



LOSE WEIGHT (5:2 diet) with Skinnybik¹ (clinically trialled to reduce hunger with little impact on blood sugars)²

Fasting days x 2, non-consecutive (800 cal): if you have diabetes consult your doctor/dietitian before starting

Breakfast: 4 x skinnybik (2 packets) and milky tea or coffee (250 kcal)

Lunch: 2 poached eggs, sautéed spinach, mushrooms (use oil spray), ½ slice bread (220 kcal)

Afternoon: 10 berries & 2 tablespoons low fat plain yoghurt (chobani) (80 kcal)

Dinner: large salad (plus vinegar/mustard/herbs, no oil) & 90g tuna or 120g cottage cheese or 1 cup 4 bean mix OR bowl veggie soup + 1 cup cooked lentils or chickpeas or beans) (250 kcal)

Non Fasting days x 5 (normal eating) replace any sugar containing snacks with skinnybik

1. Expect to lose 1-2kg a month; 2. Skalkos S, Moschonis G, Thomas C, McMillan J, Kouris A. Effect of Lupin-Enriched Biscuits as Substitute Mid-Meal Snacks on Post-Prandial Interstitial Glucose Excursions in Post-Surgical Hospital Patients with Type 2 Diabetes. Nutrients 2020; 12 (5): 1239

Skinnybik™ compared to popular biscuits, snacks, breakfasts

	Energy kcal	Protein g	Fat total g	Sat. fat g	Carbs total g	Sugar g	Fibre g	Sodium mg
Skinnybik x 2 (30g)	96	4.8	5	1.3	4.6	1.9	5.5	60
Optislim cookies x 1 (32g)*	100	2.6	4.9	2.9	11.5	5.5	3.9	86
Protein balls x 1(35g)	160	7	9	5	12	7	2	60
Breakfast biscuits x 2 (30g)	130	2.4	4.4	0.4	20	6	2	118
Oat slice/bakes x 1 (35g)	145	2	6	4	17	7.6	3	65
Breakfast wheat-flake bricks x 2 (30g)	120	4	0.5	0	22	1	3.6	96
Digestives x 2 (30g)	137	2	6	3	18	5	1	170
Digestives no added sugar* x 2 (30g)	135	2	5	0.5	15	0.2	1.7	90
Marie biscuits x 3 (24g)	107	1.6	2.8	1.4	18	5	0.7	47
Choc Chip biscuits (30g)	150	1.3	7	5	19	10	0	50
Tim Tams (30g)	156	1.3	8	5	19	13	0.5	47

Source: calorieking.com.au *may contain laxative sweeteners