



# EMERGENCY BIKINI DIET

**Slimz**  
TARGETED WEIGHT CONTROL

Need to fit into that sexy dress or bikini, but can do with shedding a few kg's quickly?

The **Emergency bikini diet** is the answer you've been looking for!

**Lose kg's FAST with the 14 day metabolism diet.**

This diet was developed by experts in nutrition and is very popular in Germany.

**Important rules when conducting the metabolism diet:**

- Stick to the menu without breaking the consistency of the food
- Drink loads of water between meals
- If you do feel peckish between meals, drink some AdiSlim tea or black coffee to curb your appetite.
- Do not continue this diet for more than 14 days
- Try to do at least 20 minutes of cardiovascular exercise 3 times per week to maximize your results.
- This diet is tough but ultimately very rewarding!

**MONDAY:****BEFORE BREAKFAST:**

15 ml	AdiDetox 180
1	AdiBurn product dose

**BREAKFAST**

1	Cup of tea or black coffee
1	Small slice of bread

**MID MORNING:**

AdiSlim Tea	
10 ml	AdiDetox 180

**LUNCH**

2	Hard-boiled eggs
2	Tomatoes
80 g	Spinach seasoned with a little oil
AdiBlock+ Forte (with lunchtime meal)	

**MID AFTERNOON:**

AdiSlim Tea	
1 AdiBurn product dose (not to be taken after 16:00)	

**SUPPER**

150 g	salad of tomatoes and chopped green onions, seasoned with oil.
AdiBlock+ Forte (with evening meal)	

**BEFORE BED:**

10 ml	AdiDetox 180
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**WEDNESDAY:****BEFORE BREAKFAST:**

15 ml	AdiDetox 180
1	AdiBurn product dose

**BREAKFAST**

1	Cup of tea or black coffee
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**MID MORNING:**

AdiSlim Tea	
10 ml	AdiDetox 180

**LUNCH**

1	Boiled egg
100 g	Cheese
200 g	Cooked carrots, seasoned with a little olive oil
AdiBlock+ Forte (with lunchtime meal)	

**MID AFTERNOON:**

AdiSlim Tea	
1 AdiBurn product dose (not to be taken after 16:00)	

**SUPPER**

250 g	Fruit salad of apples, tangerines, bananas, pears
AdiBlock+ Forte (with evening meal)	

**BEFORE BED:**

10 ml	AdiDetox 180
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**TUESDAY:****BEFORE BREAKFAST:**

15 ml	AdiDetox 180
1	AdiBurn product dose

**BREAKFAST**

1	Cup of tea or black coffee
1	Small slice of bread

**MID MORNING:**

AdiSlim Tea	
10 ml	AdiDetox 180

**LUNCH**

200 g	Salad of sliced tomatoes and cabbage, seasoned with olive oil
Orange or 2 tangerines, can be a big apple or a few plums.	
AdiBlock+ Forte (with lunchtime meal)	

**MID AFTERNOON:**

AdiSlim Tea	
1 AdiBurn product dose (not to be taken after 16:00)	

**SUPPER**

2	Boiled eggs
200 g	Cooked meat/ham
80 g	Lettuce
AdiBlock+ Forte (with evening meal)	

**BEFORE BED:**

10 ml	AdiDetox 180
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**THURSDAY:****BEFORE BREAKFAST:**

15 ml	AdiDetox 180
1	AdiBurn product dose

**BREAKFAST**

1	Glass of apple juice
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**MID MORNING:**

AdiSlim Tea	
10 ml	AdiDetox 180

**LUNCH**

250 g	Baked or boiled fish, apple, tomato
AdiBlock+ Forte (with lunchtime meal)	

**MID AFTERNOON:**

AdiSlim Tea	
1 AdiBurn product dose (not to be taken after 16:00)	

**SUPPER**

200 g	Steak
150 g	Lettuce, seasoned with a little olive oil and lemon juice
AdiBlock+ Forte (with evening meal)	

**BEFORE BED:**

10 ml	AdiDetox 180
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## FRIDAY:

### BEFORE BREAKFAST:

15 ml AdiDetox 180
1 AdiBurn product dose

### BREAKFAST

1	Glass of carrot juice
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### MID MORNING:

AdiSlim Tea
10 ml AdiDetox 180

### LUNCH

200 g	Fried chicken
100 g	Salad
AdiBlock+ Forte (with lunchtime meal)	

### MID AFTERNOON:

AdiSlim Tea
1 AdiBurn product dose (not to be taken after 16:00)

### SUPPER

A little grated carrot, seasoned with olive oi	
2	Eggs
AdiBlock+ Forte (with evening meal)	

### BEFORE BED:

10 ml AdiDetox 180
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## SATURDAY:

### BEFORE BREAKFAST:

15 ml AdiDetox 180
1 AdiBurn product dose

### BREAKFAST

1	Cup of unsweetened tea
1	Slice of toast

### MID MORNING:

AdiSlim Tea
10 ml AdiDetox 180

### LUNCH

200 g	Roast meat
150 g	Salad of shredded cabbage with lemon juice
AdiBlock+ Forte (with lunchtime meal)	

### MID AFTERNOON:

AdiSlim Tea
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### SUPPER

150 g	Cheese
100 g	Grated carrots with olive oil
AdiBlock+ Forte (with evening meal)	

### BEFORE BED:

10 ml AdiDetox 180
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## SUNDAY:

### BEFORE BREAKFAST:

15 ml AdiDetox 180
1 AdiBurn product dose

### BREAKFAST

1	Cup of unsweetened tea
1	Slice of toast

### MID MORNING:

AdiSlim Tea
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### LUNCH

200 g	Roast or boiled chicken
AdiBlock+ Forte (with lunchtime meal)	

### MID AFTERNOON:

AdiSlim Tea
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### SUPPER

300 g	Any fruit (apples, pears, plums, oranges, apricots, kiwi)
AdiBlock+ Forte (with evening meal)	

### BEFORE BED:

10 ml AdiDetox 180
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In the second week repeat the same menu as the first, but **DO NOT** take the AdiDetox 180



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