

HERE'S THE "skinny"

The Instruction Manual for how to do the SkinnyBox™ Program

1 | First thing in the morning, you must eat your first **Skinny Pack** within 30 minutes to an hour of waking up. This is very important as it will kickstart your metabolism for the day and keep your body from switching into a mode where it slows metabolism in order to hang on to fat in the event that it perceives you are in a famine. A shake blended with coffee is best, but you can mix with water if you do not drink coffee.

2 | From the minute you start to eat the first **Skinny Pack**, set your alarm for two to three hours so you'll know when it's time to eat the next one. You will repeat this process for all five **Skinny Pack**.

3 | Remember, you will need to space out the timing based on your own schedule to get all of your **Skinny Packs** in each day, plus **the 1Meal** that you prepare yourself. (See our guide for **the 1Meal**.) Your goal is to be sleeping at least three hours after your last **Skinny Pack** of the day. You can also have 2 **Fiber Infusers** per day in between **Skinny Packs** at any time of day. These help to curb hunger and aid digestion. These are not counted as **Skinny Packs** and can be counted as water.

Example:

7:00 AM – First **Skinny Pack** (Shake blended in coffee)

9:00 AM – **Fiber Infuser**

10:00 AM – Second **Skinny Pack** (Oatmeal)

12:30 PM – Third **Skinny Pack** (Sloppy Joe)

3:30 PM – Fourth **Skinny Pack** (Shake blended with water)

4:30 PM – **Fiber Infuser**

6:30 PM – **the 1Meal** (see "the 1Meal" Guide)

9:00 PM – Fifth **Skinny Pack** (**One-a-Day Treat**)

*Sleep asleep before midnight.



For more information
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4 | You must drink a minimum of 100 ounces (i.e. five, 20-ounce bottles) of water each day.

5 | Make sure that at least two of your five **Skinny Packs** are **Fatburn Activators** which include shakes, hot chocolates, puddings, smoothies, cappuccinos or soups. **Fatburn Activators** are the secret sauce of our program. Having at least two per day ensures you have the optimal calories and carbs for your body to burn fat for energy. Shakes are the highest form of the **Fatburn Activators** as they are also fortified with vitamins and minerals essential for your daily program.

6 | Please note that some bars are limited to one a day and can only be eaten once daily on the program. **Skinny Bars** can be eaten up to three times per day along with two **Fatburn Activators**. Or you may have a **One-A-Day Treat** and two **Skinny Bars** on the same day along with two **Fatburn Activators**. All bars are optional and are **NOT** required on the program.

Skinny BOX 3E FATBURN FURNACE FURIOUS

3F's Fatburn Furnace Furious: fatburn activators, skinny packs and the1MEAL should be consumed every 2 - 3 hours. Fiber infusers should be consumed twice daily whenever needed.

(Level 1) FATBURN You will have 2 fatburn activators*, 3 of any other skinny packs, 2 fiber infusers and the1MEAL per day.

(Level 2) FURNACE You will have 3 fatburn activators*, 2 of any other skinny packs, 2 fiber infusers and the1MEAL per day.

(Level 3) FURIOUS You will have 5 fatburn activators*, 2 fiber infusers and the1MEAL per day. This level should be sustained for at least two weeks for full effect.

*Shakes, soups, puddings, hot chocolate, and cappuccinos.



PRODUCT *categories*



The **ONCE A DAY** delicious reward for all your effort.

Choc-O-Lot Chip Bar
Fluffy Nutter Crisp Bar
Fluffy Salted Toffee Pretzel Bar
Fluffy Vanilla Crisp Bar

Dark Chocolate Wafers
Lemon Wafers
Vanilla Wafers
Peanut Butter Cup



Fiber Infuser curbs hunger while ensuring the right amount of **FIBER** for your **health**.

Chicken Broth Fiber Infuser
Fruit Punch Fiber Infuser
Lemon Tea Fiber Infuser



Any of the **SKINNY PACKS** that are not **Fiber Infusers** or **One A Day Treats**. **SKINNY PACKS** include **Fatburn Activators**.

Cheesesteak Pasta
Chicken Alfredo
Creamy Chicken Flavored Rice
Sloppy Joe
Texas Chili With Beans
Zesty Cheese Pasta
Zesty Taco Rice
Bacon Cheddar Mashed Potatoes
Garlic Mashed Potatoes
Sour Cream Mashed Potatoes

Lemon Fluffy Skinny Bars
Strawberry Fluffy Skinny Bars
Dark Chocolate Wafers (1/2)
Lemon Wafers (1/2)
Vanilla Wafers (1/2)
Chocolate Caramel Cream Cake
BBQ Chips
Ranch Chips
Salted Pretzel
Salt and Vinegar Chips

Golden Pancake
Apples & Cinnamon Oatmeal
Bacon & Cheese Omelet
Maple Brown Oatmeal
Chocolate Peanut Butter Cereal
Cinnamon Vanilla Cereal
Dark Cocoa Cereal



The **PERFECT vitamin infused** macro nutrient/calorie ratio to induce **FATBURN**; like a **superfood** in a box.

Berry Cream Smoothie Shake
Chocolate Mint Shake
Chocolate Pudding Shake
Chocolate Salted Caramel Pudding Shake
Cinnamon Swirl Shake
Cookies and Cream Shake
Dark Chocolate Pudding Shake
Mocha Creme Pudding Shake
Pumpkin Pie Shake (seasonal)
Strawberry Creme Shake
Vanilla Creme Pudding Shake

Banana Creme Pudding
Caramel Creme Pudding
Cheesecake Pudding
Chocolate Marshmallow Pudding
Double Chocolate Pudding
Lemon Creme Pudding
Toffee Creme Pudding
Cream of Chicken Soup with Vegetables
Minestrone Soup
Savory Chicken Noodle Soup

Amaretto Hot Chocolate
Cappuccino
Cinnamon Hot Chocolate
Classic Cappuccino
Creamy Hot Chocolate
Marshmallow Hot Chocolate
Vanilla Cappuccino



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