

# ONE SIMPLE PLAN

**4**  
**SHAKES**



OurSkinny shakes are individually bottled: just add water, shake it, and go.

**1**  
**BAR**



OurSkinny bars are delicious, and 12g+ of protein means you won't go hungry.

**1**  
**MEAL**



Enjoy one healthy main meal a day, following the few simple guidelines on the next page.



**PLUS**  
**1 HEALTHY SNACK**

### 411 APPROVED SNACKS

- 22 whole unsalted almonds
- 1 oz. mixed nuts w/peanuts
- 1 oz. walnuts
- 1 hard boiled egg
- 2 celery sticks + 1 Tbsp. peanut butter
- 1 small apple + 1 Tbsp. almond butter
- ½ cup fruit + ½ cup cottage cheese
- 1 cup veggies + 2 Tbsp. guacamole

**AND**  
**1 SERVING FRUIT**

### WHOLE FRUIT SERVINGS

- |                      |                      |
|----------------------|----------------------|
| apple • 1 small      | orange • 1 medium    |
| banana • half        | papaya • 1 cup cubed |
| blackberries • 1 cup | peach • 1 medium     |
| blueberries • ½ cup  | pear • 1 small       |
| grapefruit • half    | pineapple • ½ cup    |
| grapes • 15          | plum • 1 small       |
| lemon • 1 small      | raspberries • 1 cup  |
| mango • ½ cup        | strawberries • 1 cup |

[ourskinny.com](http://ourskinny.com)

# THE EASIEST DIET EVER

**MAIN MEAL** 1 SERVING OF PROTEIN, 2 SERVINGS OF HEALTHY FAT, AND 3 SERVINGS OF VEGETABLES AS FOLLOWS:

**1 SERVING PROTEIN** 1 serving = 6 oz cooked, purchase 8-9 oz raw

### MEAT

- beef (90+% lean)
- bison
- lamb (loin chop)
- lean pork (chop or loin)
- venison

### OTHER

- egg substitute (1 cup)
- 5 egg whites
- 3 whole eggs
- 1 cup 2% cottage cheese
- 4 oz. tempeh
- 2 meatless patties
- 6 oz. tofu
- 3 oz. string cheese
- 3 oz. Swiss cheese

### FISH

- catfish
- cod
- flounder
- grouper
- halibut
- mahi-mahi
- salmon
- swordfish
- tilapia
- trout
- tuna

### SHELLFISH

- crab
- lobster
- scallops
- shrimp

### POULTRY

- chicken/turkey (breast or dark meat, no skin)
- ground turkey (93% lean)

**2 SERVINGS HEALTHY FAT**

### OILS

- 1 tsp. canola
- 1 tsp. flaxseed
- 1 tsp. olive
- 1 tsp. walnut

### MARGARINE

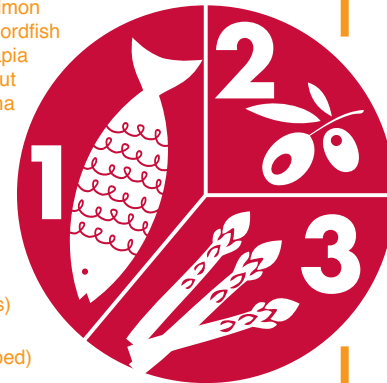
- 1 tsp. trans-fat free only

### DRESSING

- 2 Tbsp.
- less than 2g carbs
- <70 calories per Tbsp.

### OTHER

- avocado (3 thin slices)
- nuts (1 oz. chopped)
- olives (5-6)



**3 SERVINGS VEGETABLES** 1 serving = 1/2 cup cooked or 1 cup raw

- asparagus
- beets
- broccoli
- Brussels sprouts
- cabbage
- carrots
- cauliflower
- celery

- collards
- cucumbers
- eggplant
- green beans
- jalapenos
- kale
- lettuce
- mushrooms

- mustard greens
- okra
- onions
- peppers
- radishes
- scallions
- snap peas
- spaghetti squash

- spinach
- sprouts (alfalfa)
- summer squash
- tomatoes
- turnips
- watercress
- zucchini

EVERYONE ON THE OURSKINNY PROGRAM SHOULD DRINK 8 GLASSES OF WATER A DAY AND TAKE A MULTIVITAMIN.

TO ENSURE THAT YOU ARE GETTING ENOUGH FIBER, WE RECOMMEND AN OVER-THE-COUNTER SUPPLEMENT SUCH AS BENEFIBER®.

### AVOID

- |             |       |             |          |        |
|-------------|-------|-------------|----------|--------|
| added sugar | bread | fruit juice | potatoes | sodas  |
| alcohol     | corn  | pasta       | rice     | sweets |
| beans       | grits | peas        |          |        |