



10-DAY SHRED

BY SKINNYMOM



Congratulations on choosing to make your health a priority in 2014! This 10-Day Shred is designed to kickstart your metabolism and put you in a great position to see success in your healthy living goals.

Before beginning the 10-Day Shred, please read this important disclaimer:

- Please do not take part in the 10-Day Shred if you:
 - Have a BMI below 20 (you are underweight)
 - Have an eating disorder or a history of an eating disorder
 - Are pregnant or nursing
 - Are under the age of 18
 - Have active cancer
 - Have liver disease, hepatitis or type 1 diabetes

Thank you,
The Skinny Mom Team

The 10-Day Shred is for informational purposes only and is not intended as a substitute for advice from a physician or other healthcare professional. The 10-Day Shred has not been officially evaluated by the Food and Drug Administration, nor have the results of the 10-Day Shred been established as medical fact. Consult a physician regarding the applicability of the 10-Day Shred with respect to your individual health. Your physician should be aware of all medical conditions that you may have as well as the medications and supplements you are taking. Skinny Mom makes no warranties or representations regarding the results to be achieved from the 10-Day Shred, and results are likely to vary from participant to participant. Furthermore, Skinny Mom, its owners, officers, and employees disclaim any and all liability resulting from injuries or damage caused by following the 10-Day Shred.

ABOUT

Have you been eating poorly during the holiday season? Are you ready to get your healthy eating and fitness habits back on track? The Shred is a 10-day diet and fitness program designed by Skinny Mom to kickstart your metabolism and help you shed unwanted pounds and purge toxins.



THE PLAN

You will eat 5 small meals daily and exercise for the next 10 days (see the Meal Plan chart on page 3 for a breakdown). You can change the order of the meals (for example, you can have Meal 1 before Meal 2 and then Meal 4, etc). The order of your meals is not important, but it is very important to eat your 5 meals a day. Do not go longer than 4 hours between each meal. Need some ideas on what to eat? See Sample Meals on page 5. Additionally, you will find a grocery list for all smoothies, Detox Water and Fruit Shakes on pages 10-11 of this packet.

Remember, what you put into this 10-Day Shred is what you will get out of it! We don't know about you, but dropping unwanted pounds and releasing our bodies of toxins would be pretty fantastic! If you happen to go off track, don't consider the rest of the day a waste! We are all human and make mistakes and give in to tempting cheats every now and then. It is what you do after you cheat that will determine your success. Never have two bad meals in a row. If you stray from the eating plan, get back on track during your next meal.

And finally, a weight loss plan won't work without exercise, so make sure that in addition to the meal plan, you are completing the daily fitness plan (see Fitness on page 9). You CAN do this — it's only 10 days!

What You'll Need:

The 10-Day Shred is fairly simple, all you will need are a few items to make sure you are successful:

- Beverly International® Vanilla UMP Protein Powder
- Daily Multivitamin
- Omega 3 Supplement
- Probiotic Supplement
- Blender
- Food Scale
- Blender Bottle
- Water Pitcher

DON'T HAVE THESE ITEMS HANDY? VISIT WWW.SKINNYMOM.COM/SHOP AND GET ONE OR ALL OF THE ITEMS SHIPPED DIRECTLY TO YOUR HOME!

Tips for Success:

- Get 7-8 hours of sleep.
- Don't eat 3 hours before bedtime.
- When eating your meals, put your fork down between bites.
- Practice "mindful" eating: pay attention to what you are eating and savor each bite.
- Make sure you have the foods you need on hand.
- Control your portions.
- Plan meals ahead. Try cooking several servings of your proteins at once to make meal prep simple!
- Use spices and seasonings to give your meals flavor (watch out for excessive sodium).
- Still hungry? Load up on the "approved" vegetables.
- Aim to drink 1/2 gallon of water per day (Detox Water or tap water).
- If there is a protein smoothie listed that you are not fond of, switch it out for a different one.

Want To Get More Out Of The 10-Day Shred?

We have developed a 3-Day Detox that you can use to replace the first 3 days of the Shred. This detox is the perfect kick-off to the new year and will improve your overall results from The Shred. We have included the Detox Plan in the back of the Shred with directions, recipes and a grocery list to get you started!

10-DAY SHRED MEAL PLAN CHART

Find recipes for each day's protein smoothie, daily Detox Water and Meal #4's fruit shakes on pages 6-8.



Within 30 Minutes of Waking:
Drink an 8 oz glass of Detox Water

Meal 1: Protein Smoothie

(A different protein smoothie each day! See Recipes on pages 6-8 for all smoothie recipes)

30 Minutes Prior to Meal 2:
Drink an 8 oz glass of Detox Water and
Take Vitamins: 1 Multivitamin, 1 Omega 3 Supplement

Meal 2: 3 oz Protein, 1 Carbohydrate + Unlimited Vegetables

(See Approved Foods List on page 4. Choose 1 protein source, unlimited vegetables)

30 Minutes Prior to Meal 3:
Drink an 8 oz glass of Detox Water and
Take Vitamins: 1 Probiotic Supplement

Meal 3: 3 oz Protein, 1 Carbohydrate + Vegetable

(See Approved Foods List on page 4. Choose 1 protein source, 1 carbohydrate + unlimited vegetables)

30 Minutes Prior to Meal 4:
Drink an 8 oz glass of Detox Water

Meal 4: Fruit Shake

(See recipe on page 8 for Fruit Shake recipe)

30 Minutes Prior to Meal 5:
Drink an 8 oz glass of Detox Water

Meal 5: 3 oz Protein + Vegetable

(See Approved Foods List on page 4. Choose 1 protein source + unlimited vegetables)

APPROVED FOODS



Lean Proteins:

(Choose 1 for Meals #2, #3 + #5. Grilled, boiled, baked or steamed.)

- 3 oz Chicken Breast
- 3 oz Fish (frozen or fresh, all varieties)
- 3 oz Lean Ground Turkey or Beef
- 3 oz Tofu
- 3 oz can Tuna (packed in water)
- 5 Shrimp, medium-sized
- 3 Scallops
- 3 Egg Whites

Carbohydrates:

(Choose 1 for Meals #3 + #5.)

- ½ Sweet Potato (medium-sized)
- ½ cup Brown Rice or Quinoa
- 1 Rice Cake
- ½ cup Oatmeal
- ½ cup Kidney, Lima, Garbanzo or Black Beans (if canned, drain + rinse)
- ½ cup Lentils
- 1 Low-Carb Whole Grain Tortilla (Try La Tortilla Factory® High Fiber, Low Carb Tortillas)
- 2 slices Whole Grain Bread (Try Ezekiel 4:9® Low-Sodium Sprouted Whole Grain Bread)

Unsweetened Frozen Fruit:

(Used for Meal #4 only)

Non-Starchy Vegetables:

(Eat unlimited amounts from this list of vegetables — raw, lightly sautéed in olive, grapeseed or coconut oil, steamed, blanched, baked or boiled).

- | | | | |
|---------------|---------------|-------------|-------------------|
| • Asparagus | • Cauliflower | • Mushrooms | • String Beans |
| • Broccoli | • Celery | • Onions | • Squash |
| • Green Beans | • Cucumbers | • Peppers | • Tomatoes |
| • Cabbage | • Kale | • Radishes | • Water Chestnuts |
| • Carrots | • Lettuce | • Spinach | • Zucchini |

Optional Condiments/Seasonings:

- Lemon/Lime Juice
- Garlic
- Hot Sauce
- Olive, Grapeseed, Canola or Coconut Oil (no more than 1-2 tsp per day)
- Balsamic Vinaigrette
- Red Wine Vinegar
- Low-Sodium Soy Sauce
- Yellow Mustard
- Spices (keep sodium to a minimum, 1500 mg per day)

SAMPLE MEALS



Shrimp Stir-Fry:

5 medium-sized shrimp

½ cup green peppers and onions

½ cup mushrooms

1 cup broccoli

1/8 cup reduced-sodium soy sauce

1 tsp oil (your choice)

½ cup brown rice

Saute first 4 ingredients in canola oil in a wok or skillet. Serve with brown rice and soy sauce.

Salmon with Brown Rice + Asparagus:

3 oz salmon fillet

½ cup brown rice - OR - ½ sweet potato

10 steamed asparagus spears

Grilled Chicken Breast Salad:

3 oz grilled chicken breast, shredded

4 cups mixed greens or spinach

Assorted vegetables (onion, mushrooms, tomatoes, celery, etc)

2 Tbsp balsamic vinaigrette

Egg Scramble on Toast:

3 egg whites

1 cup spinach leaves, chopped

1/2 cup veggies of your choice, diced

2 slices whole grain bread

Mist a skillet with cooking spray. Sauté veggies and add egg whites, cook until done. Place egg/veggie mixture between 2 pieces of bread.

Taco Salad:

3 oz lean ground turkey or beef

½ cup tomatoes

3 cups lettuce

½ cup black beans (if canned, drained + rinsed)

1 Tbsp fresh cilantro

1 Tbsp chili powder

Turkey Burger Topped with Veggies:

3 oz lean ground turkey or beef, formed into a patty

2 slices whole grain bread

1 Tbsp yellow mustard

Sautéed veggies (carrots, onions, peppers in 1 tsp oil)

Chipotle Chicken Bowl:

1/2 cup brown rice

3 oz chicken breast, shredded

2 cups lettuce

1/2 cup tomato salsa

Optional: diced onion, green pepper, hot sauce

SMOOTHIE, WATER + SHAKE RECIPES



Day 1: Mocha Protein Smoothie

Ingredients:

- 1 cup Silk® Mocha Iced Latte
- 1 scoop Beverly International® Vanilla UMP Protein Powder
- ½ cup ice
- 1 packet Stevia® (or sweetener of your choice)

Instructions: Blend all ingredients together until smooth.



Day 2: Skinny Tropical Smoothie

Ingredients:

- 1 cup unsweetened almond milk
- 1 cup frozen, unsweetened tropical fruit mix
- 1 scoop Beverly International® Vanilla UMP Protein Powder
- ½ tsp coconut extract

Instructions: Blend all ingredients together until smooth. (*If using frozen fruit, you don't need to add ice to blender. If using fresh fruit, add ½ cup ice to blender).



Day 3: Strawberry Pineapple Protein Smoothie

Ingredients:

- 1 small banana
- ½ cup frozen, unsweetened sliced strawberries
- ½ cup frozen, chopped pineapple
- 1 scoop Beverly International® Vanilla UMP Protein Powder
- ½ cup light orange juice
- ½ cup water

Instructions: Blend all ingredients together until smooth. (*If using frozen fruit, you don't need to add ice to blender. If using fresh fruit, add ½ cup ice to blender).



Day 4: Apple Pie A la Mode Protein Shake

Ingredients:

- 1 small apple, chopped
- 1 cup ice
- 1/3 cup plain, non-fat Greek yogurt
- ½ cup unsweetened almond milk
- 1 scoop Beverly International® Vanilla UMP Protein Powder
- 2 tsp Stevia® (or sweetener of your choice)
- 1 tsp vanilla
- ½ tsp cinnamon

Instructions: Blend all ingredients together until smooth. Sprinkle with a dash of cinnamon.

SMOOTHIE, WATER + SHAKE RECIPES



Day 5: Miami Vice Breakfast Smoothie

Ingredients:

- 1 cup coconut milk
- ½ cup frozen, unsweetened sliced strawberries
- ½ cup frozen, chopped pineapple
- ¼ tsp coconut extract (optional)
- 1 scoop Beverly International® Vanilla UMP Protein Powder

Instructions: Blend all ingredients together until smooth.



Day 6: Green Monster Smoothie

Ingredients:

- 1 cup unsweetened almond milk
- 1 ripe banana, frozen if possible + sliced
- 2 handfuls fresh spinach
- 1 Tbsp Chia seeds
- 1 scoop Beverly International® Vanilla UMP Protein Powder
- ½ cup ice

Instructions: Blend all ingredients together until smooth.



Day 7: PB + J Protein Smoothie

Ingredients:

- 2/3 cup skim milk
- 1 scoop Beverly International® Vanilla UMP Protein Powder
- ½ cup frozen, unsweetened sliced strawberries
- 2 tsp natural peanut butter
- 1 Tbsp Stevia® (or sweetener of your choice)
- ½ cup water

Instructions: Blend all ingredients together until smooth. (*If using frozen fruit, you don't need to add ice to blender. If using fresh fruit, add ½ cup ice to blender).



DAY 8: White Chocolate + Banana Protein Shake

Ingredients:

- ½ frozen banana
- 1 scoop Beverly International® Vanilla UMP Protein Powder
- 1 Tbsp Jell-O Sugar-Free White Chocolate Pudding
- 1 tsp cinnamon
- 1 cup water

Instructions: Blend all ingredients together until smooth.

SMOOTHIE, WATER + SHAKE RECIPES



Day 9: Pumpkin Pie Protein Smoothie

Ingredients:

- ½ cup canned pumpkin (not pie filling)
- 1 scoop Beverly International® Vanilla UMP Protein Powder
- ½ banana
- ½ cup ice
- ½ cup skim milk
- 1 tsp pumpkin pie spice
- 2 tsp Splenda Brown Sugar (or regular brown sugar)
- 1 tsp cinnamon

Instructions: Blend all ingredients together until smooth.



Day 10: Green Strawberry Banana Smoothie

Ingredients:

- ½ cup frozen, unsweetened sliced strawberries
- 1 whole banana
- 1 cup fresh spinach
- 1 scoop Beverly International® Vanilla UMP Protein Powder
- 6 oz plain, non-fat Greek yogurt
- 1 cup water

Instructions: Blend all ingredients together until smooth.



Daily: Detox Water

Ingredients:

- ½ gallon spring water
- ½ grapefruit, sliced
- ½ cucumber, sliced
- 2-3 mint leaves
- ½ lemon, sliced
- ½ lime, sliced

Instructions: Combine all ingredients in a pitcher. Allow the ingredients to chill in refrigerator for 1-2 hours before serving. Drink throughout the day. Discard after 24 hours.



Daily: Meal #4 Fruit Shake

Ingredients:

- 8 oz water
- 1 scoop Beverly International® Vanilla UMP Protein Powder
- 1 cup unsweetened frozen fruit (your choice)

Instructions: Blend all ingredients together until smooth.



EXERCISE

Studies show that people who incorporate exercise into their schedule lose weight faster and keep it off for longer periods of time. The team at Skinny Mom have put together 10 days of quick workouts to get your heart pumping and body moving. Complete the list of exercises one after another without resting, then repeat, for a total of 3x. When you complete each day, check it off for a job well done!

Beginners: Try your best to perform all the moves. If you need to, rest between each exercise. If these workouts are too much, walk briskly outside or on a treadmill for 25 minutes.

Advanced: Include dumbbells when you can or increase your reps. After you complete your last set, run/sprint for 10 minutes outside or on a treadmill.

DAY ONE <input type="checkbox"/> done	DAY TWO <input type="checkbox"/> done	DAY THREE <input type="checkbox"/> done	DAY FOUR <input type="checkbox"/> done
50 Jumping Jacks 10 Sit Ups 20 Lunges (10 Each Leg) 50 Jumping Jacks 5 Push Ups :20 Wall Sit 50 Jumping Jacks :15 Plank 20 Squats	:30 High Knees 10 Sit Ups 20 Lunges (10 Each Leg) :30 High Knees 5 Push Ups :20 Wall Sit :30 High Knees :15 Plank 20 Squats	75 Jumping Jacks 15 Sit Ups 30 Lunges (15 Each Leg) 75 Jumping Jacks 10 Push Ups :20 Wall Sit 75 Jumping Jacks :25 Plank 25 Squats	:45 High Knees 15 Sit Ups 30 Lunges (15 Each Leg) :45 High Knees 10 Push Ups :20 Wall Sit :45 High Knees :25 Plank 25 Squats
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DAY NINE <input type="checkbox"/> done	DAY TEN <input type="checkbox"/> done		
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