



**Skin Blends FAT Burning Drops** keep your body from going into starvation mode and storing fat when on a low calorie diet. In fact, the drops do just the opposite, they help you burn fat not muscle!

When used in conjunction with a Low Calorie Diet Protocol, you can expect weight loss of up to 2 lbs per day.

**Skin Blends FAT Burning Drops** are encoded with the electronic signature of HCG with Leptin and Hoodia in a colloidal mineral water base for adrenal, liver and thyroid support.

Before using these Fat Burning Drops, consult your physician to be certain you are healthy and ready for this weight loss plan.

### **3 PHASE DIET PROTOCOL:**

**PIG OUT PHASE** (2 days – 10 drops under tongue 3x/day 15 mins before eating is best)

Enjoy any and all foods, especially high fat foods

Water – drink  $\frac{1}{2}$  of your body weight in oz of water/day (150 lbs = 75 oz of water/day)

**800 CALORIE PHASE** (3-6 weeks; 10 drops under tongue 3x/day 15 min before eating is best)

12 oz lean protein (remove all visible fat, boil or grill)

Examples: meat (veal, beef, chicken breast), seafood (white fish, lobster, crab, shrimp)  
soy “meat” protein (tofu), beans (1/2 cup = 4 oz), eggs (2 eggs = 4 oz)

2 cups of fruit/berries

5 cups of leafy greens (spinach, chard, lettuce, kale, etc.)

5 cups other vegetables (tomatoes, celery, broccoli, onions, cucumbers, asparagus, cabbage, sprouts, green beans, zucchini, squash, peppers, peas, broccoli, cauliflower, mushrooms, etc.) NO starchy vegetables (corn, potatoes, avocados, etc.)

Broths, herbs/spices, lemon/lime juice, stevia, apple cider vinegar, balsamic vinegar

Water (weight/2 ex. 150 lbs = 75 oz of water)

Optional: 2 Grissino Breadsticks or 1 Melba Toast

Dairy (in coffee only)

**HEALTHY EATING PHASE** (3 weeks - no drops)

Slowly add back in HEALTHY oils, fats, complex carbs, etc. RESTRICT processed foods. If more weight loss is desired, repeat 800 CALORIE and HEALTHY EATING PHASE.

#### **Additional recommendations:**

- Weigh yourself every morning and record pounds lost.
- Measure yourself weekly and record inches lost
- Supplements: Multivitamin with minerals, probiotics, vitamin E, D3 and lecithin.
- Do moderate exercise and stretches.
- On this diet you will feel very little hunger so you have to remember to eat very nutritious food or you could become malnourished very quickly.

Purchase products, find support and hear what others have to say at: [www.SkinBlends.com](http://www.SkinBlends.com)