



meal plan

welcome to the

30•DAY DROP

We're so excited that you are committing to begin your journey to a healthier, happier you.

The following meal plan is designed as a suggested tool to help empower you and maximize results. We recommend a balanced and nutritious approach to eating, coupled with daily movement for physical and mental wellness.*

*The contents of this website and other material are intended for informational and educational purposes only, and not for the purpose of rendering medical advice. The contents are not intended to substitute for professional medical advice, diagnosis, or treatment. Before starting any new diet or exercise program, please check with your doctor and clear any dietary or exercise changes. These meal plan suggestions were not created by doctors, nutritionists, or registered dietitians. We do not claim to help cure any condition or disease. Product recommendations are not intended to diagnose, treat, cure, or prevent any disease. Our statements and information have not necessarily been evaluated by the Food and Drug Administration.

30 DAY DROP

your daily routine

sample meals

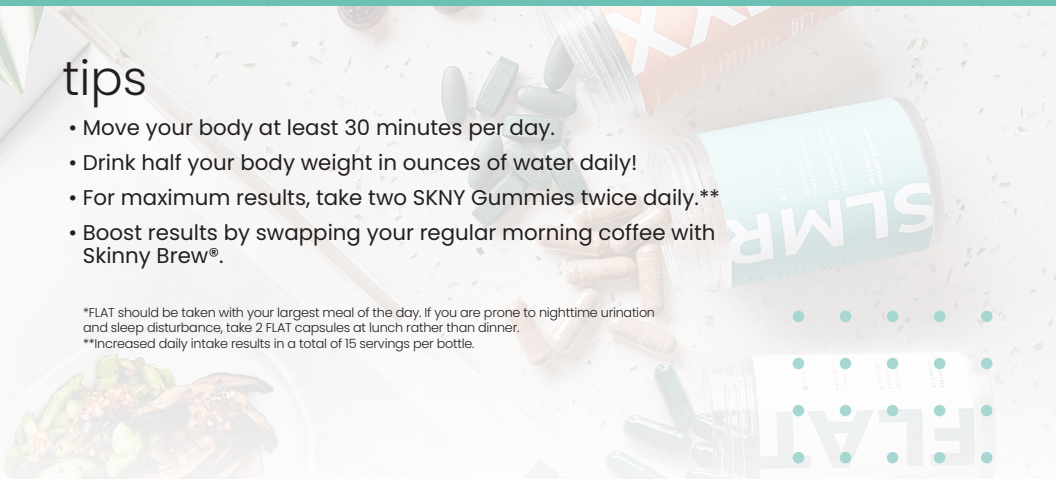
<p>mornings</p> <p>7-10 AM</p>	<p>Sip hot water with lemon, followed by coffee and breakfast with 2 servings protein + 1 healthy fat.</p> <p>Take 1 SLMR capsule before your meal and 1 TFXX caplet with your meal.</p>	<p>2 eggs with avocado</p>
<p>lunch</p> <p>12-2 PM</p>	<p>1 serving protein + 2 servings veggies + 1 serving fruit + 1 healthy fat</p> <p>Take 2nd TFXX caplet with your meal.</p>	<p>Grilled chicken over mixed greens with oil-based dressing and blueberries</p>
<p>afternoon snack (optional)</p> <p>3-4 PM</p>	<p>1 healthy fat + 1 serving fruit</p> <p>Take 2 SKNY Gummies with or without food.</p>	<p>Superfood Smoothie+ (add a scoop of Super Greens+ for an extra nutritional boost)</p>
<p>dinner</p> <p>5-7 PM</p>	<p>1 serving protein + 2 servings veggies + 1 complex carb</p> <p>Take 2 FLAT capsules with your meal.*</p>	<p>Steak with roasted asparagus, carrots, and baked sweet potato</p>

tips

- Move your body at least 30 minutes per day.
- Drink half your body weight in ounces of water daily!
- For maximum results, take two SKNY Gummies twice daily.**
- Boost results by swapping your regular morning coffee with Skinny Brew®.

*FLAT should be taken with your largest meal of the day. If you are prone to nighttime urination and sleep disturbance, take 2 FLAT capsules at lunch rather than dinner.

**Increased daily intake results in a total of 15 servings per bottle.





BREAKFAST

30-Day Drop Products:

Take **1 SLMR capsule** before your meal and **1 TFX caplet** with your meal.



LUNCH

30-Day Drop Products:

Take **2nd TFX caplet** with your meal.



SNACK

30-Day Drop Products:

Take **2 SKNY Gummies** with or without food.



DINNER

30-Day Drop Products:

Take **2 FLAT capsules** with your meal.**

sample meals

Option 1	2 Eggs with avocado	Grilled chicken over mixed greens with oil-based dressing and blueberries	Handful of mixed nuts and a banana	Steak with roasted asparagus, carrots, and a baked sweet potato
Option 2	Almond butter banana smoothie	Tuna lettuce wraps, carrot sticks, and a side of mixed berries	Cottage cheese with pineapple chunks	Lean beef or a plant-based burger patty with side of quinoa and steamed green beans
Option 3	Avocado toast on high-protein bread	Tofu stir-fry with colorful vegetables and cup of strawberries	Sliced banana and peanut butter	Stir-fried shrimp with brown rice and mixed vegetables
Option 4	Greek yogurt with nuts and berries	Cauliflower fried rice with chicken and an orange	IT WORKS! Power Protein	Grilled chicken with sweet potato and brussels sprouts
Option 5	Omelet with spinach and feta	Caprese salad with oil-based drizzle and a cup of raspberries	Greek yogurt with peaches	Zucchini noodles with ground turkey, tomato sauce, and a whole wheat roll
Option 6	Scrambled eggs and cottage cheese	Grilled chicken breast with steamed broccoli and a cup of fruit	IT WORKS! Superfood Smoothie+	Baked salmon with roasted sweet potatoes and asparagus
Option 7	Egg-white muffins with sausage and turkey bacon	Taco salad with ground turkey, avocado, and a cup of mixed berries	Almonds and an orange	Fish tacos on a low-carb tortilla with Pico de Gallo

**FLAT should be taken with your largest meal of the day. If you are prone to nighttime urination and sleep disturbance, take 2 FLAT capsules at lunch rather than dinner.

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recommended Food List

PROTEIN 1 Serving =



3-6 oz lean beef
3-6 oz chicken or turkey
6-8 oz fish
10-12 shrimp
1 egg
3-6 oz tofu
¼ cup beans
1 scoop IT WORKS! Power Protein

VEGETABLE 1 Serving =



1 cup asparagus
1 cup carrots
1 cup brussels sprouts
1 cup mixed greens
1 cup zucchini
1 cup cauliflower
1 cup bell peppers
1 cup mushrooms

FRUIT 1 Serving =



1 cup strawberries
1 cup blueberries
1 apple
1 kiwi
1 cup melon
1 banana

HEALTHY FATS 1 Serving =



2 TBSP coconut oil or shredded coconut
⅓ avocado
2 TBSP nut butter
1 cup plain Greek yogurt
1 cup full-fat cottage cheese
1 TBSP olive oil or 6-8 olives
¼ cup nuts
¼ cup seeds

COMPLEX CARBS 1 Serving =



3 oz brown rice
3 oz quinoa
3 oz lentils
1 sweet potato
3 oz chickpeas
3 oz whole grain pasta