



Healthy Eating Guide

Part 1

Your go-to guide to an anti-inflammatory diet with mouthwatering recipes for delicious, nourishing meals you'll actually look forward to!



"Welcome to your Journey toward a Healthier, Leaner, and more Energised you."

At Skinny Shots, we know that feeling your best is about more than quick fixes. It is about giving your body the right support, building better habits, and staying consistent with a plan that works for you.

This guide was created to support you on your weight-loss and wellness journey, helping you make informed choices that may maximise your results and support your body along the way.

Our approach focuses on peptide-based wellness support, designed to work with your body's natural processes involved in appetite regulation, metabolism, and energy balance. When paired with a healthy lifestyle, Skinny Shots may help support your progress by making it easier to stay on track with your goals.

Inside this guide, you'll find practical tips, nutrition guidance, and lifestyle support to help you feel confident, stay motivated, and create results that are more sustainable over time.

This is not just about looking different. It is about feeling stronger, more energised, and more in control of your health.

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What Skinny Shots Do on a Cellular Level?

Skinny Shots are designed to support your body's natural signalling systems at a cellular level.

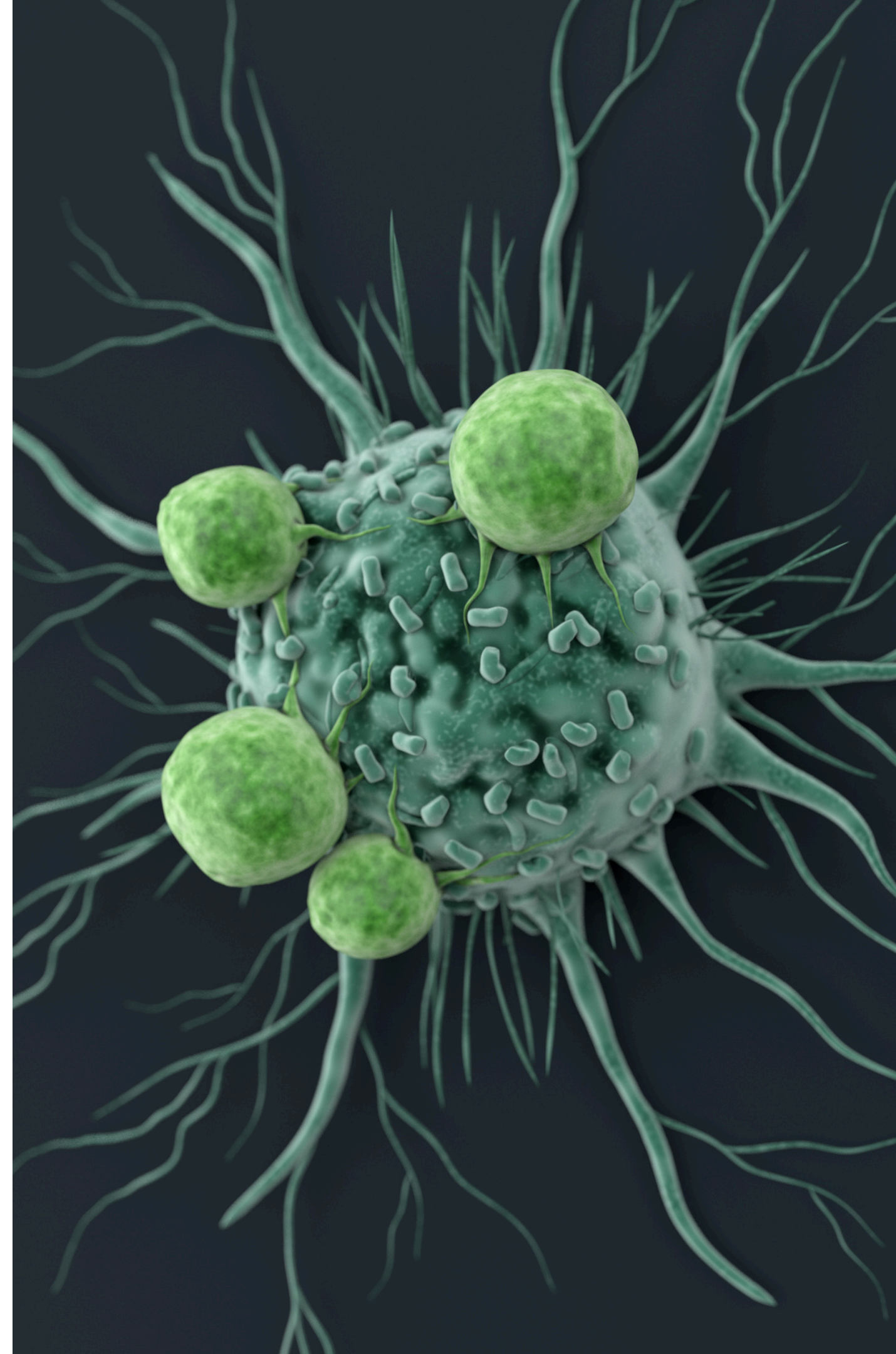
Peptides are short chains of amino acids that act like messengers in the body. They help communicate with key systems involved in appetite regulation, metabolism, energy use, and fat processing. When these signals are functioning more efficiently, it may become easier to manage cravings, feel fuller for longer, and stay consistent with your nutrition plan.

Rather than forcing your body into extreme changes, peptide-based wellness support is designed to work with your body's natural processes. Depending on the formulation, Skinny Shots may help support metabolic efficiency, appetite control, and energy balance.

This support works best when combined with the right lifestyle habits. Nutrition, hydration, movement, sleep, and consistency all play an important role in helping you get the best possible results.

What makes this approach so appealing is that it is designed to support a more sustainable journey. It is not just about short-term changes, but about helping your body function better so you can feel more energised, more in control, and more confident in your progress.

That is where this guide comes in, to help you make supportive choices every step of the way.



Benefits of a Supportive Skinny Shots Wellness Routine

Appetite Support

Certain peptide-based formulations may help support appetite regulation and satiety, which can make portion control and meal consistency easier.

Energy & Motivation

When your nutrition and wellness routine are aligned, you may experience steadier energy and better momentum throughout the day.

Metabolic Support

Skinny Shots may support metabolic function when paired with healthy eating, movement, and sleep habits.

Craving Management

A structured plan with protein-forward meals, hydration, and supportive supplementation can help reduce cravings and snacking triggers.

Body Goals

With the right routine, you can work toward fat-loss goals while supporting lean muscle through protein intake and resistance training.

Consistency & Routine

The biggest results often come from consistency. Skinny Shots can be part of a routine that supports better habits over time.

Overall Wellness

Healthy eating, movement, hydration, sleep, and stress management work together to support better daily wellbeing.

The Power of Nutrition & Skinny Shots

Fuel Your Transformation with Smarter Choices

While Skinny Shots may support your wellness journey, what you do outside of your routine matters most for long-term progress. Your food choices, movement, hydration, sleep, and stress levels all influence your results.

To support body composition, energy, and overall wellness, it helps to follow an eating style that prioritises:

- whole foods
- adequate protein
- healthy fats
- fibre-rich vegetables
- reduced ultra-processed foods and added sugars

A Guide to Empower Your Wellness Journey

That is why we created this guide: to give you practical tools, simple nutrition principles, and realistic strategies you can actually stick to.

Inside, we'll bust common myths about dieting and fat loss, explain the role of protein, hydration, and stress, and show you how to make smarter food choices that support your goals.

Combining Skinny Shots with Smart Eating

Whether you are just getting started or already seeing progress, this guide will help you build the habits that support better long-term outcomes.

By pairing Skinny Shots with a supportive eating plan and daily movement, you may experience:

- better consistency
- steadier energy
- improved appetite control
- more sustainable progress

Creating Lasting Results

This is not about perfection. It is about building a lifestyle that helps you feel strong, confident, and in control for the long run.

LET'S GET STARTED.

Fast Track to Success: An Overview in a Nutshell

If you are too busy to read every chapter right away, here is your quick-start summary.

By following these core principles, you'll build a stronger foundation for sustainable fat loss, better energy, and long-term wellness while using Skinny Shots as part of your routine.

Focus on whole-food, Anti Inflammatory eating

This guide encourages an eating pattern built around whole foods, protein, healthy fats, fibre, and lower added sugar intake to support energy, satiety, and metabolic health.

Hydration is Key

Water supports digestion, energy, appetite awareness, and overall wellness. Many people mistake thirst for hunger, so hydration can help with better eating decisions.

The Role of Protein

Protein supports satiety and helps preserve lean muscle while losing fat. Including protein in each meal can make it easier to stay full and maintain consistency.

Gut Health Matters

A diet rich in fibre, fermented foods (if tolerated), and minimally processed ingredients can support digestion and overall wellbeing.

Stress and Sleep affect Fat Loss

Stress, poor sleep, and an “all-or-nothing” approach can make progress harder. Recovery is part of the plan.

Skinny Shots support your routine

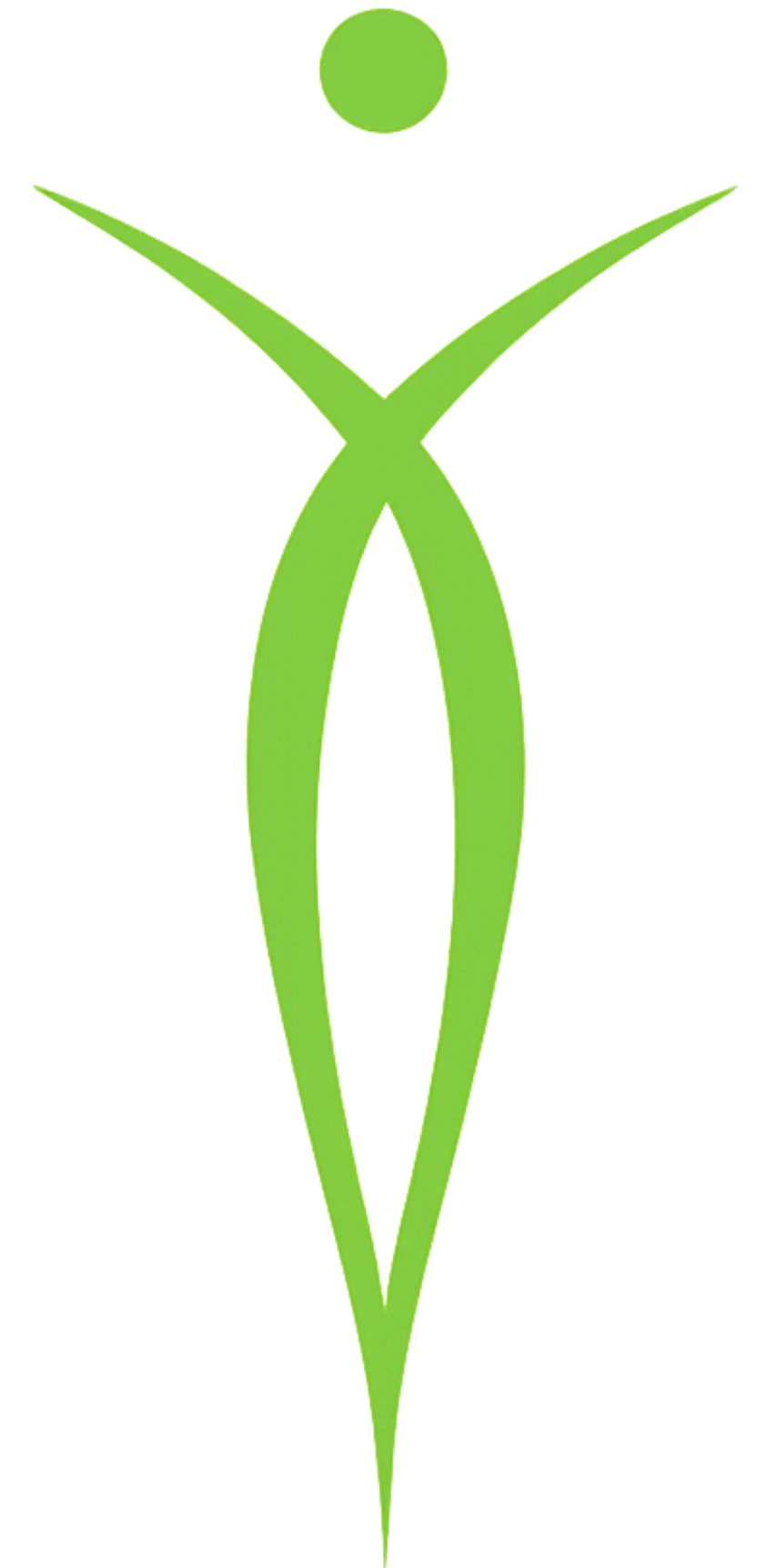
Skinny Shots may support appetite regulation, energy, and metabolic balance, but the best results happen when paired with healthy daily habits.

Reduce added Sugar and Ultra-processed Foods

These foods can drive cravings, energy crashes, and overeating. Replacing them with whole-food meals improves consistency and satiety.

Consistency beats perfection

Long-term change is built through repeated good choices. Do not aim to be perfect — aim to be consistent.



5 Myth Busters

MYTH 01

Adding exercise is all you need to lose fat

MYTH 02

A calorie deficit guarantees fat loss

MYTH 03

Eating fat automatically makes you fat

MYTH 04

You can burn fat effectively no matter how you eat

MYTH 05

Stress and cortisol do not affect fat loss

Myth 01: Adding Exercise Is All You Need to Lose Fat

Exercise is excellent for your health, strength, mood, and fitness, but fat loss is not driven by exercise alone. Body composition changes are influenced by a combination of factors, including nutrition, sleep, stress, recovery, and consistency.

Why exercise alone doesn't always lead to Fat Loss

01 Calories still matter

If you regularly eat more than your body needs, exercise may not create enough of a gap to support fat loss.

02 Exercise type matters

Cardio, strength training, and daily walking all play different roles. Strength training helps preserve or build muscle, while walking is often easier to sustain and supports daily energy expenditure.

03 Hormones & stress matter

High stress and poor recovery can affect hunger, cravings, sleep, and consistency — all of which impact fat loss.

04 Diet drives adherence

Most people find it easier to create a sustainable calorie deficit through nutrition habits than through intense exercise alone.

05 Compensating with food is common

Hard workouts can increase appetite, which sometimes leads to overeating if meals are not planned well.

06 Too much exercise can backfire

Excessive training without enough recovery, protein, and sleep can increase fatigue and make long-term consistency harder.

What works better

A more effective long-term approach is:

- protein-forward meals
- daily movement (including walking)
- resistance training 2–4x/week
- hydration
- adequate sleep
- a consistent eating structure

The role of muscle

Muscle supports metabolic health and helps you maintain a stronger, leaner look over time. Building muscle may not always show immediate change on the scale, but it can improve body composition.

Myth 02: A Calorie Deficit Guarantees Fat Loss

A calorie deficit is important for weight loss, but weight loss and fat loss are not the same thing. If your plan is too aggressive or poorly structured, you may lose muscle, energy, and motivation along with weight.

What is a calorie deficit?

A calorie deficit happens when you consume fewer calories than your body uses over time.

This can lead to weight loss, but the quality of your diet and your activity choices help determine whether you lose fat, muscle, or both.

What is a healthier deficit?

In general, a moderate deficit is more sustainable than an extreme one.

A slower, consistent approach often supports better adherence, fewer cravings, and improved long-term outcomes.

The risk of losing muscle in a calorie deficit

Losing muscle can:

- reduce metabolic rate over time
- affect strength and energy
- make it harder to maintain results
- change body composition in ways you may not want

Weight loss vs fat loss

Fat loss

The goal for most people is to reduce body fat while preserving muscle.

Muscle loss

If calories are too low, protein is too low, and there is no strength training, your body is more likely to lose muscle tissue.

Why muscle loss happens

01 Not eating enough protein

Protein helps preserve lean muscle during fat loss.

02 Deficit is too aggressive

Very low calorie intake can increase fatigue, cravings, and muscle loss risk.

03 No resistance training

Strength training signals your body to keep muscle while you lose fat.

Why preserving muscle matters

01 Metabolism

Muscle supports higher daily energy use.

02 Strength & energy

Maintaining muscle supports daily performance and exercise tolerance.

03 Body composition

Preserving muscle often leads to a leaner, more toned result than simply chasing the number on the scale.

How to lose fat, not muscle

01 Eat enough protein

Include protein at every meal and snack where possible.

02 Do resistance training

Strength work helps preserve muscle and supports long-term metabolism.

03 Avoid extreme restriction

A moderate deficit is usually easier to sustain.

04 Include healthy fats

Healthy fats support satiety and overall nutritional balance.

05 Recover properly

Sleep, hydration, and post-workout nutrition support recovery and consistency.

Myth 03: Eating Fat Automatically Makes You Fat

For years, many people were told that dietary fat should be avoided. In reality, healthy fats can be an important part of a balanced eating plan, especially when your goal is satiety, stable energy, and long-term adherence.

The key is understanding:

- what types of fats you are eating
- how much you are eating
- what they replace in your diet

The difference between more supportive fats and less supportive fats

More supportive fats (in moderation)

- Avocados
- Olive oil
- Nuts and seeds
- Fatty fish (salmon, sardines, mackerel)
- Plain nut butters (without added sugar)
- Eggs (for many people, depending on dietary needs)

Less supportive fat sources

- Deep-fried foods
- Ultra-processed snack foods
- Fast foods high in refined carbs + fats together
- Foods with trans fats / hydrogenated oil (where present)
- Highly processed baked goods with added sugar and low nutrient value

Why healthy fats can support fat loss goals

01 They help you feel fuller

Fat slows digestion and can improve meal satisfaction, which may help reduce snacking.

02 They support adherence

Meals that include protein + fibre + healthy fats are often easier to stick to than overly restrictive low-fat meals.

03 They support balanced eating

Healthy fats can be part of a nutrient-dense plate instead of relying on refined carbohydrates.

04 They support overall wellness

Many fat-containing whole foods also provide vitamins, minerals, and important nutrients.

Examples of healthy fats to include

- Avocados
- Olive oil
- Nuts and seeds
- Fatty fish
- Olives
- Unsweetened nut butters
- Full-fat plain yoghurt

Fat does not automatically cause fat gain. Total intake, food quality, and consistency matter more than fear-based rules.

Myth 04: You Can Burn Fat Effectively No Matter How You Eat

Your body can use both fat and carbohydrates for energy, but how you eat strongly affects hunger, energy, cravings, and how easy it is to stay in a calorie deficit. In other words, the quality and structure of your diet matter.

How sugar and refined carbs can affect fat-loss progress

01 They can increase hunger and cravings

Highly refined foods may digest quickly, which can lead to energy dips and increased appetite for some people. create enough of a gap to support fat loss.

02 They can make portion control harder

Ultra-processed foods are often designed to be very easy to overeat.

03 They can disrupt consistency

Frequent “spike and crash” eating patterns may make it harder to stick to your plan.

Sugar and inflammation

Diets high in ultra-processed foods and added sugars may contribute to inflammation and poor metabolic health over time, especially when combined with low sleep, high stress, and low activity levels.

A smarter approach to support fat burning

To better support body composition goals:

- reduce added sugars
- limit ultra-processed foods
- prioritise protein and fibre
- choose whole-food carbohydrates more often
- build balanced meals
- stay hydrated
- keep meals consistent

A practical tip: start the day with protein

Beginning your day with a protein-rich meal may help:

- improve satiety
- reduce cravings later
- support steadier energy
- make it easier to stay on plan

You do not need perfection, but how you eat absolutely affects how easy fat loss feels.

Myth 05: Stress & Cortisol Have No Bearing on Fat Loss

Stress has a major impact on behaviour, appetite, sleep, and recovery – all of which influence fat loss.

When stress is high for long periods, it can make healthy habits harder to maintain.

What can help Reduce Stress

- Walking
- Better sleep routines
- Light exercise / resistance training
- Breathing work or mindfulness
- Time outdoors
- Structured meals
- Reducing stimulants (caffiene)

Sugar and inflammation

01 Increased cravings and emotional eating

Stress can increase the desire for highly palatable foods, especially sugar and refined carbs.

02 Poor sleep

Stress and poor sleep often go together, and both can affect hunger signals, energy, and motivation.

03 Reduced recovery

When you are run down, it becomes harder to exercise consistently and make good food choices.

04 “Survival mode” behaviour

High stress often leads to skipped meals, overeating later, inconsistent routines, and lower adherence.

How Skinny Shots fit in

Skinny Shots are designed to support your wellness routine, but they work best when paired with stress management, sleep, and consistent nutrition habits.

How to Use This Guide with Skinny Shots

- Follow your provider's instructions (or product directions) exactly
- Prioritise protein, hydration, and whole foods
- Aim for consistency over perfection
- Track progress beyond the scale (energy, cravings, inches, mood, sleep)
- Review your habits weekly

Important Safety & Medical Disclaimer

Skinny Shots products and this guide are intended to support wellness goals and are not a substitute for personalised medical advice, diagnosis, or treatment. Individual responses vary. Always consult a qualified healthcare professional before starting any new wellness, nutrition, or supplementation programme, especially if you have a medical condition, are pregnant or breastfeeding, or are taking medication.

