



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

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

SUPPER

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

BEFORE BED:

10 ml AdiDetox 180

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

LUNCH

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

MID AFTERNOON:

AdiSlim Tea

SUPPER

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

BEFORE BED:

10 ml AdiDetox 180

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



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