



SHRINKING *Tea*

TEAPlan - Diet & Exercise Plan



THIS EATING PLAN IS DESIGNED TO MAXIMISE YOUR RESULTS
WHILST UNDERTAKING ONE OF OUR **SHRINKING TEAPlan's**
BUY ONLINE FROM WWW.TIBBYOLIVIER.COM

BEFORE BEGINNING THIS EATING PLAN:

Please note that **SHRINKING TEAPlan** can be used in conjunction with a healthy diet and your normal exercise regime, however, extra health and weight loss benefits can be gained from following our SHRINKING Eating Plan. Make sure you check out Instagram [@tibbyolivier](https://www.instagram.com/tibbyolivier) and www.pinterest.com/tibbyolivier for healthy eating and exercise ideas.

THE AIM OF THE Shrinking Tea:

The aim of the **SHRINKING TEAPlan** Eating Plan is to cleanse and detoxify your system.

Detoxification is one of the oldest known methods for cleansing the body. Many of the herbs in Shrinking Tea have been used for centuries for health and wellbeing purposes, founded in Chinese medicine. Detoxification is a natural process of elimination, involving the removal of 'toxins' or buildup of waste matter from the body, via the lungs, kidneys, bowels and skin.

Detoxification should (but will not always – all bodies are different) result in weight loss and greater overall wellbeing, such as increased energy levels, reduced bloating, increased stamina, better immunity, improved skin health, deeper sleep etc.



drinks

WATER:

1.5 - 2L per day, throughout the day. If you like, you can add fresh lemon/lime juice to aid digestion. It is very important to stay properly hydrated during your **SHRINKING TEAPlan**.

TEA:

Any other herbal teas (do not add milk or sugar), particularly with **SHRINKING TEAPlan**. Try to have 3-5 cups of Shrinking tea per day to compliment the fat busting and enhance thermogenic effects.



COFFEE:

For detoxification it is best to avoid coffee or try to limit yourself to 1-2 cups per day, preferably black or with a little, unsweetened almond or rice milk. Depending on your reasons for undertaking the **SHRINKING TEAPlan** your approach toward caffeine limitation or avoidance will be different. If you are undertaking the Shrinking Tea for weight loss purposes it is best not to limit your caffeine intake as this may affect your metabolism. Try drinking it black.

JUICE:

Green juices (wheat grass, spirulina, chlorella) – you can buy a liquid supplement from the health food store, chemist, or try supermarket varieties like Holland & Barratt for 'Wheatgrass' and for 'Spirulina in a Whole Fruit Smoothie'. Fresh pressed vegetable juice (carrot, beet, celery, cucumber, cabbage, spinach, parsley, ginger, greens) and super juices (aloe vera juice, liquid chlorophyll, acai berry juice, goji berry juice etc.) are great too, just be careful to check for and avoid added substances (sugar, preservatives etc.).

SHAKES & SMOOTHIES:

Meal replacement shakes, protein shakes and smoothies are all fine throughout your **SHRINKING TEAPlan** as long as they don't contain cow's milk in too great a quantity (preferably no cow's milk at all so look for vegan alternatives). Also, be sure to check that they do not contain sugars (common in meal replacements) or artificial sweeteners (common in protein shakes), both of which will impede the detoxification process. Instead look for sweeteners such as stevia, erythritol, xylitol. We recommend our Shrinking Oats and have many recipes for you on our Instagram and Pinterest pages @tibbyolivier

COCONUT WATER:

Tibby Olivier on coconut water:

“Nature’s very own sports drink; it’s naturally full of electrolytes, plus it’s great for gut health and, like all coconut products, has a thermogenic effect on the body”.

Available shortly ‘Shrinking Coconut Water’! Just like Shrinking tea, Shrinking Coconut is U.K.-made, 100% natural & organic, with no added sugar or flavour and we think it tastes super yummy – it’s so addictive.



foods to avoid

FOODS TO AVOID:

- Sugar
- Table salt (a little sea salt is okay)
- Fatty animal meats – some meats are ok, ie. only organic / free-range meats (skinless chicken breast and fish is ok)
- All dairy products (including butter, milk, cheese, etc) (a little plain, unsweetened yoghurt is ok).
- Refined (white) flour products, white rice, white pasta, white bread, etc.
- Processed foods (including canned foods, packaged foods, frozen foods, chips, chocolate, donuts, cakes, biscuits, jams, fruit spreads, margarine and peanut butter). Polyunsaturated and saturated oils and spreads, including cold pressed oils except for the ones in the 'foods and drinks you can have list'.
- All alcoholic beverages (including wines, beer and spirits, etc).
- All drinks that contain added sugar (including soft drinks, flavoured drinks, cordial drinks, etc).
- Artificial sweeteners

FATS:

Saturated fats and trans fats are known as the “bad fats” because they increase your risk of disease and elevate cholesterol. Appearance-wise, saturated fats and trans fats tend to be solid at room temperature (think of butter or traditional stick margarine), while monounsaturated and polyunsaturated fats tend to be liquid (think of olive or corn oil).

SATURATED FATS:

- High-fat cuts of meat (including beef, lamb, pork)
- Chicken with the skin
- Whole-fat dairy products (milk and cream)
- Butter
- Cheese
- Ice Cream
- Palm and coconut oil
- Lard

TRANS FATS:

- Baked pastries (cookies, doughnuts, cakes, pizza)
- Packaged snack foods (crackers, microwave popcorn, chips)
- Stick margarine
- Vegetable shortening
- Fried foods (French fries, fried chicken, chicken nuggets, breaded fish)
- Candy bars

ALTERNATIVES:

Dairy: Alpro,

Rice milk, almond milk, oat milk, etc. If you can't go without dairy drink A2 milk or non-homogenised organic milk. 'Alpro' or other dairy free spreads - instead of margarine/butter. Alpro coconut yoghurt is our favourite.

Sugar:

Raw honey, rice bran syrup / brown rice syrup, 100% pure maple syrup – use sparingly in place of sugar.

Salt:

Herbal seasoning or sea salt - use in place of table salt.

Dressings:

cold pressed extra virgin olive oil, lemon juice and apple cider vinegar (unfiltered) - Mix together, use as salad dressing. Tamari or Bragg liquid aminos (reduced salt, yeast free, soy sauce alternative)

The image shows two bowls of acai bowls on a light-colored wooden surface. The bowls are filled with a vibrant pink acai puree. The toppings are arranged in neat rows: sliced strawberries, kiwi slices, banana slices, and mango chunks. A generous portion of granola is sprinkled over the fruit. A silver spoon is placed in the top bowl, and another is on a green and white checkered napkin next to the bottom bowl. In the background, there are whole kiwis and a wooden cutting board.

foods to eat more of

GRAINS & LEGUMES:

All sprouted seeds, grains and legumes. Brown rice, wholemeal pasta, wild, wehani, or red rice, millet, quinoa, oats, buckwheat, sprouted grain bread (wheat-free), rye sourdough (but best to avoid bread altogether).

Note: For weight loss purposes it is best to limit the intake of carbohydrates (particularly breads and pasta) throughout the **SHRINKING TEAPlan**. After the detox, re-introduce gluten and dairy slowly while taking note of any symptoms that may arise such as digestive distress, sluggishness, aching joints, bloating; these can be indicators of gluten and/or dairy sensitivity and perhaps signs that gluten or dairy be limited on a longer term basis.

NUTS & SEEDS:

Raw walnuts, cashews, almonds, chia seed, pumpkin seeds, sunflower seeds, linseeds etc. Consume nuts and seeds in moderation. Nuts and seeds have a very high calorie and fat content. It is very easy to consume more than one serving in a sitting, which contributes to weight gain. One 28g serving a day is enough for the health benefits. This is equal to 23 almonds, or 19 walnut halves, or 18 cashews or 7 Brazil nuts and is equivalent to 15- 20g fat per serve, depending on the nut. Note: it is recommended you avoid roasted/toasted nuts as the heating process damages the oils in the nuts, making them rancid and no longer beneficial to your health.

You may also choose other high-quality proteins that offer the same benefits with less fat, such as salmon, eggs and chia seeds.

VEGETABLES:

9 servings per day is ideal. All raw and steamed vegetables (except potatoes and other starchy vegetables). Vegetables should include broccoli, Brussels sprouts, cauliflower, onion, radish, turnips, leeks, dark and leafy greens (kale, collards, mustard, turnip, or dandelion greens, bok choy, tatsoi, chicory, watercress, radicchio) and field greens (arugula, organic mesclun, romaine, red and green leaf lettuce). Other vegetables such as mineral rich seaweed; carrots; beets; green, yellow and winter squash (pumpkin); sweet potatoes, parsnips.

FRUITS AND BERRIES:

Seasonal fruits, organic whenever possible. Fruits should be non-tropical and non-citrus (except lemon, lime and grapefruit which are very cleansing to the liver). Apples and pears (in season) are great cleansers. Berries are a great source of antioxidants and vitamins. Berries that you should try to incorporate into your diet include; Açai berries, Acerola cherry, Aronia, Blackberries, Blueberries, Cranberries, Goji berries, Maqui berries, Noni berries, Raspberries and Strawberries.

BLACK BEANS:

A cup of black beans packs a whopping 15 grams of satisfying protein and doesn't contain any of the saturated fat found in other protein sources, like red meat.

KIDNEY BEANS:

One of several varieties of beans to make the list, red beans offer protein and fibre (more than 5 grams per serving!). Kidney beans are also rich in Resistant Starch; a 1/2-cup serving packs nearly 2 grams of this slimming carb.

LENTILS:

Lentils are a great source of satiating protein and fibre. A half-cup serving delivers 3.4 grams of Resistant Starch, a healthy carb that boosts metabolism and burns fat.

CHICK PEAS:

Also known as garbanzo beans, these slimming beans pack more than 2 grams of Resistant Starch per half-cup serving. They're also a great source of fibre, protein, and healthy fats.

BANANAS:

A slightly green, medium-size banana will fill you up and boost your metabolism with its 12.5 grams of Resistant Starch. Even a ripe banana still ranks high on the list of foods containing RS, with almost 5 grams.

WATERMELON:

Watermelon contains an amino acid called arginine, which may boost weight loss, according to a 2011 study in the *Journal of Nutrition*. The scientists found that mice who consumed foods rich in arginine for three months lowered their body fat gains by 64 percent. Watermelon's high water content may also help you to feel fuller for longer, says Ruth Frechman, RD, author of *The Food is My Friend Diet*.

OATS:

You're not mistaken if you think a bowl of oatmeal satisfies you more than a bowl of Cornflakes, says Frechman. The 4 g of fibre, paired with a surprising 6 g of protein, in every cup of cooked oatmeal helps you feel full. The complex carbs will also give you plenty of energy to burn calories later in the day. Oats are rich in fibre, so a serving can help you feel full throughout the day. Just a half cup packs 4.6 grams of Resistant Starch, a healthy carb that boosts metabolism and burns fat. Try our Shrinking Oat blend for a fat busting blast.



AVOCADOS:

There's no reason to be afraid of eating fats—as long as they're the right fats. Oleic acid, a compound in avocados' healthy monounsaturated fats (MUFAs), may trigger your body to actually quiet hunger. Stick to a quarter or a half of an avocado and watch that belly fat melt away. The creamy fruit is also packed with fibre and protein.

SALMON:

This superstar seafood is jam-packed with omega-3 fatty acids, which may boost your body's metabolism and help you burn more fat. Of course, these friendly fats may also improve your heart health, reduce depression, and prevent arthritis. Lean sources of protein help you feel full without adding fat. However, 50% of women ages 18 to 50 don't know if they get enough of this essential nutrient. Up your intake with salmon; it's a leaner choice than red meat and is chock-full of MUFAs to boot. A 2001 study found that dieters eating a MUFA-rich diet lost an average of 9 pounds, while their low-fat diet counterparts gained, on average, 6.

BLUEBERRIES:

Best known for their anti-aging effects, blueberries, while tiny, are a powerful figure-friendly eat: A 1-cup serving sets you back only 80 calories, and helps you feel full with 4 grams of fibre.

RASPBERRIES:

One cup of raspberries packs 8 grams of fibre for just 65 calories. "They're a great nutritional bargain," says Merisa Moore, RD, spokesperson for the Academy of Nutrition and Dietetics. They're also perfect for sweetening oatmeal, yogurt, or water naturally.

BROCCOLI:

Cooked or raw, this cruciferous veggie is well-known for its cancer-preventing powers, but with a punch of filling fibre in less than 30 calories a serving, it's bound to prevent weight problems too.

BROWN RICE:

Brown rice is a heartier, fibre-packed alternative to less-than-super white rice. A half-cup serving contains 1.7 grams of Resistant Starch, a healthy carb that boosts metabolism and burns fat. Plus, brown rice is a low- energy-density food, meaning it's heavy and filling but low in calories. One study found that women who ate a higher-energy-density diet gained three times as much weight over six years than women eating a low-energy-density diet.

EGGS:

Scramble some eggs in the morning and you could be looking at a smaller pants size over time. People who started their day with eggs felt fuller for longer afterward, according to research conducted at Louisiana State University.

GREEK YOGHURT:

It wouldn't be a superfood list without Greek yogurt. This nutritional powerhouse comes loaded with satiating protein, as well as fat- fighting calcium. "It's a tasty, but really healthy way of getting calories because it's packed with protein, Frechman says. "You're getting more bang for your buck compared to regular yogurts." Just be sure to choose a plain (unsweetened), low-fat variety.

AIR-POPPED POPCORN:

Snacking can be the death of a weight loss plan, unless you opt for this crunchy and satisfying treat. You can indulge in three whole cups for under 100 calories, while squeezing in a healthy dose of fibre, which will help you feel full. Popcorn also contains a high concentration of health-enhancing antioxidants, according to a University of Scranton Study.

DARK CHOCOLATE:

Chocolate lovers, rejoice! A nibble of dark chocolate here and there can help you to feel fuller for longer and eat less at your next meal. Dark chocolate is full of MUFAs; studies show eating a diet high in these healthy fats can rev your metabolism to burn fat and calories. It may also help by curbing cravings for salt, sweet, or fatty diet-wreckers.

EDAMAME:

Soybean pods give you 5 grams of fibre and 10 grams of protein per cup—and only 120 calories. “The protein and fibre in edamame keeps you feeling full, and since they’re in pods, it slows down eating”, says Merisa Moore. “You’ll fill up before you go for something else.”

PEARS:

Just one pear packs 15% of your daily recommended amount of fibre. One study found that women who ate three pears a day consumed fewer calories and lost more weight than those who didn’t. Ditch the peeler though; the skin is where all that filling fibre is hiding!

GRAPEFRUIT:

Dieters who ate a half a grapefruit before every meal over 12 weeks lost an average of 3.6 pounds—more than dieters who did not pre-game with grapefruit, according to research published in the Journal of Medicinal Food. A compound in the tangy fruit can lower insulin, a fat-storage hormone, and that can lead to weight loss. It’s also a good source of protein, and because it’s at least 90% water, it can fill you up so you eat less.

KALE:

This green has been buzzy lately. One raw chopped cup contains 34 calories and about 1.3 grams of fibre, as well as a hearty helping of iron and calcium.

QUINOA:

Loaded with protein and fibre (8 grams and 5 grams per cup, respectively), this South American grain will quiet your hunger. It’s also relatively low in carbs, which makes it a blood-sugar-friendly food.

APPLES:

An apple a day can keep weight gain at bay. People who chomped an apple before a pasta meal ate fewer calories overall than those who had a different snack. Plus, the antioxidants in apples may help prevent metabolic syndrome, a condition marked by excess belly fat or an “apple shape.”

A top-down photograph of four lentil and vegetable burritos arranged on a weathered metal surface. Each burrito is made with a light-colored tortilla and filled with dark lentils, fresh green herbs, sliced radishes, and halved cherry tomatoes. A dollop of green guacamole is placed on top of each burrito, garnished with a sprinkle of red spices. Some ingredients, like lentils and tomato halves, are scattered on the metal surface around the burritos. A semi-transparent dark grey rectangle is centered over the middle two burritos, containing the text "meal plans" in white.

meal plans

BREAKFAST:

Shrinking Oats made with Alpro coconut yoghurt or almond or rice milk, frozen berries, and a little organic honey or maple syrup. Fresh fruit or try with natural (unsweetened) Greek yoghurt and a little organic honey.

Breakfast smoothie: see our Shrinking Oat smoothie recipes, e.g. banana, frozen berries, frozen natural, greek yoghurt, and a little organic honey or maple syrup. Supercharge your smoothie with substances like chia seeds, flax seed oil maca powder, hemp seeds, cacao etc.

Poached/boiled eggs, avocado and spinach leaves. (Try to avoid bread but if you must have it stick to sourdough rye.) Egg white omelette (3 egg whites and one yolk). Cook with some sautéed onion and capsicum for added flavour.

LUNCH:

Green salad with cherry tomatoes, chopped capsicum, sprouts and raw pumpkin seeds (add some grilled salmon if you want it to be more substantial).

Quinoa salad with lemon, blanched broccoli, corn kernels, pine nuts and parsley (add cumin for extra flavour).

Brown rice sushi

Vegetable, bean or lentil soups. Vegetable, bean or lentil soups.

Nori wraps, spread with avocado and filled with shredded, mixed vegetables.

Sashimi

Roasted beetroot salad with baby spinach leaves, walnut halves and finely chopped green apple

DINNER:

Stir fried vegetables and brown rice. Poached chicken salad.

Vegetable, bean or lentil soups.

Roast vegetables with garlic balsamic vinegar and olive oil. Veggie burger with green salad.

Mexican grilled chicken with fresh salsa, homemade guacamole and black beans.

White fish with steamed vegetables and brown rice.

SNACKS:

Vegetable sticks with hummus.

Organic unsalted corn chips with guacamole (homemade is better; avocado, lemon juice, salt, pepper, red onion and Greek yoghurt) or fresh salsa.

Raw nuts (maximum of 28 grams/day)

Apple with a few raw almonds or a tablespoon of almond butter.

TIPS:

For best results this eating plan should be accompanied with one of our Shrinking Teas (either 14 or 28 days). You should also have minimum of 6, maximum of 9, hours of sleep every night.

Try meditating once a day for 20 minutes. Also try yoga it can assist weight loss and can also help posture and positive thinking.

Drink lemon water during the day to help boost your metabolism.

Avoid substances such as alcohol, tobacco and caffeine. Prescription medications are usually fine but you should always consult your GP before starting a **SHRINKING TEAPlan** if you are taking any medication.

If you have recently taken antibiotics or have been generally unwell do not begin a **SHRINKING TEAPlan** as the detoxification process puts extra strain on your body. It is better to wait a few weeks until you are fully recovered.

Shrinking Inches

[illegible]

Regular

[illegible]

Vegetarian

[illegible]

14 Day SHRINKING TEAPlan EXERCISE PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Yoga	Light weights	30 min walk	REST	Bikram yoga	Piloga (Pilates & yoga)	60 min walk
WEEK 2	Body weight exercises	REST	Swim	Yoga	45 min walk	REST	Bikram yoga

28 Day SHRINKING TEAPlan EXERCISE PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Yoga	Light weights	45 min walk	REST	Bikram yoga	30 min walk	Light weights
WEEK 2	Body weight exercises	REST	Swim	Xtend barre	45 min walk	REST	Bikram yoga
WEEK 3	Body weight exercises	Swim	Light weights	REST	Bikram yoga	Body weight exercises	60 min walk
WEEK 4	REST	Yoga	Aerial yoga	Light weights	REST	Body weight exercises	60 min walk



NOTE: FOR THOSE ON A BUDGET OR WITHOUT ACCESS TO A GYM TRY THIS HOME WORKOUT PLAN INSTEAD:

14 Day SHRINKING TEA*Plan* HOME WORKOUT PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 min walk	Home workout	20 min skipping	REST	DVD Workout	30 min walk	Botanical gardens walk
WEEK 2	Home workout	REST	45 min walk	DVD Workout	Home workout	REST	Walk along the beach