



28  
Day  
Challenge

Mind.Body.Reset

BY

skinnyfit<sup>®</sup>♥

# Refresh & Renew

## WEEK 1

Welcome to your first week of the **SkinnyFit 28-Day Mind-Body Reset Challenge!**

We are so happy you're here and ready to make a serious change in your day-to-day life! Together, we are going to crush our goals, get results, expand our mindsets, and enjoy every second of the process —because that's what it's all about, baby!

We've got an amazing four weeks together but to keep things simple we're going to break it down for you one week at a time. This week we are giving you an opportunity to Refresh & Renew...

And starting today, we are going to slowly rid ourselves of all the bad habits that prevent us from reaching our goals and start welcoming new habits that bring us one step closer to living a healthy lifestyle.

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# What To Expect

3 Weekly Activities ♥ Nutrition Guide ♥ 5 Healthy Recipes  
3 Simple Workouts ♥ Self-Care Tips

We're going to take this one day at a time so try not to feel overwhelmed! You CAN do this! And don't forget to join our [Facebook Community](#) to stay connected, share your progress, and be eligible for weekly bonuses and giveaways!

## Giveaway!

POST A PHOTO OF YOUR FAVORITE SKINNYFIT PRODUCT AND SHARE WHY YOU LOVE IT!

Here's how to enter this week's giveaway:



Post your submission inside the Facebook Community Group or on your wall using the hashtags [#SkinnyFitLove](#) and [#SkinnyFitChallenge](#)



Post your submission on your feed or your story using the hashtags [#SkinnyFitLove](#) and [#SkinnyFitChallenge](#)

So, are you ready to get started? *Let's do this!*

# Trackers & Activities

Let's kick things off with a relevant and motivational quote, shall we?

*“The extent to which you are prepared is the extent to which you will succeed.”*

Planning ahead is crucial to getting results.

This week we have two primary goals: To get squared away with our schedules and our eating habits. Easy peasy, right?!

In the next few pages you'll find a universal calendar and checklist to help you stay on top of your day-to-day tasks and goals as well as a clean eating grocery list for quick and easy (healthy) shopping!

Oh, and we have a surprise for you—you're getting a kitchen makeover! WOOO! Okay, okay, we must confess that Chip and Joanna Gaines are NOT included... (It's not that kind of kitchen makeover!) But we will be raiding your kitchen cabinets and refrigerator to get rid of all the temptation that could hinder you from reaching your goal with a Toss-It or Keep-It Guide.

Now, we know some of you might have a kung-fu grip on your favorite snacks after reading that, but remember, this week is all about renewing your perspective on health and creating balance in your life. Making even one teeny tiny sacrifice this week, like ditching soda, for example, will make the world of difference in your progress!

*You can do this!*

Use this tracker to write out your goals for the week and check off once it's completed!

# Daily Trackers

### EXAMPLE

- Daily SkinnyFit
- Calorie Crusher Workout
- Ate Fruits / Veggies
- No Processed Foods

Drink 6 - 8 glasses of water



**Self-Care Bonus:** Write down three things you're grateful for

### DAY 1

- Daily SkinnyFit
- Calorie Crusher Workout
- Ate Fruits / Veggies
- No Processed Foods

Drink 6 - 8 glasses of water



**Self-Care Bonus:** Write down three things you're grateful for

### DAY 2

- Daily SkinnyFit
- Pick Your Own Workout
- Ate Fruits / Veggies
- No Processed Foods

Drink 6 - 8 glasses of water



**Self-Care Bonus:** Get in touch with an old friend

### DAY 3

- Daily SkinnyFit
- Bye-Bye Bat Wings Workout
- Ate Fruits / Veggies
- No Processed Foods

Drink 6 - 8 glasses of water



**Self-Care Bonus:** Listen to your favorite song on repeat

### DAY 4

- Daily SkinnyFit
- Stretch & Recovery Day
- Ate Fruits / Veggies
- No Processed Foods

Drink 6 - 8 glasses of water



**Self-Care Bonus:** Plan something to look forward to

### DAY 5

- Daily SkinnyFit
- Cinnamon Buns of Steel Workout
- Ate Fruits / Veggies
- No Processed Foods

Drink 6 - 8 glasses of water



**Self-Care Bonus:** Spend time outside

### DAY 6

- Daily SkinnyFit
- Try A New Workout
- Ate Fruits / Veggies
- No Processed Foods

Drink 6 - 8 glasses of water



**Self-Care Bonus:** Quality time with family

### DAY 7

- Daily SkinnyFit
- Stretch & Recovery Day
- Ate Fruits / Veggies
- No Processed Foods

Drink 6 - 8 glasses of water



**Self-Care Bonus:** Do something you've been putting off

## WEEKLY GOALS:

Fill in the blanks with your goals

- Complete Toss-It Guide
- Healthy Grocery Shopping
- \_\_\_\_\_
- Try A New SkinnyFit Recipe
- Enter Social Media Giveaway
- \_\_\_\_\_

\*Use this grocery list as a **guide** to healthier eating on your next trip to the market!

# Clean Eating Grocery List

## FOR WEIGHT LOSS

### PROTEINS

#### High-Protein Dairy

- Whole Eggs / Egg Whites
- Greek Yogurt (0% fat, plain)
- Cottage Cheese
- Organic Skim Milk

#### High-Protein Seafood

- Lean White Fish (wild-caught)
- Cod
- Tuna
- Halibut
- High-Quality Fatty Fish (wild-caught)
- Alaskan Salmon
- Mackerel
- Trout
- Grilled or Steamed Shellfish
- Shrimp
- Oysters
- Clams
- Mussels

#### High-Protein Meats

- Boneless, Skinless Chicken Breast
- Organic Turkey (breast or ground)
- Lemon Sirloin (organic, grass-fed)
- Ground Beef (90% lean)
- Bison
- Game Meats

#### High-Protein Plant-Based Foods

- Tofu
- Dried Lentils
- Peanut Butter
- Navy Beans
- Mixed Nuts
- Edamame
- Wheat Germ
- Quinoa
- Soba Noodles

#### High-Protein Supplement Powders

- Whey Protein
- Casein Protein
- Vegetarian / Vegan Protein

### HEALTHY FATS

#### Nuts

- Walnuts
- Almonds
- Cashews
- Pecans
- Pistachios
- Macadamia
- Hazelnuts

#### Seeds

- Chia
- Flax
- Hemp
- Sunflower
- Pumpkin
- Pomegranate

#### Oils

- Sesame Seed
- Avocado
- Virgin Coconut
- Macadamia
- Flaxseed
- Grapeseed
- Extra Virgin Olive
- Walnut

#### Butters / Spreads

- Tahini
- Almond
- Cashew
- Peanut
- Sunflower
- Hummus

### COMPLEX CARBS

#### Whole Grain Sources

- Buckwheat
- Bread / Wraps (multi-grain)
- Ezekiel (oat bran, whole-meal spelt)
- Oat-Bran Cereal (no added sugar)
- Steel Cut Oatmeal
- Quinoa
- Spelt
- Whole Barley
- Whole-Wheat
- Wild, Black, or Brown Rice

#### Vegetable Sources

- Sweet Potatoes
- Yams
- Lentils
- Carrots
- Radishes
- Chickpeas
- Pumpkin
- Okra

### VEGETABLES

#### Low Carb, High Fiber

- Broccoli
- Brussel Sprouts
- Kale
- Asparagus
- Spinach
- Arugula
- Cabbage
- Spaghetti Squash
- Fennel
- Garlic
- Tomatoes
- Bell Peppers
- Onions
- Mushrooms
- Cucumbers
- Zucchini
- Green Beans
- Peas
- Cauliflower
- Ginger

### FRUITS

#### Low Glycemic

- Blackberries
- Blueberries
- Boysenberries
- Raspberries
- Strawberries

#### High Glycemic

- Bananas
- Pineapples
- Grapes
- Watermelon
- Mango

#### Moderate Glycemic

- Cherries
- Pears
- Apricots
- Melons
- Oranges
- Peaches
- Plums
- Apples
- Avocados
- Kiwi
- Lemon

### SKINNYFIT SUPPLEMENTS

#### Detox

- SkinnyFit Detox
- SkinnyFit ZzzTox

#### Collagen

- SkinnyFit Super Youth

#### Pre / Post Workout

- SkinnyFit Jump Start

#### SkinnyFit

- Repair & Recover

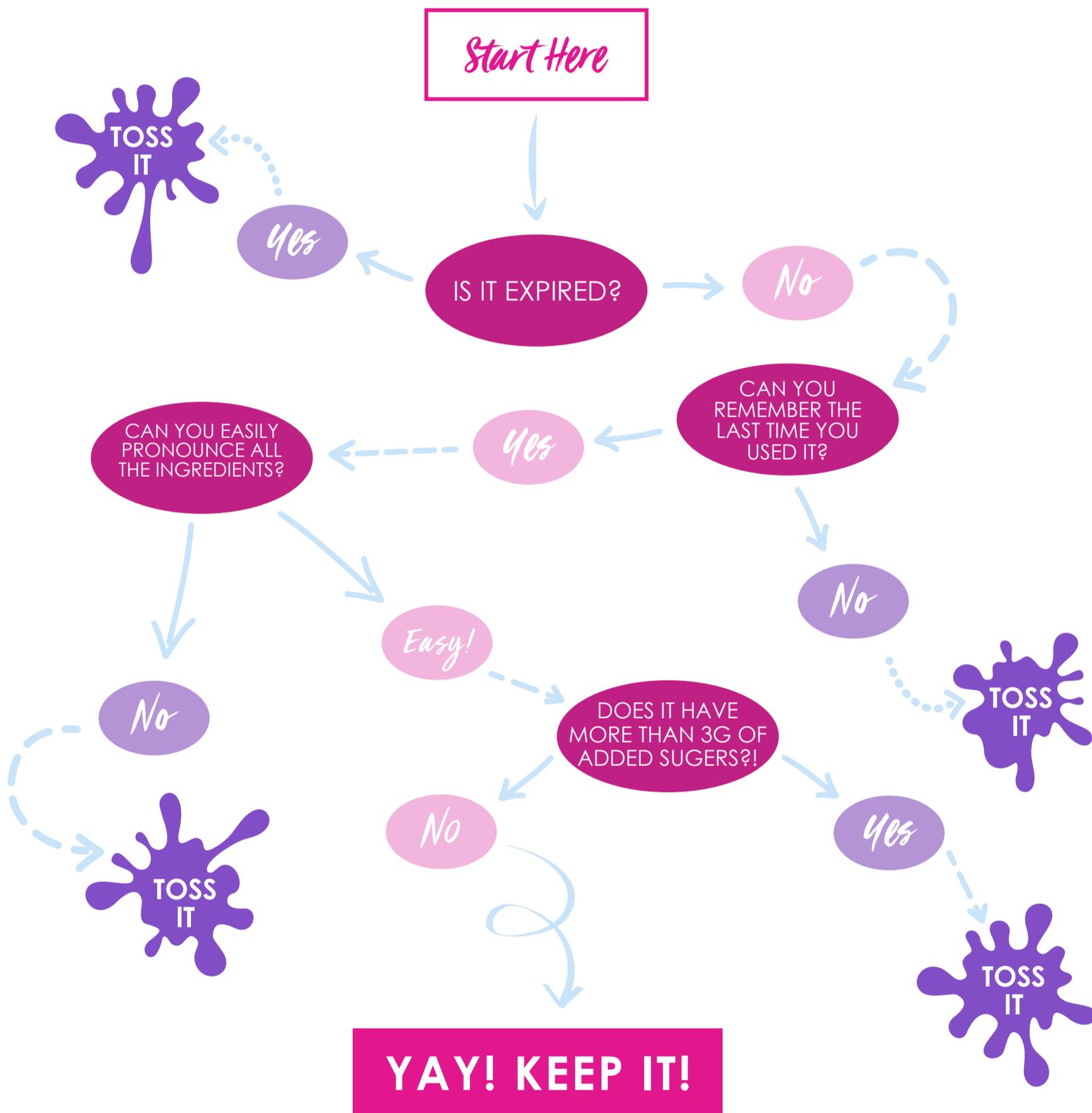
#### Support

- Belly Balance
- Daily Glow
- Snack Attack

It's time to clear out your fridge and cupboards! Answer the questions and follow the guide to give your fridge (and your diet) a healthy makeover!

# Toss-It Guide

## GET A FRIDGE MAKEOVER



# Weekly Workouts

This week we have **3** simple & effective workouts to complete:



**CALORIE CRUSHER**  
TOTAL BODYWEIGHT



**BYE-BYE BAT WINGS**  
ARMS & ABS



**CINNAMON BUNS OF STEEL**  
LEGS & GLUTES

Throughout the week we'll hit your arms and abs, your legs and booty, and challenge your cardio and stamina with a full body endurance workout! Here's some important deets to note in preparation for your workouts:

- ♥ Each workout is 20 minutes or less, requires no equipment (other than a chair), and has a beginners option and an advanced option.
- ♥ The exercises marked with an asterisk [\*] mean that a beginners version is available! Refer to your exercise cheat sheet (located on page 12) for any alternative movements.
- ♥ Make sure to take a "before" photo so you can see your physical progress at the end of the challenge. (Hint: In order to be eligible for the final giveaway in week 4, you'll need one, so don't forget!) You will be shocked when you see your before and after photos side-by-side!
- ♥ The first workout of the week, Calorie Crusher, will be used as our baseline for your physical performance. Make sure to log your time after Round 1 because you'll do this workout one more time at the end of the challenge and compare your time from Day 1!

# Day 1



## CALORIE CRUSHER

\*An alternative version of this exercise is listed on the Workout Cheat Sheet (page 12).



**STANDARD PUSH-UPS\***  
15 REPS



**AIR SQUATS**  
15 REPS



**SIT-UPS\***  
15 REPS



**SUPERMANS**  
15 REPS



**MOUNTAIN CLIMBERS**  
15 REPS

## DAY 1 DETAILS

- Bodyweight only
- Complete 2 rounds total
- Rest 3 minutes between rounds
- Log your time after round 1:

\_\_\_\_\_

**BEGINNERS:** Complete 1 round  
**ADVANCED:** Complete 3 rounds

*“Your body can be your best friend or worst enemy. It all depends how you treat it.”*

# Day 2

## PERSONAL MOVEMENT GOAL

Today you can pick your own workout or movement goal! Fill in the blank below.  
(i.e.: Walked 10,000 steps, jogged for 20 minutes, etc.)

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# Day 3

## BYE-BYE BAT WINGS

\*An alternative version of this exercise is listed on the Workout Cheat Sheet (page 12).



### TRICEP PUSH-UPS\*

15 REPS (Hands & elbows tucked by rib cage)



### STANDARD PUSH-UPS\*

15 REPS (Hands & elbows wide by shoulders)



### BODYWEIGHT DIPS

15 REPS



### DOWN DOG PUSH-UPS\*

15 REPS



### SHIFTING PLANKS\*

15 REPS

## DAY 3 DETAILS

- Bodyweight & Chair
- Complete 2 rounds total
- Rest 3 minutes between rounds

**BEGINNERS:** Complete 1 round

**ADVANCED:** Complete 3 rounds

*“Don’t beat yourself up, just get back on track.”*

# Day 4

## STRETCH & RECOVER

Perform 10 - 20 minutes of easy stretching.

# Day 5



## CINNAMON BUNS OF STEEL



**KICKBACKS**  
30 REPS (15 PER SIDE)



**FIRE HYDRANTS**  
30 REPS (15 PER SIDE)



**BOOTY BRIDGES**  
15 REPS



**SIDE KICKS WITH KNEE TAP**  
30 REPS (15 PER SIDE)



**STANDING BALLET KICKBACKS**  
30 REPS (15 PER SIDE)

## DAY 5 DETAILS

- Bodyweight only
- Complete 2 rounds total
- Rest 3 minutes between rounds

**BEGINNERS:** Complete 1 round  
**ADVANCED:** Complete 3 rounds

# Day 6

## TRY SOMETHING NEW TODAY

Step out of your comfort zone and try a new style of exercise! Fill in the blank below.  
*(i.e.: Spin Class, Yoga Class, etc.)*

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# Day 7

## STRETCH & RECOVER

Perform 10 - 20 minutes of easy stretching.

# Workout Cheat Sheet

## ALTERNATIVE EXERCISES

You can use any of these simple regressions if you find that an exercise is too challenging for you to perform at your current fitness level! When using the regressions, be mindful of your form and technique so not to injure yourself!



### STANDARD PUSH-UPS ALTERNATIVE

Perform the push-up on your knees as opposed to your toes. Remember to keep your pelvis **tucked** and your shoulders and chest **engaged!** If you feel pain in your lower back or neck, make adjustments!



### SIT-UPS ALTERNATIVE

A simple crunch will do. Keeping your palms on the floor, reach as close to your toes as possible while sliding your top ribs toward your pelvis. Keep your lower back grounded and your neck in a neutral position.



### TRICEP PUSH-UPS ALTERNATIVE

Similar to the standard push-up regression, simply lower to your knees and complete the movement. Make sure to keep those elbows tucked in! You should feel this mostly behind your arms!



### DOWN DOG PUSH-UPS ALTERNATIVE

Lower to your knees, keeping your back flat, with your head and neck in a neutral position. Complete the movement.

We'd love to see your recipes in action, so don't forget to snap a pic and share it with us on social media using the hashtags **#SkinnyFitLove** and **#SkinnyFitChallenge**

# Nutrition

## A HEALTHY OUTSIDE STARTS ON THE INSIDE

We created the **SkinnyFit Mind-Body Reset Challenge** so that getting healthy wouldn't feel restrictive or time consuming—so in order for this week to be as attainable and successful as possible, we've broken down some nutrition goals to help making healthier choices simple!



### *Eat*

2-3 servings of fresh fruit & vegetables per day



### *Avoid*

processed foods & fast food



### *Drink*

6-8 glasses of water daily



### *Include*

SkinnyFit into your daily routine

Remember that slip-ups can, and most likely will, happen—but **that's okay!** We don't expect you to be 100% right out of the gate. Try not to let those moments stop you from crushing your goals—just pick yo' self up and try again. Even if you've been successful with just one of these goals, it's still something to celebrate!

To make this week even easier for you, we created **5 simple and delicious recipes!**

We want to encourage you to use these tips and tricks throughout the entire course of the challenge to help create healthy habits that you can maintain even after you've reached your goals.

# Breakfast

## OVERNIGHT CHIA SEED PUDDING



This easy overnight chia seed pudding recipe will quickly become your go-to busy morning breakfast! **It only requires 5-ingredients and only takes 10 minutes to prep!**

All you do is throw all your ingredients into a bowl, pop it into the refrigerator overnight, and let the magic happen! You know what that means? Less work for you in the morning!

Chia seeds deliver a massive amount of nutrients with very few calories—and when combined with the transformative powers of Super Youth, you'll be ready to take on the day!



**Vanilla Extract**  
¼ Tablespoon



**Maple Syrup**  
½ Tablespoon



**Super Youth Collagen**  
¼ Cup



**Chia Seeds**  
½ Cup



**Almond Milk**  
2 Cups

4

**YIELDS**

10 MINS

**PREP TIME**

OVERNIGHT

**COOK TIME**

10 MINS

**TOTAL TIME**

**STEP 1** Whisk together almond milk, Super Youth Collagen, vanilla extract, and maple syrup in a large mixing bowl.

**STEP 2** \*Add flavor combinations into the mixture if you'd prefer a flavored pudding, otherwise, skip this step and simply add toppings.

**STEP 3** Slowly whisk in chia seeds until fully blended.

**STEP 4** Refrigerate overnight for 6-8 hours.

**STEP 5** Add the toppings of your choice and serve cold.

# Collagen Smoothie

## MEAL REPLACEMENT SHAKE

A meal replacement shake is a great solution for anyone looking to slim down and shed inches! Our power greens collagen smoothie with Super Youth is low in calories and packed with nutrients to boost vitality, help with weight loss, and keep you feeling full and energized!

Unlike many green smoothies, this one doesn't taste like a shot of wheatgrass! We've boosted the flavor by using protein packed nut butter, banana, vanilla and cinnamon to help make your journey to better health taste amazing!

**This shake will save you loads of time, calories, and even have you glowing from head to toe!**



**Vanilla Extract**  
½ Tablespoon



**Cinnamon**  
1 Tablespoon



**Nut Butter**  
1 Tablespoon



**Flaxseed**  
1 Tablespoon



**Almond Milk**  
1 Cup

1 SHAKE

**YIELDS**

5 MINS

**PREP TIME**

5 MINS

**COOK TIME**

5 MINS

**TOTAL TIME**



**Super Youth Collagen**  
2 Scoops



**Frozen Banana**  
1 Banana



**Spinach**  
1 Cup

### ONE AND ONLY FINAL STEP

Add all ingredients into a powerful blender and blend until smooth!

# Detox

## CRANBERRY APPLE CIDER VINEGAR

Apple cider vinegar has been used for centuries to heal ailments of all kinds—from getting clear skin and boosting immunity to accelerating fat loss and improving heart health. The problem? Its concentrated acidity and vinegar flavor is so strong that it needs to be diluted!

But don't worry, this Detox recipe is a convenient and delicious way to get the amazing benefits of apple cider vinegar and SkinnyFit Detox in one easy drink.

**Now you can improve your health, fight bloating, release toxins, and feel pounds lighter with just one cup!**



**Apple Cider Vinegar**  
1 Tablespoon



**Cranberry Juice**  
2 Tablespoons



**Detox (1 bag)**  
8 oz of water



**Lemon Juice**  
1 Tablespoon



**Maple Syrup**  
2 Tablespoons



**Cayenne Pepper**  
Pinch

## APPLE CIDER VINEGAR BENEFITS

- 1 Lowers Cholesterol & Improves Heart Health
- 2 Increases Fat Loss
- 3 Lowers Blood Sugar & Fights Against Diabetes
- 4 Kills Harmful Bacteria

**STEP 1** Steep 1 bag of SkinnyFit Detox into an 8 oz of water (for a cold Detox drink, chill in the fridge before proceeding to step 2. If you'd like a warm Lemon-Honey ACV Detox then proceed to step 2 after steeping for 6-7 minutes).

**STEP 2** Mix all ingredients into a glass jar or SkinnyFit bottle. Add ice for a cold Detox.

# Clean Eating Chili

UNDER 300 CALORIES!

Our clean eating sweet potato chili recipe is perfect for making a lot of healthy meals at once! Whether you're making dinner for your family or preparing your lunches for the week, this recipe won't disappoint!

It's packed with heart-healthy vegetables and low-glycemic, gluten-free complex carbohydrates that are filled with fiber!

**Each serving (1 cup) is under 300 calories and contains 22g of protein!**— and with the added benefits of SkinnyFit Super Youth, you'll feel satisfied without the guilt!



**Ground Turkey** 1-½ lb  
**Super Youth** 4 Scoops  
**Sweet Potatoes** 2 Large (peeled & cut into ½ in cubes)  
**Bell Peppers** 2 Large (cored & diced)  
**Yellow Onion** 1 Large (finely diced)  
**Garlic Cloves** 4 Cloves (minced)  
**Ground Cumin** 2 Tablespoons  
**Chili Powder** 2 Tablespoons

**Olive Oil** 2 Tablespoons  
**Black Beans** 1 Can - 14 oz (drained & rinsed)  
**Whole Kernel Corn** 1 Can - 14 oz (drained)  
**Diced Tomatoes** 1 Can - 30 oz  
**Tomato Sauce** 1 Can - 30 oz  
**Salt & Pepper** To Taste  
**Avocado** (optional topping)  
**Cilantro** (optional topping)

**STEP 1** In a medium saucepan, brown ground turkey at medium-high heat until meat is no longer pink. Set aside.

**STEP 2** In a large pot, sauté sweet potatoes, peppers, onion, and garlic in oil at medium-high heat until vegetables are soft and tender stirring frequently, about 10 minutes.

**STEP 3** Stir beans, corn, tomatoes, sauce, cumin, chili powder, Super Youth, and browned turkey into sweet potato mixture. Stir over medium-high heat until chili is heated through and the sweet potatoes can be pierced with a fork.

**STEP 4** Reduce heat and simmer for 10-15 minutes.

**STEP 5** Season chili with salt and pepper and serve warm.

**STEP 6** Top with cilantro, and sliced avocado (optional).

8-10 SERVINGS

**YIELDS**

15 MINS

**PREP TIME**

25 MINS

**COOK TIME**

40 MINS

**TOTAL TIME**



# Healthy Dessert

## RED VELVET MUG CAKE

Have you ever wanted a sweet treat for yourself without the temptation of leftovers? Now you can have your cake and eat it too (literally) with this healthy flourless mug cake! **It's perfectly portioned and ready in 7 minutes!**

Our flourless red velvet cake is made with all natural ingredients like apple cider vinegar, beet juice, and SkinnyFit Super Youth! And unlike other cakes, you won't have to wait hours to enjoy it because it's small enough to fit right in a microwave!

Talk about a sweet bonus to being healthy, huh?



**Pure Vanilla Extract**  
1/2 Teaspoon



**Apple Cider Vinegar**  
2 Teaspoons



**Cocoa Powder**  
1 Teaspoon



**Maple Syrup**  
1 Tablespoon



**Beet Juice**  
2 Tablespoons



**Super Youth Collagen**  
1 Scoop



**Almond Flour**  
1/3 Cup



**Egg**  
1 Large

1 MUG CAKE	<b>YIELDS</b>
5 MINS	<b>PREP TIME</b>
2 MINS	<b>COOK TIME</b>
7 MINS	<b>TOTAL TIME</b>

**STEP 1** Mix the ingredients in a bowl and pour into a mug.

**STEP 2** Microwave for 1-1/2 to 2 minutes.

# Week 1. Done!

Woohoo! Congratulations on completing your first week of the **SkinnyFit Mind-Body Reset Challenge!** Take a moment to reflect on this past week and appreciate all your hard work and everything that you've accomplished. You should be SUPER proud of yourself!

We know for some of you this week was extremely difficult, but as we approach Week 2, we want to remind you to just take it one day at a time and that an accumulation of little efforts over time will add up to a big change!

In Week 2 you can expect two new activities, three new workouts, five new recipes, and a few new goals to set—so rest up, and get ready, because Week 2 is going to be even better than the last!

**Exclusive  
BONUS**

## SkinnyFit Product Guide

We understand how overwhelming it can be to introduce new products to your daily routine. So as an added bonus, we've created a super simple product guide to help you use your favorite SkinnyFit products every day to get the best results possible. Now, you'll have all the details on all of our products in one convenient place!

**Check out the product guide on the next page!**



skinnyfit<sup>®</sup>♡

# LIVING YOUR BEST LIFE STARTS NOW!

SkinnyFit  
Product  
Guide



## Discover how SkinnyFit can help you on your health journey.

When it comes to health, wellness, and beauty, SkinnyFit is serious about getting results. Our premium, all-natural products have everything you need to look and feel healthy and glowing from the inside out! ✨

### Here's how you can use our products to start seeing better results faster.

*Good*

Use SkinnyFit products consistently for at least:

28 Days



*Better*

Use SkinnyFit products consistently for at least:

60 Days



healthy & balanced diet

*Best*

Use SkinnyFit products consistently for at least:

90 Days



healthy & balanced diet



consistent exercise regime

See the SkinnyFit transformation





## SkinnyFit Detox

SkinnyFit Detox is a 100% natural blend of 13 powerful superfoods that contains whole tea leaves, berries, and herbs that kickstart your metabolism and accelerate weight loss the safe and natural way!

### Benefits:

- ✓ Burns fat
- ✓ Fights bloating
- ✓ Releases toxins



### *Did you know...*

If you constantly feel fatigued or experience a lack of mental clarity, your body may be begging for a detox.



Loving how healthy I feel after adding SkinnyFit Detox to my daily routine! It helps me feel less bloated and flattened my tummy! I feel like I have more energy to get me through the day and a higher metabolism!

- Kendra A.

### Easy as 1,2,3!

1. Drink SkinnyFit Detox daily
2. Steep SkinnyFit Detox in 8 oz. of **hot water** for 5-7 minutes or do a **cold brew** by leaving it in the fridge overnight
3. Enjoy your Detox hot or cold

## Snack Attack

Snack Attack is a breakthrough fat-burning appetite suppressant that minimizes snacking, helps you burn more calories, and is scientifically formulated to meet the unique metabolic needs of women!

### Benefits:

- ✔ Controls appetite
- ✔ Speeds up your metabolism
- ✔ Accelerates fat loss

### *Did you know...*

When you're craving sweet treats it could mean your body is simply lacking water or magnesium.

### Easy as 1,2,3!

1. Take Snack Attack daily
2. Take 2 capsules 30-60 minutes prior to a meal
3. Stay hydrated



“I am so glad I found Snack Attack—it cuts all of my cravings and I find myself eating healthier now. The endless weight loss solution search is finally over for me, thank you SkinnyFit!

- Katerina L.



## Jump Start

Jump Start is an energizing pre-workout that improves your motivation, focus, and endurance to get the most out of your exercise routine and conquer your day without a crash!

### Benefits:

- ✔ Provides long lasting energy
- ✔ Supports endurance
- ✔ Promotes a healthy mood



### Did you know...

Exercising for as little as 20 minutes a day has been shown to improve your mood and decrease feelings of depression, anxiety, and stress.



Going to the gym has always been a struggle for me. Since taking Jump Start I actually feel motivated to go and my workouts are better than ever. I am finally able to reach my health goals, thank you!!

**- Amanda G.**

### Easy as 1,2,3!

1. Take Jump Start 30 minutes before exercise
2. Mix one scoop with 8 oz. of water
3. Conquer your day!



## Detox Bottle

This 24oz. BPA-free bottle is perfect for taking your iced SkinnyFit Detox on the go!

## Shaker Bottle

Our Shaker Bottle will be your new best friend at the gym! It's perfect for mixing SkinnyFit Jump start or SkinnyFit Repair & Recover on the go, and its built in handle allows you to take in anywhere you go with ease!



## Glass Detox Bottle

This is the perfect bottle for your detox as it keeps your tea hot for hours! Easily add your favorite SkinnyFit products and keep the heat in with its double wall design.

### *Did you know...*

Just one person using a reusable bottle saves about 1,460 plastic bottles a year.



My shaker bottle is perfect for my SkinnyFit products. So easy to mix and it's the perfect size to bring to the gym. Plus it's actually cute, so I WANT to bring it with me!

**- Sophie W.**





## Super Youth

Super Youth is a premiere collagen supplement that contains a blend of five types of hydrolyzed collagen peptides from three different sources and is designed to reverse the signs of aging to help you look and feel years younger.

### Benefits:

- ✓ Smooths wrinkles & erases cellulite
- ✓ Get longer and stronger hair & nails
- ✓ Supports a healthy weight & muscles
- ✓ Improve joint, bone, & gut health



### *Did you know...*

Our natural production of collagen starts to decline at 25, which is why so many women start incorporating it into their diet.



“Wrinkles started forming around my eyes and none of the expensive creams helped! I started using this collagen twice a day and after a month, I looked in the mirror and literally said ‘where’d my wrinkles go?!’ I couldn’t believe it, I am a customer for life.

- Lila M.

### Easy as 1,2,3!

1. Take Super Youth 2-3 times daily
2. Mix 1 heaping scoop with any food or drink
3. Enjoy a more youthful you!

## Daily Glow

SkinnyFit Daily Glow is packed with biotin, B-vitamins, vitamin C & E, and antioxidants that revive the look and feel of your hair, brighten skin tone, and protect against free radical damage!

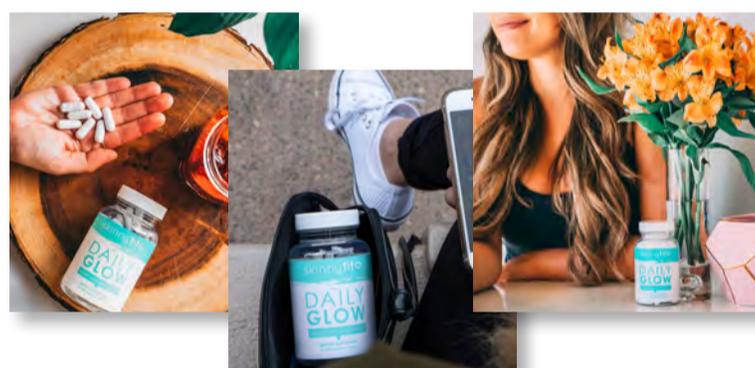
### Benefits:

- ✔ Supports radiant hair & nails
- ✔ Brighten skin tone
- ✔ Promotes youthful looking skin



### *Did you know...*

Biotin is not stored in the body so if you don't have enough in your diet your nails can become brittle and frail.



### Easy as 1,2,3!

1. Take Daily Glow every day
2. Take 2 capsules with water
3. Enjoy the glow from head to toe!



Ever since taking Daily Glow my skin seems to just radiate! My coworkers have even commented on how good my skin has been looking, and my hair is the longest it has ever been!

**- Victoria B.**

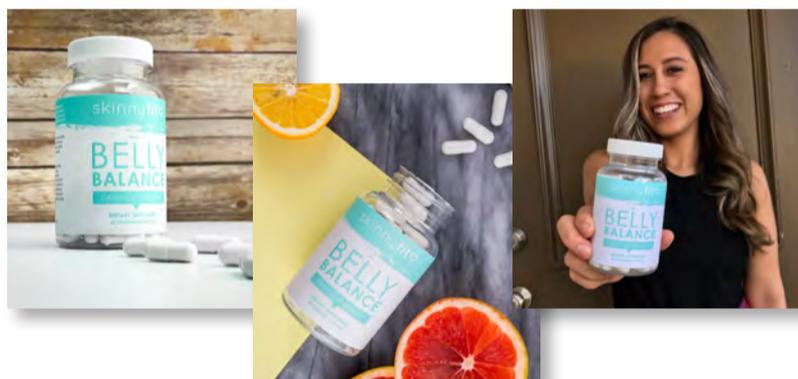


## Belly Balance

Belly Balance is an all-natural blend of kombucha, prebiotics and probiotics that promote a healthy digestive tract and immune system.

### Benefits:

- ✓ Promotes healthy digestion
- ✓ Regulates bowel movement
- ✓ Boosts immunity



### *Did you know...*

About 95% of your serotonin is found in your gut, so it's no wonder why a healthy diet and gut is so important for one's mood.



I have struggled with intense bloating for a long time—until now! Belly Balance actually reduced my tummy size and helped me lose weight. I can honestly eat anything now and won't feel stomach discomfort after.

- Maria S.

### Easy as 1,2,3!

1. Take Belly Balance Daily
2. Take 1 capsule in the morning and 1 capsule in the evening with water
3. Feel cleaner, leaner, and healthier.

## ZzzTox

SkinnyFit ZzzTox contains eight superfoods that help you fight bloating, improve rest, and supercharge your weight loss, all while you sleep!

### Benefits:

- ✓ Fights stress-induced weight gain
- ✓ Releases toxins
- ✓ Improves rest & sleep

### *Did you know...*

Poor sleep is strongly linked to weight gain and disrupts the daily fluctuations in appetite hormones.



### Easy as 1,2,3!

1. Drink daily at night, or when you want to relax
2. Steep ZzzTox in 8 oz. of **hot water** for 5-7 minutes
3. Enjoy hot or add ice to enjoy cold



I'm truly obsessed with ZzzTox. It helps me fall right asleep and sleep longer. The bonus was a 10 pounds of weight loss. I'm hooked and recommend to anyone who is looking for a change

- **Sandra D.**



## Repair & Recover

Repair & Recover is a Branch Chain Amino Acid (BCAA) recovery drink that will maximize your weight loss and tone your body by promoting lean muscle growth.

### Benefits:

- ✓ Amplifies fat burning after exercise
- ✓ Speeds recovery & eases soreness
- ✓ Promotes building lean muscle



### *Did you know...*

You must obtain BCAAs through supplements or your diet because your body cannot create them on its own.



Repair and Recover is the only thing that makes me feel amazing after a workout. I find myself working out harder and longer because I know that it will be there to take care of any soreness I would have. I can actually feel this burning my fat after I workout...WOW!

- **Silvia R.**



### Easy as 1,2,3!

1. Take Repair & Recover after exercise or physical activity
2. Mix one scoop with 8 oz. of water
3. Stretch and relax!

## SkinnyFit Resources

If you have a question or need assistance for any reason at all, we are here to help!



For general questions, visit our [FAQ page](#)



For additional inquiries, contact us anytime at [hello@skinnyfit.com](mailto:hello@skinnyfit.com)



To speak with a customer support specialist, call us toll-free **1-888-862-1758**



For more information about our products and how to use them, be sure to follow and subscribe to our [blog](#) and **newsletter!**



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*xoxo,*  
skinnyfit♥