- ✓ Nuts and seeds
- ✓ Honey
- ✓ Whole grain breakfast cereal
- ✓ Oats
- ✓ Rice cakes
- ✓ Bottled dressings
- ✓ Pasta, passatta and pasta sauce
- ✓ Cans: vegetable curry, chickpeas, tomatoes,
- reduced sugar and salt baked beans, sardines, sweetcorn, pineapple
- ✓ Stevia sweetener
- ✓ Long life ready bake baguettes
- ✓ Oil and vinegar
- ✓ Dried fruit
- ✓ Stuffing mix and gravy granules
- ✓ Ryvita
- ✓ Marmite
- ✓ Olives

# Diet plan



## Breakfasts

(all are approximately 250 calories)

Choose from:

- ✔ 1 poached egg on a slice of wholemeal toast spread with a scrape of butter. 150ml glass of orange juice.
- ✔ 200ml natural yoghurt (4% fat or less) with 150g berries (e.g. strawberries, blueberries) and 1tsp honey, sprinkled with 1 level tsp sunflower seeds.
- ✔ Microwave porridge made with 45g oats, 225ml semi-skimmed milk, plus berries and stevia sweetener to taste (if needed).
- ✔ Smoothie\* made from whizzing 100g mango flesh, 75ml semi-skimmed milk, 75ml orange juice, 25g spinach leaves, 10g natural cashew nuts and juice of half a lime. Team with a rice cake topped with 30g reduced fat soft cheese.
- ✔ 2 large eggs scrambled with 2 tbsps semi skimmed milk and a tsp of butter. Add black pepper to taste and serve with some steamed spinach.
- ✔ Smoothie\* made by whizzing 125ml pure pomegranate juice or orange juice, 100g blueberries, 75g low fat natural yogurt (4% or less) and 10g walnuts.
- ✔ Cold cuts: 2 slices of Jarlsberg cheese (or 60g fresh mozzarella), 2 slices of Parma ham and chopped tomato
- ✔ Cereal breakfasts choose from: 40g Bran Flakes, 40g All Bran, 40g Special K, 40g Shreddies, 2 Weetabix, 2 Shredded Wheat served with 125ml semi-skimmed milk. Top with half a chopped banana, a small chopped apple or a big handful of your favourite berries.



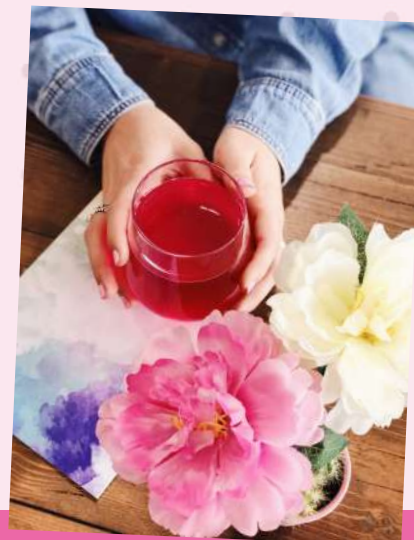
\*If you're in a rush you can always add your Skinny Sprinkles direct to your smoothie!

# Lunches

(all are approximately 350 calories)

Choose from:

- ✔ Salad made from 2 chopped boiled eggs, 1 handful of watercress, a few halved cherry tomatoes, 3 chopped radishes and 1-2 sliced spring onions. Drizzle with oil free vinaigrette and eat with a slice of wholemeal bread spread with a scrape of butter. Plus a handful of grapes.
- ✔ 1 pitta filled with 60g smashed avocado, and 50g cooked chicken. Serve with a side salad of chopped tomato and celery.
- ✔ A 300ml bowl of fresh carton lentil-based soup (around 150 calories), with half a home bake brown or granary baguette.
- ✔ Boil 50g pasta (dry weight), cool and mix in 100g prawns, some halved cherry tomatoes, 2 chopped spring onions and chopped cucumber. Toss in 1tbsp light Thousand Island Dressing mixed with 1tbsp natural yoghurt.
- ✔ 180g (uncooked weight) baked potato with half a can of reduced sugar baked beans. Plus an apple.
- ✔ Make crudités from red pepper, celery sticks, carrot stick and cauliflower florets. Eat with 1 pitta, and a 70g mini tub of reduced fat hummus.
- ✔ A pre-packed salad or sandwich containing around 300 calories. Plus an apple or 2 satsumas.
- ✔ A supermarket "Healthy range" individual crust less quiche (approx. 250 calories), plus a tomato Cup-a-Soup and a big handful of bagged salad.
- ✔ Watercress, avocado and mango salad: Toss a handful of bagged watercress, half a diced avocado, quarter of a large mango, and a tbsp each of slivered almonds and sultanas together with 2 tps olive oil and white wine vinegar to taste.
- ✔ Tin of sardines on one slice of wholemeal toast. With bagged salad and cherry tomatoes.
- ✔ Make yourself a sandwich lunch: spread 2 medium slices of wholemeal bread with a little scrape of butter. To fill, choose from: Prawns, reduced-fat cheddar, reduced fat hummus, wafer thin ham, skinless chicken or tuna in brine.





## Dinners

(approximately 450 calories)

Choose from:

- ✓ 175g (uncooked weight) fat trimmed pork leg escalope's, grilled and served with a tbsp apple sauce, 120g boiled new potatoes and stir fried greens.
- ✓ Poached or microwaved salmon fillet topped with a little sweet chilli sauce, 150g boiled potatoes, peas and steamed broccoli.
- ✓ 150g cod or other white fish steak wrapped in a slice of Parma ham and baked. Serve with 200g sweet potatoes boiled and mashed with 2 tsp olive oil, plus green leaves.
- ✓ Pizza (serves 2): Top one 150g ready made pizza base with 2 tbsp tomato passata, 35g fresh mozzarella cheese, 2 slices of Parma ham and sweet corn or pineapple. Serve with bagged salad.
- ✓ 120g roast chicken, 120g ready made roast potatoes and small stuffing ball (made from stuffing mix). Plus steamed or boiled vegetables and gravy granules.
- ✓ Spaghetti bolognese made by browning 125g extra lean minced beef per person and a little onion in a small drizzle of oil. Add 125ml of tomato pasta sauce per person, plus some chopped mushrooms. Serve with courgette spaghetti.
- ✓ 150g (raw weight) minute fry steak pan fried in a brush of oil, served with a box of micro chips, roasted oil-brushed cherry tomatoes and bagged salad.
- ✓ Store cupboard vegetable curry (serves 2): Heat a 400g can vegetable curry in a pan with 4 tbsps canned drained chick peas, 400g of canned tomatoes, one chopped apple, 30g of sultanas and some chopped mushrooms. Season to taste with more curry powder if desired. Simmer until the apple is softened. Serve with bagged salad.
- ✓ Slim-line Chinese: Chicken or prawns with ginger and spring onion, two mini duck spring rolls.
- ✓ 1 microwave pot meal (e.g. Bol, Sainsbury's My Goodness! Or similar) of around 400-425 calories, served with tomato and leaf salad drizzled with fat free vinaigrette.



## Snacks / Treats

(choose one a day approximately 150 cals each)

- ✓ 150ml glass of wine and 6-8 olives
- ✓ 2 Ryvita with 30g reduced fat soft cheese
- ✓ 100g raspberries with 20g of 70 per cent dark chocolate grated over
- ✓ 25g handful roasted salted nuts
- ✓ Banana and a small apple
- ✓ 30g cheddar and a small handful of grapes
- ✓ 150g prawns with some cucumber chunks
- ✓ Half a carton fresh soup (no more than 150 calories)
- ✓ Slice of wholemeal toast with teaspoon butter and Marmite
- ✓ Pot of low fat fruit yogurt, small handful of grapes.

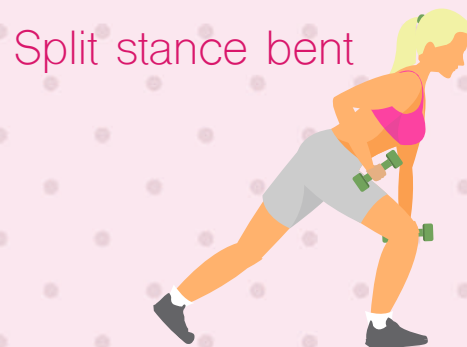


# Exercise plan

All you need is 30 minutes spare time every other day and a set of 1 – 3kg dumbbells



## Week 1 exercises



This series of exercises should be completed 4 times in a week every other day, do each circuit three times in total, seeking to do as many exercises as the time allows.

**Strength:** Push-ups for 30 seconds. Preferably on your toes but moving to your bent knees if need be.

**Cardio:** Star Jumps (Jumping jacks) for 30 seconds.

**Recovery:** March (1 minute).

**Strength:** Squats for 30 seconds. With feet hip-width apart, arms straight out in front of you and spine straight, bend legs as if sitting down. Keep knees in line with ankles as you squat. Return to standing.

**Cardio:** Star Jumps (Jumping jacks) for 30 seconds.

**Recovery:** Gentle marching for 1 minute.

**Strength:** Alternating split-stance bent-over rows for 30 seconds. With a dumbbell in each hand, step left foot forward, bending both legs slightly. Lean forward from waist, abs tight and spine straight, palms facing in. Bend right arm, bringing dumbbell to waist. Lower and repeat on left side, alternating arms. After 15 seconds, switch legs so right foot is forward.

**Cardio:** Star Jumps (Jumping jacks) for 30 seconds.

**Recovery:** March for 1 minute.

Do circuit three times, then cool down and stretch.

## Week 2 exercises

### Frog jumps



### Squats and biceps curl



Do this Calorie Burn Circuit on four non-consecutive days this week. Time: about 30 minutes including warm-up and cool-down.

Warm up, then do the circuit four times total. For each exercise, do as many as you can in the time allotted.

**Strength:** Push-ups for 30 seconds.

**Cardio:** Frog jump for 30 seconds. Take the squat position with abs tight and weight on your heels, reach hands down toward the floor, between feet. Straighten legs to standing as you jump off the floor, reaching arms overhead and land with knees slightly bent.

**Recovery:** Moderate marching or 1 minute.

**Strength:** Squats with biceps curl for 30

seconds. With one dumbbell in each hand, squat with arms straight, as you stand up bend your arms and bring hands toward shoulders, keeping your elbows close to your body.

**Cardio:** Frog jump for 30 seconds.

**Recovery:** Gentle to moderate marching for 1 minute.

**Strength:** Alternating split-stance bent-over rows for 30 seconds.

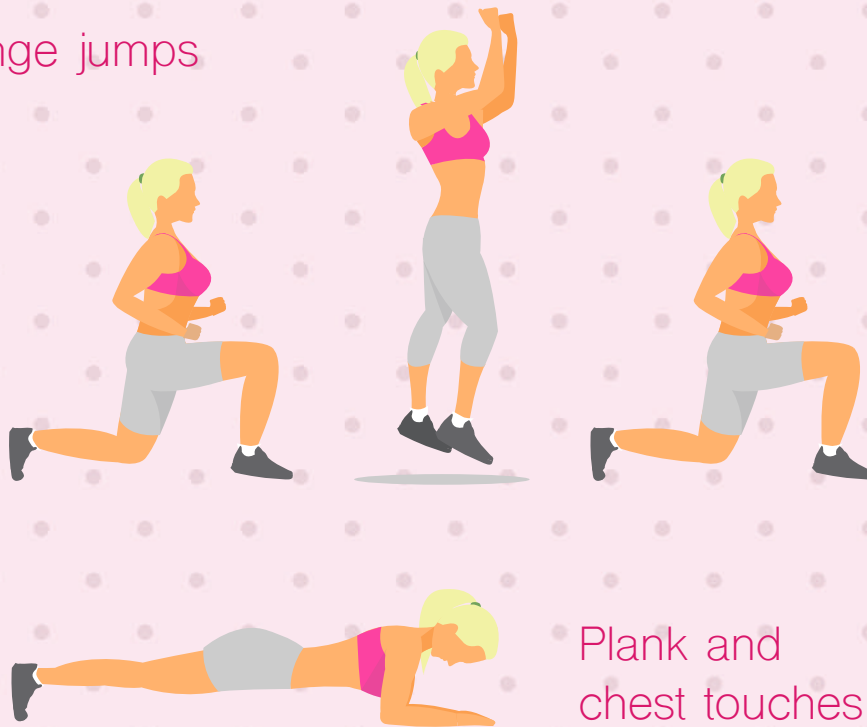
**Cardio:** Frog jump for 30 seconds.

**Recovery:** Moderate marching for 1 minute.

Do circuit four times, then cool down and stretch.

## Week 3 exercises

### Lunge jumps



### Plank and chest touches

Do this Circuit on three non-consecutive days this week.

Do a 40 – 60 minute cardio workout of your choice on one other day.

**Time:** about 40 minutes including warm-up and cool-down.

Warm up, then do the circuit three times total. For each exercise, do as many as you can in the time allotted.

**Strength:** Push-ups for 45 seconds.

**Cardio:** Lunge jumps for 45 seconds. With right leg forward, do a reverse lunge, stepping left leg behind you with heel up. At the same time, pull both arms back and thrust forward, elbows bent, switch to left leg forward.

**Recovery:** Moderate marching for 1 minute.

**Strength:** Squats and biceps curls for 45 seconds.

**Cardio:** Lunge jumps with right leg forward for 45 seconds.

**Recovery:** Moderate marching for 1 minute.

**Strength:** Alternating split-stance bent-over rows for 45 seconds.

**Cardio:** Lunge jumps with right leg forward for 45 seconds.

**Recovery:** Moderate marching for 1 minute.

**Strength:** Plank with chest touches for 45 seconds. Get into a plank with arms straight and hands on floor. Legs can be straight with toes on floor, or bent with knees on floor. Keep abs tight. Raise right hand, bending arm, and gently touch the left side of your chest near the shoulder. Return hand to floor; repeat with left arm.

**Cardio:** Lunge jumps with right leg forward for 45 seconds.

**Recovery:** Gentle to moderate marching (1 minute).

Do circuit three times, then cool down and stretch.

## Week 4 exercises

### Lunges with overhead press



### Back extension



Do this Circuit on three non-consecutive days this week.

Do a 40- to 60-minute cardio workout of your choice on two other days.

**Time:** about 45 minutes including warm-up and cool-down.

Warm up, then do the circuit four times total. For each exercise, do as many as you can in the time allotted.

**Strength:** Lunges with left leg forward and overhead presses for 45 seconds. Hold the dumbbells just above your shoulders face your palms forward; keep your feet hip width apart. Step right foot behind you, balancing on the ball of right foot and right heel off floor. Lower back knee toward floor until both legs are bent to 90 degrees. Keep as much body weight as possible on the front foot, straighten leg and stretch arms overhead.

**Cardio:** High-knee jogging in place for 45 seconds.

**Recovery:** Moderate marching for 45 seconds.

**Strength:** Lunges with right leg forward and overhead presses for 45 seconds.

**Cardio:** High-knee jogging in place for 45 seconds.

**Recovery:** Moderate marching for 45 seconds.

**Strength:** Back extension with leg squeeze for 45 seconds. Lie face down, bend arms and keep hands flat on floor beside shoulders. Squeeze knees and ankles together and lift chest off floor, pressing elbows toward each other behind your back, hands up off floor. Hold for 15 seconds and release.

**Cardio:** High-knee jogging in place for 45 seconds.

**Recovery:** Moderate marching for 45 seconds.

**Strength:** Plank and chest touches for 45 seconds.

**Cardio:** Jog/run in place for 45 seconds.

**Recovery:** Moderate marching for 45 second.

Do circuit four times, then cool down and stretch.

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*with love x*

# skinny sprinkles<sup>®</sup>

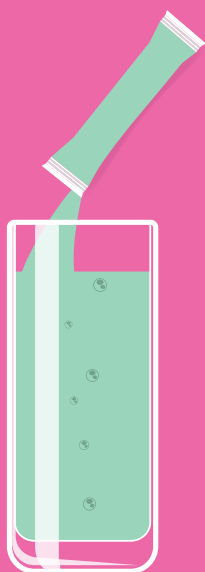
- Source of fibre
- No added sugar
- Drink before a meal to aid weight loss\*
- Contributes to the reduction of tiredness & fatigue\*\*
- Contributes to the metabolism of fatty acids\*\*\*
- Free from: artificial colours, flavours, starch, milk, lactose, soya, gluten, wheat, yeast. No added salt. GMO free

\* Glucomannan in the context of an energy restricted diet contributes to weight loss. The beneficial effect is obtained with a daily intake of 3g of glucomannan in three doses of 1g each, together with 1-2 glasses of water before meals.

\*\* Niacin and vitamin C contribute to the reduction of tiredness and fatigue.

\*\*\* Manganese contributes to the metabolism of fatty acids.

## How to mix:



1. Add one stick of Skinny Sprinkles to 200ml of cold water.
2. Stir or shake until all the powder is dissolved.
3. Drink immediately if you prefer a thin consistency. Leave to stand for a few minutes if your preference is a thicker consistency.

Take 30 minutes before a meal.



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