



The Skinny
Caffe

Skinny Caffe Guide

Make Coffee, Not Excuses!

30 DAY
WEIGHT LOSS
PROGRAM

@theskinnycaffe

www.theskinnycaffe.com



About the Skinny Caffe



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UPLOAD YOUR ORDER AND USE THE HASHTAG #SKINNYCAFFE

We are a passionate health & wellbeing company that aims to promote an active, healthy and balanced lifestyle to men and women globally. We have worked hard with suppliers to bring to the market a premium tasting product that will be loved worldwide. On top of this we aim to help people all over the world by offering FREE Worldwide shipping on any of our weight loss programs (Skinny Coffee & Skinny Tea). We aim to listen to feedback and grow the brand and range and follow trends to ensure The Skinny Caffe squad are impressed!

WE BELIEVE..

We believe in a healthy balanced lifestyle. We will only ever promote a healthy active lifestyle as this is what we are all about. We know the importance of eating properly and remaining active every day. We want to make sure as many people as possible can enjoy our products so we strived to ensure they are suitable for vegans/vegetarians and contain no extras such as; gluten, egg, dairy, soy and contain only safe and natural ingredients. We also want to reward YOU for spreading the word about our great brand and products, join our affiliate scheme and earn commission on referring your family and friends to join the Skinny Caffe Squad!

Cheers to that!

WE DON'T BELIEVE IN..

We will never promote any of our products to be a 'magic formula' to help you lose weight. As with anything, a healthy lifestyle is key and we've got you covered with a free mini diet and exercise plan which you can follow to help you become more active and eat on track. We won't encourage our customers to go on a 'diet' as this is something that we do not believe in. Healthy eating is a lifestyle and not a short term fix! Allow us to power your goals and change your lifestyle.

P.S - Just cause we're all pink it doesn't mean we don't love guys too. Oh, and they love us!



30 Day Weight Loss Program



A CUP OF SKINNY COFFEE MAKES EVERYTHING BETTER



Skinny Caffe Guide

Skinny Tips

Think long term plan an exercise program with a mixture of strengthening / toning, aerobic fitness sessions with a balanced healthy eating plan that includes rest and recover days.

Try not to eat carbohydrates on their own, incorporate with protein & essential fats.

Reduce sugar intake - No adding sugar to tea / coffee cereals reduce fizzy drink.

Manage your portion size – use smaller plates & fill it up with more vegetables and salad / greens.

Eat slowly it takes your stomach 20 minutes to tell your brain its full. When you eat fast, it's easy to over eat.

Make sure you get enough rest and recovery time. Try and aim for 6-8 hours of sleep per day.

Have fun! The most effective exercise program is the one you enjoy so make sure you are enjoying what you're doing. Don't be afraid of change.

Drinking a minimum of 2 litres per day helps increase your metabolism, aid your digestion and helps the body with the detoxification process.

Skinny To Eat Or Not To Eat

To Eat

Fresh fruits
Fresh Fish & vegetables
Organic free-range eggs
Organic meats
Raw nuts and seeds
Organic natural yoghurt
Organic brown rice, quinoa
Legumes (kidney beans/lentils)
Healthy snacks (hummus, veg)

Not To Eat

Processed food
Takeaways
Ready meals
Ready made sauces
Margarine
Canned fruit and vegetables
Refined table salt
Refined cooking oils e.g:
(vegetable, corn, sunflower)

To Drink

Water[^]
Skinny Tea*
Skinny Coffee*
Green teas
Herbal teas
Diet cordials^{''}
[^] min of 2 litres per day
^{*} max of 1 per day
^{''} 2 glasses per day

Not To Drink

Lattes
Cappuccinos
Full sugar soft drinks
Full sugar cordials
Sports drinks
Fruit juices
High in sugar smoothies
Flavoured milk
Alcohol

Make Coffee, Not Excuses!

7 Day Skinny Caffe Meal & Exercise Plan

	Breakfast	Lunch	Dinner	Snacks
M	2 x scrambled eggs on whole meal toast, small serving of mushrooms	Lean turkey meat seasoned with sage & olive oil mixed side salad	Salmon with teriyaki sauce & garlic with stir fried veg (mange tout, sweet corn, bean sprouts)	Cottage cheese with diced pineapple & apple or Handful of nuts
Monday Exercise - 60 mins aerobic fitness / fat burning - mixture of cross trainer / treadmill / bike / rower				
T	Porridge sweetened with blue berries, banana, handful of chopped nuts	1 tin of tuna with quinoa, rocket salad	10g lean beef mince into chilli with kidney beans, 120g of wholemeal pasta	Handful of raw nuts & half a pint of semi-skimmed milk.
Tuesday Exercise - 45 mins strengthening toning exercises, core stability				
W	Omelette with 50g ham, diced tomato, peppers & mushrooms	Chicken drum sticks with herb dressing & salsa (low sugar)	Grilled chicken with ricotta, green beans and broccoli	Natural yogurt or Antipasti meats with green & black olives
Wednesday Exercise - 45 mins light walk / jog or swim				
T	Smoothie made with banana, apple juice, mixed berries & spinach	Chicken breast salad with a light vinaigrette dressing	King prawns, chorizo and tomatoes mixed with grilled peppers skewers and mixed green salad	Cold meat in grain wrap & salsa (low sugar) or Handful of raw nuts
Thursday Exercise - 45 mins interval session - mixture of cross trainer / treadmill / bike / rower or local run				
F	Granola, flaxseed & fresh berries	2 poached eggs with avocado on wholemeal toast	Lean pork chops with herbs and mixed spices, served with mash & mixed veg	Cottage cheese on multi grain crisp bread
Friday Exercise - 45 mins strengthening and toning exercises, core stability				
S	2 slices of lean bacon, half tin of low in sugar beans, 1 x slice of wholemeal toast	Small jacket potato with tuna, mixed green leaf salad	Grilled steak, mushrooms, corn on the cob & roasted veg	Smoothie shake to include skimmed milk, & mixed berries
Saturday Exercise - 45 mins light walk / jog or swim				
S	Greek yogurt and chopped fruit	Ham & feta cheese mixed salad with rocket	Grilled salmon with stir fry veg and noodle's, choice of dessert	1 boiled egg, whole meal toast, avocado
Sunday Exercise - Rest day / optional 30 mins light walk				



TAKE YOUR INSTANT SKINNY COFFEE ON THE GO



USE COUPON CODE INSTANT FOR 20% OFF ONLINE

Our Skinny Caffe Fat Burning Workouts



LET'S
HAVE
SKINNY
COFFEE
AND TRAIN

Strengthening / Toning Exercises (aim for 2 per week) You can split this into upper body & lower body routines

Upper body exercises using a mixture of barbells, dumbbells, medicine balls & body weight.

Try keeping the reps high: 15 – 20, start with 2 sets.
If you struggle with the high reps begin with 10 – 12 reps. As you get stronger increase the reps.

Typically, 30 minutes routine (take 90 second rest between sets)

2 x 15 Body weight press ups; these can be done on your knees if you can't perform the full movement.
2 x 15 Barbell bent over rows
2 x 15 Seated shoulder press
2 x 15 Dumbbell curls
2 x 15 Bench dips
2 x 15 Medicine ball twist.

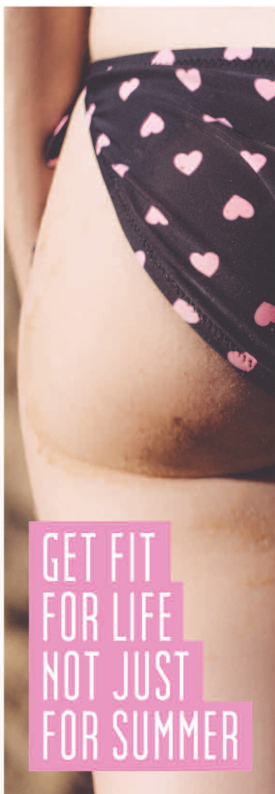
Lower body exercises using a mixture of barbells, dumbbells & body weight.

Try keeping the reps high 15 – 20, start with 2 sets
If you struggle with the high reps begin with 10 – 12 reps. As you get stronger increase the reps.

Typically, 30 min routine (take 90 second rest between sets)

2 x 15 Body weight squats (if competent use barbell or dumbbells)
2 x 15 Double or single leg bridge
2 x 15 Calf raises
2 x 15 Box step ups
2 x 15 Crunches
2 x 15 Reverse crunches
2 x 30 – 90 seconds front plank

Aim to having 2 days off per week, but less experienced trainers might need 3 days or could incorporate a light session mid - week, e.g. 30 – 40 light walk or swim.



GET FIT
FOR LIFE
NOT JUST
FOR SUMMER

Cardio / Fat Burning Sessions (aim for 2 – 3 per week)

40 – 60 mins – Treadmill, exercise bike, stepper, versa climber, stair master or any mixture of CV equipment.
For variety do 10 – 15 minutes on each piece of equipment for a total time of 40 – 60 minutes. Keep a log of distances / metres covered. Use your first 10 minutes as a warm up increase the intensity / pace as you progress.

- If you're not ready for 40 – 60 minutes of continuous exercise, start with 20 – 30 mins or use very light resistance to start.
- You could perform the last 10 minutes at a brisk walk as you are still moving and burning calories.
- This session can be also done in the pool if that is your preferred choice of exercise.
Swimming has great full body movement.
- Go for a 30 – 40 minutes walk or run.
You can also use a skipping rope as another great exercise or a mixture of all 3.
- Skip for 10 minutes
- Walk 20 minutes
- Run 10 minutes

High intensity Interval sessions (1 – 2 per week depending on training experience)

Only attempt this sort of training once you've built up a good aerobic base over several months.
Start with reps of 10 – 12, then you can build up from there.

10 mins warm up on any piece CV kit

Choose your piece of equipment, it can be any of the above. For novice or less experienced trainers it would be advisable to start on the static bike or rower. The aim of this type of training is for you to work for short bursts, with a short recovery; so you need to be working close to your maximum effort. Again if you're new to this training, progress slowly.
Start with intervals of 30 seconds with 30 seconds rest. Less experienced trainers might want to start with a minute rest.
Perform a block of 10 – 12 repetitions then take a short rest of 2–3 minutes.
Once you are fully recovered try and perform another block, maybe choose another piece of equipment X – trainer, or the hand bike. This type of training can also be done outside on a road, field or park.
Or perform a mixture of run, walk, jog over intervals of 30 seconds.

Your Skinny Caffe Daily Nutrition Log

Use this section to keep a track of your daily food, nutrition & exercise

WEEK DATE

M T W T F S S

	M	T	W	T	F	S	S
Breakfast							
Lunch							
Dinner							
Snacks							

Your Skinny Caffe Daily Activity Log

Use this section to keep a track of your daily activity.

WEEK DATE

M T W T F S S

	M	T	W	T	F	S	S
Activity							
Time							
Distance							
Pace							
Sets							
Reps							
Weight							

Your Skinny Caffe Daily Notes & Achievements

Did You Know Our Skinny Caffe Products Are



SAFE & NATURAL



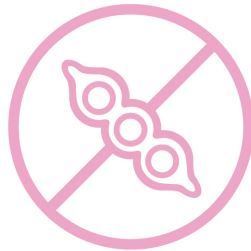
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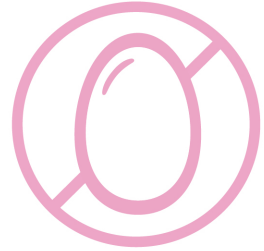
VEGAN FRIENDLY



TASTE AMAZING



SOY FREE



EGG FREE



INSTANT



SUITABLE FOR
VEGETARIANS



NO DAIRY

Our Skinny Caffe Recipes



240 Cals

Granola, Flaxseed & Fresh Berries

(Serves 1)

Ingredients

15g Granola
1 tsp Flaxseed
1 tsp Vanilla Essence
2 tbsp Greek Yoghurt

Method

Preheat oven to 200C.

Mix all ingredients in mixing bowl.

Spray a non stick baking tray with low calorie cooking spray.

Evenly spread the mix onto the baking tray and place in the centre of the oven for 5-10 minutes until golden brown.

Serve with fresh berries and greek yoghurt.



205 Cals

2 Poached Eggs with Avocado on Wholemeal Toast

(Serves 1)

Ingredients

2 Large Free-range Eggs
1 Slice of Wholemeal Bread
Half Avocado

Method

Half-fill pan with boiling salted water, and bring to a light simmer over a medium heat.

Crack one of the eggs into a cup and gently pour it into the water.

Repeat with the other egg. Depending on the pan, a really soft poached egg should take around 2 minutes and a soft to firm one will need 4 minutes.

Serve with wholemeal toast, avocado, salt and pepper.



280 Cals

Chicken Breast Salad with Light Vinaigrette Dressing

(Serves 1)

Ingredients

1 Free-range chicken
1 Slice of Wholemeal Bread
1 Cos Lettuce
1 Garlic Clove
1 tsp Olive Oil
1 tbsp White Wine Vinegar

Method

Season chicken with salt and pepper and preheat grill.

Cook for 15-20 until cooked through.

Mash the garlic and mix with the olive oil and white wine vinegar. Lightly toast the bread and add the lettuce leaves.

Slice the chicken and serve with drizzling the dressing.

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