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 **the1Meal**.) 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:

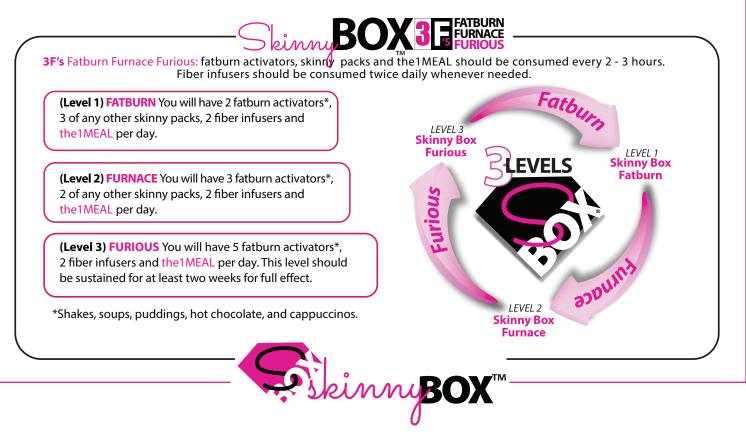
7:00 ÅM – First Skinny Pack (Shake blended in coffee)
9:00 AM – Fiber Infuser
10:00 AM – Second Skinny Pack (Oatmeal)
12:30 PM – Third Skinny Pack (Sloppy Joe)
3:30 PM – Fourth Skinny Pack (Shake blended with water)
4:30 PM – Fiber Infuser
6:30 PM – the 1Meal (see "the 1Meal" Guide)
9:00 PM – Fifth Skinny Pack (One-a-Day Treat)
*Sound asleep before midnight.



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.



PRODUCT calegories



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



to view a complete list of Skinny BOX™ program options online!

* Please note product availability may vary due to seasonality and supplier constraints due to ingredient availability. 012725