

SKINNY & YOU

YOUR GUIDE TO
THE SKINNY
TEATOX
PROGRAM

Nº
01|02

Living Right





Dear tea lover,

welcome to the world of TEATOX. We stand for high quality, unique organic teas as a companion of a healthy lifestyle and share the conviction that human well-being results from the harmony of body, mind and soul.

We have set ourselves the goal of transferring this philosophical aspiration into the modern present. In addition, we develop programs with experts for each of our functional teas, which accompany you on the way to your new self.

Our Skinny Teatox Program consists of a morning and night tea, which create a balanced routine for your everyday life. In addition there is the SKINNY&YOU guide, which supports you with nutrition tips, fitness inspiration and varied recipe suggestions.

With our teas we always pay attention to the best quality. We only use loose leaf quality ingredients and distinguish ourselves from most tea varieties by not using any flavours or additives.

Our customers are enthusiastic about the quality and give us great feedback. It is amazing what a conscious way of life can help to achieve! We are looking forward to your experiences.

We wish you a lot of fun with your Skinny Teatox Program!

Michael & Felix



Any questions? We are happy to answer them!
Personally on the phone from Monday to Friday, 10 a.m. to 6 p.m.
under +49 30 220 12 45 10
or by email: service@teatox.de

SKINNY & YOU

THE Skinny Teatox Program

Our program requires motivation and discipline. This is easy to do and helps you to achieve your goals. On the first pages you will find a short summary how the program works.

„Your Skinny Teatox Program“ on page 4
„Nutrition Plan“ on page 8
„Fitnessplan:“ on page 4
„Do's & Dont's“ on page 9

NUTRITION & RECIPES

A vitamin-rich and balanced diet is an integral part of our Skinny Teatox Program. Our raw food cook Lisa Müller has put together suitable recipes for you that are quick and easy to prepare, such as smoothies, snacks or creative meals.

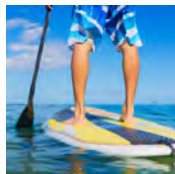


„Infused Water“ on page 24
„Healthy Recipes“ on page 30
„Smoothies“ on page 26
„Superfoods“ on page 16

FITNESS UND SPORTS

Sufficient fitness exercises round off your Skinny Teatox Program. Our fitness experts will introduce you to various sports which you can start immediately.

In addition to home exercises, we have selected effective sports for you that are not only good for your fitness and well-being, but are also totally fun.



„Fitnessplan“ on page 10
„Exercises for the living room“ on page 62
„Get Your Body Moving“ on page 58



YOUR SKINNY TEATOX PROGRAM

Our Skinny Teatox Program consists of three components: our morning and evening tea blends as well as the nutrition and fitness plan developed for you. We are sure you will be thrilled!

*Tip: Pay attention to your diet
Starting on page 14 you will find
important tips about your diet and
our Do's & Don'ts.*

DRINK OUR TEAS:

Our teas are the cornerstone of the Skinny Teatox Program. While Skinny Morning consists of yerba mate, sencha green tea, goji berries and many other herbs and fruits, our Skinny Night consists of Rooibos, peppermint, hibiscus blossoms and many other herbs that make a delicious tea blend.



Drink one cup of Skinny Morning tea about 20 minutes before breakfast.



Enjoy on cup of Skinny Night tea before bedtime.



NUTRITION PLAN:



Our Skinny Teatox Program does not mean you can't eat! Our experts have compiled a nutrition plan free of harmful substances from everyday nutrition. On page 8 you will find the nutrition plan and on page 32 we will introduce you to a variety of recipes.



FITNESSPLAN:



During the Skinny Teatox Program we recommend you daily light activities such as yoga, swimming or walks to stimulate your metabolism. We present you the right program for this starting on page 58 with various fitness trends and sports that are not only effective, but also fun.



SKINNY MORNING

ORGANIC GREEN TEA WITH MATE

The Skinny Teatox Programme consists of two teas: a morning tea and a night tea. Both teas are unique herbal tea blends due to their individual composition. In the morning you will be supported by South American mate tea and Japanese Sencha. Goji berry is a well-known superfood, nettle leaves and dandelion are known from naturopathy.



PREPARATION:

- fill 1 tsp tea into a tea bag or tea strainer
- add 250 ml boiling water
- allow to steep for 5 -7 minutes
- best enjoyed before breakfast



1tsp / 250 ml



100°C



5-7 min

SKINNY NIGHT

ORGANIC HERBAL TEA WITH ROOIBOS

We have developed Skinny Night for your daily pre-sleep ritual. Melissa leaves and fresh peppermint form the basis of the tea. Rooibos gives the tea a discreet sweetness. Yarrow and elderflower blossoms round off the tea.



PREPARATION:

- fill 1 tsp tea into a tea bag or tea egg
- add 250 ml boiling water
- allow to steep for 5-7 minutes
- best enjoyed before bedtime



1tsp / 250 ml



100°C



5-7 min

NUTRITION PLAN

This nutrition plan is designed to help you during the Skinny Teatox Program and will help you to avoid unhealthy food and instead try new, simple and healthy recipes that, together with our TEATOX teas, ensure that everything runs smoothly.

1/ BREAKFAST

The start of the day that provides us with energy and nutrients.

- one cup of Skinny Morning Tea
- Smoothies (from p. 26)
- Chiapudding
+ Almond Milk & Fruits
- Omelette
+ Avocado & Tomatoes
- Gluten-free toast
+ sweet & salty toppings
- Superfood Porridge (p. 39)
- Fruits salad with nuts & coconut



2/ DINNER

Vegetables and proteins in the evening are ideal

- baked potato
+ Vegetable toppings & cashew cream
- Corn cake (p. 55)
- Fried fish
+ Salad & Guacamole
- Low-carb pizza (p. 52)
- Zucchini spaghetti (S. 53)
+ Matcha - Basil Pesto
- Sweet potato stick
+ Dip & salad (p. 57)
- one cup of Skinny Night tea

3/ LUNCH

"Keep it simple" and eat something quick and light

- Salad
(e.g. grapefruit salad p. 56)
- Frittata (p. 51)
+ green salad
- Gluten-free sandwich
+ Vegetables & Hummus
- Soup
(e.g. pumpkin soup p. 50)
- Quinoa salad (S. 54)





4/ SNACKS

Easy and fast

- Apple rings with almond cream + Superfood Toppings
- Powerballs (p. 42)
- Hummus with vegetable sticks
- Chai Latte
- Banana with peanut butter
- Avocado with tomato & Feta

5/ SWEETS

Alternatives against the cravings for candy

- Dark chocolate (min. 60%)
- Matcha banana ice cream (p. 45)
- Chocolate mousse (p. 44)
- Yoghurt-Honey Cream + fresh fruits
- Salty popcorn
- Matcha latte

DO'S



Water

Drink 2-3 litres throughout the day



Infused Water

enriched with fresh herbs & fruits from p.24



Smoothies

the best smoothie recipes from p. 26



Vegetables

the more colourful the better



Nuts

contain fats that keep you full for a long time



Fruits

the perfect snack for in between



Eggs

best from free-range husbandry



Coconut products

contain vitamins and fatty acids

DONT'S

Refined sugar

avoid any kind of refined sugar



Coffee

best avoid or reduce



Dairy produce

reduce or fall back on plant-based alternatives



Sweets

only enjoy in moderation or do it yourself



Salt

consume only in small amounts



Flour products

replace with whole-grain or gluten-free alternatives



Meat and fish

avoid or reduce consumption



Hot pressed oils

fall back on cold-pressed oils





FITNESSPLAN

Sufficient exercise is essential to do something good for your body as well as your mind and soul during your Skinny Teatox Program. Here it is entirely up to you which kind of movement you choose. On page 58 we introduce you to some of our favourite sports.

Sport is important for body and mind. During the Skinny Teatox Program we recommend light sports such as yoga, Pilates, swimming, jogging or walks. The daily exercise is better for your body than powering yourself completely once or twice a week.

There are countless ways to integrate exercise into your everyday life: Take the stairs instead of elevators, take the bicycle instead of your car,... these small changes boost your metabolism and your

body burns more calories even during the resting phase.

Besides it is important that you listen to your body, as it can be more susceptible to disease due to changes in diet and exercise. You should allow yourself enough rest phases and sleep, so that your body can recover and regenerate. Our teas and recipes on page 30 onwards ensure sufficient energy.



SPORTS

A light sports unit every day, such as a 30-60 minute workout at home.



ACTIVE LIFESTYLE

Try to integrate small activities into your everyday life, such as a walk.



RELAX

Your body needs energy that you can give it with enough sleep.



3 FITNESS EXERCISES FOR HOME WORKOUTS

Sporting activities in the great outdoors are always recommended. However, it is often difficult to find enough time for outdoor activities. We have put together three strength exercises for you to start with at home and you will find more exercises starting on page 62.



DEADLIFT

When lifting the back, the upper leg muscles, the gluteal muscles and the muscles of the lower back in particular are trained.

Legs are hip wide and knees slightly bent. The hands are on the thigh, the back is stretched out, slightly hollow back. Shoulders are pulled together. When bending, the upper body remains tense and the strength comes from the legs and lower back. The buttocks are pushed slightly backwards while the upper body is bent forward until the hands are at knee level. Now return to the starting position. It is important to keep tension all the time and not to strain the upper back.

Do 30 repetitions



FRONT RAISE

Front raising is one of the best known exercises for the shoulder muscles. In particular the deltoid muscle, as well as the hooded muscle are trained, which should promote a straight posture.

Straight, hip-wide stand, knees are slightly bent. The arms are next to the body with the dumbbell in the hand. Now the arms are lifted frontally with tension until hand, elbow and shoulder form a line. Lower again while still keeping arms outstretched.

Do 30 repetitions



LATERAL LIFTING

In this exercise, the deltoid muscle in particular is stressed.

The starting position is a straight stand, the feet are slightly less than shoulder width apart and a dumbbell should be held in each hand. Now the arms are simultaneously lifted to the side to shoulder height. While lifting, the arms should be turned so that the inside of the elbows finally face forward. Besides, they should never be fully stretched, but slightly bent.

Do 15 repetitions.

1. NIKE - Yoga mat (about 75€)
2. REEBOK - dumbbells (about 15€)
3. SPORT-THIEME® - Fitness-Tube (about 15€)
4. ORIGINAL DEUSER - Fitness tape (about 25€)
5. LEX QUINTA COMPE - Titlon Kettlebell (about 30€)



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HOW TO GET STARTED TIPS

To make it easier for you to get started with your Skinny Teatox Program, we have briefly summarized what you should consider. The most important thing is to set realistic goals! This keeps your motivation high and you enjoy the program.

1. RELAX

To make it easier for you to get started with your Skinny Teatox Program, we have briefly summarized what you should consider. Although you have decided to try our Skinny Teatox Program, it does not mean that you have to completely change your whole life. It's not about proving something to you or doing everything right, but about doing something good for your body and mind!

Set yourself realistic goals:

Perhaps you would like to completely renounce sugar, meat or coffee and feel more comfortable. Or a combination of that. See what feels good to you and what suits you best at this moment. It is important that you listen to your body and its needs before and during the program.

If you set yourself unattainable goals right from the start, you will quickly feel overwhelmed and feel that you are failing. So take a deep breath, listen inside

yourself and only start when it feels good.

The most important thing is to set realistic goals! This keeps your motivation high and you enjoy the program.

2. THE WEEK OF PREPARATION

Try to prepare your body for the time a week before the start of the program. For example, this week you can try to drink less coffee, reduce sugar or simply cook more yourself. Slowly adjusting the body and mind to the coming changes can help to ensure that the



program is not perceived as an overly big change in everyday life.

3. GO SHOPPING

One week before the program you can start to "clean out" your fridge and kitchen cupboards of the not recommended foods and fill them with natural foods. Stick to a few basics (DOs & DONT's list) and make sure you have fresh fruit and vegetables at home. Or try something more unusual like superfoods. But again, set your budget and keep it simple!

4. PREPARATION IS EVERYTHING

Eating a healthy diet in everyday life does not have to mean standing in the kitchen for

hours. Healthy nutrition can be easily integrated into everyday life with a little organization and time management.

The easiest thing is to prepare a few basics for the week in one evening. For example, cook a larger portion of (wild) rice, lentils or quinoa. These can easily be stored in the refrigerator for a few days. Hummus, pestos and dressings can also be kept for several days.

Chia pudding or porridge are perfect for breakfast, as they can be prepared the evening before. The fruit and vegetables for the morning smoothie can be washed and cut the evening before and only need to be mixed in the morning. So with the right preparation you can start relaxed.

5. TUPPERWARE, YOUR NEW BEST FRIEND

Whether at work, at university or on the road - a healthy lunch can sometimes be difficult to find. So that you don't have to throw your good intentions overboard every lunchtime, or even worse - starve - you should make friends with your Tupperware.

Homemade salads, small snacks such as energy bars or nuts are easy to transport. This often saves not only stress, but also money.

6. BE CREATIVE & EXPERIMENTAL

Try out our recipe ideas and feel your way to new cooking methods and ingredients. Be creative and try to cook healthier versions of your favourite dishes, for example. Spices and fresh herbs can help

to create new and exotic taste experiences.

Besides the recipes in our SKINNY&YOU you can also find many recipes on our homepage at magazine.teatox.com

7. UNITE WITH OTHER ENTHUSIASTS

Start your Skinny Teatox Program together with friends or integrate your family. Joint perseverance increases the motivation and can lead to success faster due to the cohesion.

Cooking together and trying out new things is also helpful. In addition, platforms like Instagram are perfect for sharing your new lifestyle and finding inspiration. Share your experience with us and the TEATOX Instagram community with the hashtag **#drinkteatox**

DO'S

Here are a few tips and tricks, which food should end up in your shopping basket and cooking pot. It is important that all carbohydrate foods, such as cereals and potatoes, should be reduced - especially in the evening. Highly processed food such as ready meals should be completely avoided.

STILL WATER

Avoid sparkling water as good as possible. Best is to fill filtered water in glass bottles yourself so you can stay hydrated throughout the day.

INFUSED WATER

Various fruits and herbs, such as lemon, mint and orange are soaked in water and left to stand for a few hours.

The refreshing, slightly sweet taste stimulates you to drink without absorbing additives such as sugar, colours and flavours, unlike conventional "vitamin water".

In addition, you take in many water-soluble vitamins from the fruits, which in turn can have a positive effect on your daily well-being.



JUICES & SMOOTHIES

Freshly mixed (green) smoothies and cold-pressed vegetable juices in the morning can work wonders.

In contrast to juices, smoothies puree the whole fruit or leafy vegetables, i.e. they contain all dietary fibres and count as a complete meal.

Juices, on the other hand, supply the body directly with energy and nutrients from the plants. Take this opportunity to experiment with new flavours, superfoods and different ingredients (recipes and suggestions can be found starting on page 26).

TEA

Besides our Skinny teas you can also drink other herbal teas. We recommend drinking 3-5 cups a day.

Especially in the warmer months, cold teas are also an ideal thirst quencher! How

about our harmonious Daily Balance herbal tea with lemon verbena, honeybush and ginger?

DAILY BALANCE

The tea for the relaxing minutes of everyday life.
(starting 3,95€ on www.teatox.com)



VEGETABLES

Actually, you can't go wrong here. Just follow these basic rules:

- Shortly steamed instead of long boiled
- baked instead of fried in the oven
- more raw than preserved
- rather seasoned than salted

A general rule of thumb is: the more colourful, the better. And the good thing is, there is no "too much" of vegetables, on the contrary: Use the satiating property to your advantage!

FRUITS

Should be consumed daily, but not in excess.

You should prefer organic and seasonal fruits to imported



goods (e.g. do not consume fresh berries in winter and tropical fruits such as bananas, pineapples, papaya and mango only occasionally).

For the optimal snack, combine the fruit with a handful of nuts, seeds or some nut purée to ensure the optimal composition of carbohydrates, protein and fat and to avoid a rapid rise and fall in blood sugar levels.

TIP:

As an alternative, use frozen berries/fruit purees.



POTATOES

It is best to switch to sweet potatoes as they contain less starch, do not increase the blood sugar level too much and thus contribute to a constant energy supply.

GLUTEN-FREE ALTERNATIVES

Try to avoid gluten-containing cereals (wheat, spelt, rye, barley, green spelt - also whole grain) as much as possible and replace with the so-called "pseudo-cereal varieties": quinoa, millet, amaranth, brown rice and buckwheat (contrary to the misleading name is not a cereal but a grass plant).

Many of the conventional preparation methods can now be replaced by completely cereal-free/low-carbohydrate (Paleo) alternatives (chia instead of milk rice pudding, homemade oat flakes - coconut granola instead of sugar-containing crunchy muesli, almond instead of wheat flour for baking and much more).



THE ALTERNATIVES

Superfood breakfast porridge instead of sweetened crunchy muesli

Breakfast porridge from Allos for approx. 5,00€



Nut puree instead of Nutella

Almond paste from Rapunzel for approx. 2,99€

Himalaya salt instead of table salt

Himalaya Salt of Himalaya Salt Dream for about 12,99€



Nut milk instead of cow or soy milk

Almond milk from Provamel for approx. 2,99€



Coconut blossom sugar instead of sugar

Coconut blossom sugar from Govinda for approx. 9,95€

NUTS & SEEDS

From local almonds, hazelnuts, walnuts and chestnuts to more exotic varieties such as pistachios, cashew nuts and macadamia nuts, nuts are an optimal source of energy and a varied supplement to the menu. They contain lots of vitamins and minerals, healthy fats and high-quality plant protein, which the body immediately makes available for energy utilisation and contributes to a varied diet.

It is important that they are consumed in moderation (approx. 1 handful of nuts & 5 tablespoons of nutmeg per day) and ideally they are unroasted and unsalted nuts.

Sesame, chia seeds, hemp seeds, linseeds, sunflower, pumpkin and pine seeds are a great addition to salads, but also many other dishes such as muesli, chia pudding, soups, WOK dishes and energy bars. Especially slightly roasted, they give many dishes a pleasant aroma and the cold pressed oils enrich the menu.



EGGS

Organic and free-range: The decisive factor for the evaluation of organic eggs is whether the laying hens are allowed to behave naturally. Every chicken in ecological husbandry must have room to rest, run, pick, scratch, bathe in dust and sand, which is why perches and sand baths are mandatory.

It is recommended to buy eggs

from organic farming, preferably with additional seals from organic farming associations such as Bioland, Demeter or Naturland.

FERMENTED FOOD

In addition to their delicious taste, fermented vegetables also provide living bacterial cultures and enzymes that are important for digestion and breakdown of food.

The best known fermented vegetable in our latitudes is sauerkraut, but the Far Eastern variant kimchi is also one of the traditional cabbage dishes. Kefir and yoghurt also belong to the "probiotics" and are ideally plant-based (e.g. coconut yoghurt). Miso, water kefir and kombucha are the liquid variant of fermented foods.

COCONUT PRODUCTS

For thousands of years, the inhabitants of tropical and subtropical areas have taken the diversity of coconuts for granted. The fat, protein and vitamin content of this fruit ensures optimal nutrition - both internally and externally. Virgin coconut oil (also called "Extra Virgin") is particularly suitable.

Other coconut products include :

- coconut water
- coconut milk
- coconut blossom sugar
- coconut vinegar
- coconut oil



SUPERFOODS

Superfoods are foods (fruits, nuts, vegetables, herbs) which contain an above-average concentration of nutrients (vitamins, minerals, trace elements, secondary phytochemicals, antioxidants, and enzymes).

REGIONAL SUPERFOODS:

- (wild) blueberries
- wild strawberries
- aronia berries
- Rosehip
- Wild herbs (nettle, dandelion)
- rocket salad
- Hemp seeds
- Linseed
- pumpkin seeds
- Kürbiskerne

EXOTIC SUPERFOODS:

- raw cocoa
- Maca root
- Goji berries
- Spirulina and chlorella
- acai berry
- Matcha powder
- Chia seeds

OILS

If seeds, seeds or fruits of a plant are pressed out without the addition of heat, the oils are called "virgin" or "cold-pressed". Its advantage is its high quality: the gentle extraction process preserves flavours, vitamins and polyunsaturated fatty acids.





One disadvantage is the low heat stability: when heat is added, the valuable ingredients are lost. Therefore, when frying and grilling, avoid cold-pressed cooking oils such as "Extra Virgin" olive oil or add a dash of oil at the end and avoid coconut oil and ghee.

LIPIDS

For baking, roasting, cooking and salad dressings:

- Extra Virgin Olive Oil
- Cold pressed oils (Sesame, macadamia nut, pumpkin seed, linseed and Argan oil)
- Virgin coconut oil
- Ghee
- organic butter

SHOPPING LIST

- | | |
|---|---|
| <input type="checkbox"/> seasonal fruits | <input type="checkbox"/> Agave syrup / Maple syrup |
| <input type="checkbox"/> avocado | <input type="checkbox"/> Raw cocoa |
| <input type="checkbox"/> Berries (raspberries, blueberries, goji, açai) | <input type="checkbox"/> coconut blossom sugar |
| <input type="checkbox"/> grapefruit | <input type="checkbox"/> sunflower seeds |
| <input type="checkbox"/> ginger | <input type="checkbox"/> Buckwheat and coconut flour |
| <input type="checkbox"/> pumpkin | <input type="checkbox"/> oatmeal |
| <input type="checkbox"/> beetroot | <input type="checkbox"/> quinoa |
| <input type="checkbox"/> sweet potatoes | <input type="checkbox"/> Soy/ coconut yoghurt |
| <input type="checkbox"/> zucchini | <input type="checkbox"/> Vegetable milk (nuts, oats, coconut) |
| <input type="checkbox"/> Spinach & Kale | <input type="checkbox"/> Cold pressed oils |
| <input type="checkbox"/> Salads (rocket, spinach, wild herbs) | <input type="checkbox"/> (olives, coconut, sesame) |
| <input type="checkbox"/> Fresh herbs, sprouts, cress | <input type="checkbox"/> Raw chocolate (min. 60%) |
| <input type="checkbox"/> Nuts (walnuts, almonds, cashew nuts) | <input type="checkbox"/> Teatox Matcha |
| <input type="checkbox"/> Nut puree (from 100% nuts) | <input type="checkbox"/> chili |
| <input type="checkbox"/> chia seed | <input type="checkbox"/> cinnamon |
| <input type="checkbox"/> honey | <input type="checkbox"/> turmeric |





DONT'S

In our DO's category we showed you how important and valuable it is to follow certain rules and how many great foods you can eat and drink during the program.

Here is a list of foods that should be avoided completely during the program.



REFINED SUGAR

Sugar is converted to fat faster in the body than, for example, protein.

There are many alternatives. However, these should also be enjoyed with caution and in moderation.

Stevia, for example, has a higher sweetening power than sugar, with significantly fewer calories. Here one must distinguish between pure stevia powder (the whole leaf dried and ground - can taste a bit bitter, so be careful with the dosage), stevia extract (extract obtained in alcohol or glycerine) and "powdered sweetener", whereby here stevia is mixed with a sugar alcohol such as xylitol (=birch sugar) or erythritol. Avoid this variant and use the extract or powder.

Maple syrup is a sugar alternative with an intense taste and minerals such as manganese and zinc and, like all other sweeteners, should be consumed in moderation.

Honey (organic, unheated & cold-spun) is considered a natural & traditional sweetener in our circles. Consciously and in moderation honey can be consumed during the program.

Coconut blossom sugar and nectar is obtained from coconut blossom. The nectar is gently dried and has a slightly caramel taste. Excellent in hot drinks such as Matcha Latte or as a sweetener for homemade chocolate.

Rice malt syrup consists mainly of glucose and is therefore fructose-free and is obtained by the fermentation of rice with the

"During the Skinny Teatox Program we recommend avoiding sweeteners as much as possible."

help of enzymes to degrade the starch and then boiled down to a syrup. Rice malt syrup is metabolized quite slowly by the body, which in turn avoids large fluctuations in blood sugar levels.

Dried fruits are the most natural form of sugar and also the most satisfying, as they contain not only fructose & glucose but also dietary fibres, vitamins and minerals that the body can use to supply energy. However, attention should be paid to conventional dried fruits, which are often sweetened with sugar or corn syrup. Check the list of ingredients and do not exceed a daily ration of half a cup!

SALT

Salt is important for our body, but only in moderation. If he gets too much salt, he washes out the surplus.

MEAT

Meat from organic or free-range farming is fattened less quickly up to the carcass weight and has a higher muscle percentage and thus a lower fat content due to more exercise.

Chicken breast fillet is naturally lower in fat than, for example, pork belly. Nevertheless, meat should be avoided as much as possible during our program.

DAIRY PRODUCE

... like cream, sour cream and cow's milk cheese contain a lot of fat and among other things the allergen lactose, which cannot be broken down by some people ("lactose intolerance"), and is noticeable by side effects such as stomach pain, nausea, diarrhoea and discomfort immediately after the consumption of dairy products.

Fat-free dairy products can contain a lot of sugar and chemical





additives (such as "light" fruit yoghurt or "lean cheese") and should therefore be avoided. Permitted are sheep and goat cheese products such as Greek / natural / unsweetened yoghurt (1.7-5% fat content), feta cheese and organic butter. However, we recommend switching to plant alternatives such as almond milk.

COFFEE

Try not to drink coffee at all during the program. Are you looking for an alternative for your energy kick? Try our Matcha, which guarantees a long-lasting energy supply and is considered a perfect pick-me-up.



SWEETS

Not only children love sweets, almost everyone likes to grab them when a cake or doughnut is lying in the office. But during the program, any form of "candy" should be avoided.

Be it a cake, chocolate bar, chocolate croissant, wine gum, sweetened nut bar, milk chocolate, and anything else that can fall into this category.

The good news is there are great alternatives. For example, dark chocolate instead of the Vollmich, or an energy bar instead of a chocolate bar. You can either make these alternatives yourself, but you can find them more and more often in stores.



THE ALTERNATIVES

Matcha instead of coffee

Teatox Matcha by
TEATOX for 19,95€



raw cocoa snack instead
of milk chocolate

raw organic chocolate by
Lovechock für 2,99€

raw Superfood bars
instead of granola bars

Raw-Bite for 1,79€



coconut oil instead
of butter

coconut oil by Dr. Georg
2,00-24,95€



Rice or buckwheat
noodles instead of wheat
noodles

noodles by Lima und Arche
3,99-7,00€



WHEAT PRODUCE

...like pasta, couscous, bread, croissants, cakes and breakfast cereals should be avoided or replaced by wholemeal products not only during the Porgamm, but generally as good as possible.

These are "empty calories" that provide the body with very little nutrients and are immediately converted into sugar. This not only has a negative effect on the program, it can also lead to an unwanted increase in weight.

For almost all of the products listed here, there are now alternatives that not only fill you up longer, but are also less processed and therefore richer in nutrients. Try to use these variations as well as possible during the program, but treat yourself to a great piece of bread from your favorite bakery after the program!

SOY PRODUCTS

... were long regarded as healthy, alternative food to animal products. Whether soy milk, soy slices or soy pudding - there are always surprising new uses for this plant product.

The problem with soy and the products processed from it is that the bean now has several potential problems which seem to encourage caution and moderation in consumption: phytoestrogens, lectins and isoflavones. These substances are only a few that are present in large quantities in soy and can lead to health problems. Among other things, more than half of the world's soy production is genetically manipulated, which should be another reason for caution. It is advisable to consume soy only occasionally and in organic quality, such as fresh edam

fermented form: Miso, Tempeh, Natto or Shoyu (high-quality soy sauce).

HOT PRESSED (VEGETABLE) OILS AND MARGARINE

In contrast to cold-pressed oils, corn oil, soy, rapeseed, sunflower or peanut oil, margarine,



hot-pressed vegetable oils or oils obtained by deodorization (steaming) are highly heatable and long-lasting. Since the oil yield in this production is significantly higher than in cold pressing, these oils are also considerably cheaper than the cold-pressed variants. However, hot-pressed oils have a serious disadvantage: valuable fat accompanying substances are destroyed during the production process, so that their use in nutrition, e.g. in raw food, no longer offers any advantages.

These have almost completely lost their positive ingredients in their industrial production and therefore only provide empty fat.

FLAVOURED AND SUGARY DRINKS

Carbonated beverages, also called soft drinks, refer to all those beverages that contain carbon dioxide dissolved in water, but also about ten teaspoons of sugar, food coloring and artificial flavors. The body always maintains its natural,

slightly alkaline pH. The pH value of soft drinks is around 2.0, which in turn lowers the natural pH of the body.

Even beverages marked as "sugar-free" or "sugar-reduced" can damage the teeth as well as immensely stress the liver.

ALCOHOL

There is a strict ban on alcohol during the Skinny Teatox Program. Even if alcohol does not have to be bad for the body to a small degree, it often contains many calories, especially in beer or mixed drinks, and can influence the body during regeneration. It may not be easy, especially in convivial company, but your body will thank you for the short withdrawal.

CIGARETTES

Anyone who wants to maintain a healthy lifestyle knows that smoking in any form is harmful to health. Smoking should therefore not only be completely avoided during the programme.

THE ALTERNATIVES



Vegetable juices instead
of sugary ones
fruit juices

Vegetable juice by
Daily Dose for approx. 8,00

unsweetened coconut
yoghurt instead of soy or
cow's milk yoghurt

Coconut yoghurt from
Harvest Moon for approx. 1,99€



cold-pressed juices

by juicedudes
for approx. 3,99€

Vegan spreads instead
of cream cheese

spread from Zwergenwiese for
approx. 2,50€



raw chocolate instead of
conventional chocolate

Raw Chocolate Balls from
lovechock for approx. 3,99€

Vegan Ice cream

Vegan ice cream from
Das Eis for approx. 5,99€



Vegetable chips
instead of normal
chips

Savoy cabbage chips from
Heimatgut for approx. 3,20€

Superfood Bar instead
of chocolate

Organic Raw Bar from
Roo'Bar for approx. 1,99€



Quinoa instead of
couscous

from Rapunzel for approx.
5,00-8,00€

Rawlee Fruit bar

from Govinda for approx.
2,50€



Coconut milk instead
of cream

from Dr. Georg for approx.
2,95€

Sweet alternative

Rice syrup from
Arche for approx. 3,50€



Quinoa Honey Poppies
instead of sweetened
crunchy muesli

from Allos for approx. 4,00€



High-quality cold-
pressed oils

from Vitaqueell for approx.
5,00-20,00€

raw cocoa snack
instead of milk cho-
colate

Cacao Cluster from
Tra Ra for approx. 12,00€



Natural apple vinegar
instead of balsamic
vinegar

from byodo for approx. 3,00€

Raw food chocolate
instead of M&Ms

Raw Chocolate from
Chocodelic for approx. 5,00



SUPERFOODS

AVOCADO

Besides vegetable fats, it contains a large amount of vitamins such as vitamin A

BLUEBERRIES

... contain plenty of vitamins C and E, which makes them a real beauty food. The berries also contain dietary fibres and an abundance of radical scavengers. Wild blueberries contain more of the important nutrients than cultivated blueberries.



MORINGA

Moringa Oleifera, also known in Europe as a horseradish tree, originates from the Himalayan region in northwest India.

The wonder tree Moringa is one of the purely vegetable protein suppliers: only 28 g are in 100 g dry powder. In addition, there are many vitamins, minerals and phyto substances, so-called secondary plant substances.

WHEAT AND BARLEY GRASS

The two power grasses are without question among the rising superfoods of recent years. They are rich in antioxidants, vital substances and the high vege-



table protein content promotes muscle growth.

CHIA SEED

Mexico's superfood outperforms many other foods with its content of antioxidants, calcium, potassium, iron, omega-3 and omega-6 fatty acids. They provide long-lasting energy and supply the body with protein and healthy fats.

TEATOX MATCHA

Our Matcha is made from the best green tea leaves and contains phytonutrients such as amino acids, catechins, antioxidants and chlorophyll. This makes Matcha a stimulant and a good alternative to coffee, as the caffeine contained in it is only slowly metabolized and thus counteracts a rapid drop in energy and concentration.



GOJI BERRIES

Goji berries combine nutrients and vital substances in a unique combination and also contain

a multitude of secondary plant substances. This makes them one of the most sought-after superfoods. They contain a large amount of antioxidants and provide surprising strength and energy as part of a healthy diet.



RAW COCOA

The cocoa bean is one of the highest quality and most nutritious foods as it is rich in magnesium, iron and chromium and thus has a positive effect on the blood count and bone structure. As a natural aphrodisiac, it contains several ingredients that trigger positive euphoric feelings. Cocoa also increases sensitivity and concentration when consumed in moderation and in the raw/unroasted form.

TURMERIC

Turmeric gives the curry its typical yellow colour and contains many nutrients such as the highly antioxidant curcumin. The fresh or dried / powdered root is rich in a wide range of antiviral, antibacterial and antifungal properties.



MACA

... is the superfood of the South American Inca and is used as a natural aphrodisiac and hormone-stabilizing powder. Athletes use the tuber to improve performance, while headworkers love the mental alertness Maca gives them. Traditionally, maca powder is also simply stirred into hot water or milk, resulting in a sweet nutritious drink with a cocoa-like character.

Quinoa

... is perhaps one of the best vegetable protein sources in the world, as it contains all nine essential amino acids, vitamins, minerals and nutrients. Quinoa,

for example, provides more calcium and iron than wheat or rye. The Inca grain is gluten-free and can therefore also be eaten without problems in case of cereal intolerances, e.g. in the form of muesli or porridge as well as a side dish to main dishes. Quinoa also tastes great as an alternative to rice in Maki or curry stew.



TIP

TEATOX MATCHA CEREMONY SET

The Matcha Ceremony Set includes everything for a traditional tea ceremony: 30g Teatox Matcha, a matcha bowl, a bamboo whisk and a matcha spoon (59,95€ at www.teatox.com)





INFUSED WATER

Water is ideal for daily fluid intake. However, it is even better to enrich the water with nutritious ingredients. We have summarized for you which ingredients are perfectly suitable for this.

Ein An adult needs about 2.5 litres of water per day on average. Approximately one liter is absorbed via food, the remaining 1.5 liters must be drunk. The need for water increases during sport, heat or illness. Water is also needed for the transport of nutrients, enzymes and vitamins. In addition to our Skinny Teatox Programme, you should drink plenty of water in order to stay hydrated at all times. With

fruits, herbs and spices, water can give some flavour, which in turn makes it easier to achieve the recommended amount of liquid.

"Infused water is the ideal alternative to normal water."

The ingredients provide additional nutrients. And best of all, infused water is quick and easy

to prepare. All you need are different fruits, spices and herbs. We find that drinking with the water is much more fun. We tried out a few creations and found out: They look great and taste refreshingly delicious! You can leave the water to soak for a few hours (preferably overnight) with the nutrient-rich ingredients as you like.

12 POSSIBLE INGREDIENTS FOR YOUR INFUSED WATER!



PINEAPPLE

Rich in minerals and trace elements such as calcium, magnesium, iron and zinc, the pineapple with its tropical sweetness gives the water a great taste



CAYENNE PEPPER

The hot reddish powder is ground from hot chillies. The pungency in cayenne pepper comes from the fabric capsaicin.

STRAWBERRIES

Strawberries contain more vitamin C than lemons or oranges, for example. Moreover, they contain hardly any calories, despite their sweet taste.



FLEA SEEDS

The small seeds have a strong swelling power. They are therefore suitable as a means of filling the stomach.

POMEGRANATE

Pomegranates with their flesh of red seeds are very juicy and refreshingly sweet-sour in taste. Due to the high amount of vitamin C and antioxidants, they are considered a secret weapon of vitamins.

BILLBERRY

The small blue vitamin bomb made of vitamins A and C is a real beauty fruit.



GINGER

The contained essential oils and a pleasant sharpness activate the heat receptors in the body.

ROSEMARY

The herb has a stimulating effect due to the essential oils, tannins and bitter substances.

The strong, slightly resinous and slightly bitter aroma harmonizes perfectly, especially in combination with the sweetness of fruit.

MINT

Thanks to the menthol it contains, the leaves give the water a refreshing taste. It is best to knock the leaves beforehand so that the essential oils can escape better.

LIME

Like all citrus fruits, limes contain vitamin C, as well as the minerals potassium and calcium. Their sour taste makes the water particularly exciting.

KIWI

With a slightly acidic to sweetish taste, the kiwi is very suitable and also makes it look great.

CUCUMBER

Cucumbers are very suitable thanks to their light taste. In combination with mint or a citrus fruit you quickly conjure up a refreshing summer drink.

TIP



TEATOX THERMO GO BOTTLE

- 330 ml Thermos bottle
- scratch-resistant borosilicate glass
- removable stainless steel strainer
- three different lids, from bamboo to rosegold

(from 27,95€ on www.teatox.com)





SMOOTHIES

Smoothies are an important part of the program and not only taste good, but also replace a meal. Here we introduce you to the most important components and give you a detailed overview for the perfect smoothie to make yourself!

Smoothies are power drinks consisting of fruit, vegetables and liquid. Depending on your needs and taste, you can enhance the basic recipe with superfoods, herbs and cold teas.

For the typical "Green Smoothie" the amount of plant greens is increased and it can be refined with chlorophyll-rich superfoods such as chlorella,

spirulina, moringa, matcha or wheatgrass. The fruit gives the smoothie its pleasantly sweet taste and the desired consistency is

"Smoothies are the perfect companion whether at school, college or on the road."

achieved by adding some (coconut) water, almond milk or tea.

A smoothie usually contains a large amount of vitamins, minerals, trace elements, enzymes and secondary plant substances that can lead to greater well-being in the long term.

Due to the increased intake of fructose through the consumption of fresh, ripe fruits, the desire for refined sugar (especially for highly processed sweets) gradually decreases and



Our favourite superfood smoothie in winter, which would go through as smooth as a sweet "milkshake" with less liquid, consists of kale, banana, dates, ginger, cinnamon, raw cocoa, coconut oil and almond milk. The ideal combination for long-lasting satiation and supplying the body with important nutrients.

In summer you can hardly escape fresh fruits, herbs and green leafy vegetables. From a simple papaya - lime - coconut smoothie to watermelon - mint and spinach - pineapple - cucumber... there are no limits to creativity.

No matter when and how much you drink from the smoothies every day - the fact is that we can develop a new body feeling by simply consuming more vegetable foods without sacrifice, hunger or laborious work.

the body is optimally supplied with satiating dietary fibres and carbohydrates.

Ideally, a smoothie is drunk as a morning meal, as it allows you to eat enough nutrients and start the day energized. The feeling of satiety generally lasts for 2-3 hours. The smoothie can also be enriched with fat or protein such as coconut oil, avocado, nuts, seeds or protein powder to achieve a longer lasting saturation.

It is also advisable to make up your smoothies according to the season in order to prepare your body optimally for the weather conditions.

"Try new combinations or add superfoods so the daily smoothie doesn't get boring!"

OUR FAVOURITE MIXERS

Braun TributeCollection
Standmixer JB3060 - 1,75L

Features an 800 watt powerful motor, a ThermoResist glass container and 5 speed levels for even more precise mixing. (approx. 80€)



OmniBlend V - 2L
blender BPA-free

The OmniBlend V is a versatile kitchen gadget with a 3PS engine that prepares creamy, healthy smoothies. (approx. 270€)

Vitamix Total Nutrition
Center - 2L blender

The Vitamix Total Nutrition Center is the undisputed winner among blenders thanks to its laser-cut stainless steel blades and 2 HP motor. (approx. 600€)





2 CUPS OF + 2-4 PORTIONS + 1 CUP OF

spinach

kale

wild herbs

chard

Romana salad

lamb's lettuce

rocket salad

banana

apple

mango

pineapple

Berries (frozen)

seasonal fruits

grapes

cucumber

pear

orange

avocado

lemon

water

coconut water

almond milk

rice milk

coconut milk

orange juice

*cold **TEATOX**
Skinny Morning tea*

oder mint tea

BOOST IT!

optional 1-3 portions of

Teatox Matcha

chia seed

coconut oil

nutmeg

Maca

spirulina

chlorella

acai powder

goji berries





MORNING GREENS

INGREDIENTS:

1 handful of spinach

¼ Cucumber

Juice of ½ Lemon

1 cup pineapple or papaya

1 cup of coconut water

optional:

1 tsp wheatgrass powder, spirulina,

Chlorella or Teatox Matcha



RED BOOST

INGREDIENTS:

1 medium (cooked) beetroot

1 handful (frozen) berries

1 cup orange juice

1 finger wide piece of ginger

optional:

1 tbsp rose hip or hibiscus powder



PROTEIN POWER

INGREDIENTS:

1 (frozen) banana

1 tbsp almond or peanut butter

1 cup almond milk

1 tsp honey or maple syrup

1 tbsp (raw) cocoa powder

pinch of cinnamon

pinch of salt

½ Cup of ice cubes



HEALTHY RECIPES

Fast, tasty, healthy and simple. This was particularly important to us when selecting the recipes. We've upgraded classic dishes with superfoods, replaced ingredients like sugar, wheat and dairy with gluten-free and vegan alternatives, and given you ideas and inspiration to experiment around the house.

Especially during our Skinny Teatox Program,

but also afterwards, it is important to pay attention to when you feel hungry, to listen to your sense of satiety and to avoid sugary snacks and late meals.

On the following page we will explain everything about gluten- and lactose-free, vegan and paleo.



GLUTEN-FREE

Gluten is a gluten protein found in domestic cereals such as wheat, rye, spelt, oats and barley, but also in original cereals such as Einkorn, Kamut and Emmer. Meanwhile there are a lot of alternatives and special gluten-free foods. Gluten-free cereals include millet, teff and rice as well as quinoa, amaranth and buckwheat.

Numerous ingredients are available for baking or as a nutritious breakfast. Nut flours, tigernuts (also known as chufas), brown millet flakes and chestnuts can be used to make very delicious meals.

In people with a gluten intolerance (celiac disease), the intestinal mucosa becomes inflamed by the absorption of the protein and the absorption of nutrients is restricted.

Unpleasant side effects are also e.g. digestive complaints, headaches, concentration disorders and often obesity.



LACTOSE-FREE

Almost every dairy product contains lactose in different concentrations. In healthy people, the cells of the small intestine mucosa form a special enzyme - lactase. This splits the lactose into its individual parts, which can then be absorbed.

This enzyme is missing in people with lactose intolerance and its side effects can be eliminated by avoiding dairy products.

Lactose intolerance affects more and more people and the consumption of milk and dairy products usually leads to severe symptoms such as abdominal pain, flatulence and diarrhoea. However, more subtle symptoms such as headaches, dizziness and chronic fatigue can also be the consequences of lactose intolerance.



VEGAN

By definition "vegan" means Pure vegetable and without animal products. Veganism is a way of life with great respect for animals. A vegan does not eat any food of animal origin, including honey, all dairy products, eggs and wearing leather.

"What else can you eat?" ... is often one of the most frequently asked questions by people who are confronted with it for the first time. Theoretically it of-

ten sounds more difficult than it turns out in practice. The fact is that there is an incredibly wide range of foods that can now replace virtually any animal product. Nut and cereal milk is now available in almost every supermarket, soy yoghurt, cashew cheese or coconut oil are available in well-stocked organic shops.



PALEO

The term paleo is short for the period of the Palaeolithic, also called "Stone Age nutrition" and is based on the original diet of hunters and gatherers, imitating it with the food available today and placing an increased focus on high food quality and sustainability. Paleo-nutrition is therefore based on foods that were available in a similar form during this period and provide an ideal nutrient supply for our organism. In concrete terms, this means: no cereals, dairy products, sugar, pulses and highly processed foods. The basis of this diet are all kinds of fruits and vegetables, eggs, fish, meat, nuts, seeds and healthy fats such as coconut oil and cold-pressed oils.



FRESH FOCUS & GLASS TEA MUG

For dinner we recommend our Fresh Focus Tea. With refreshing ingredients such as apple mint, eucalyptus, ginkgo and ginseng, it is the ideal companion for moments of mental stress. (9,95€ www.teatox.com)

Enjoy your personal tea moment in our Glass Tea Mug. The tea cup made of glass with removable stainless steel strainer and glass lid is made of scratch-resistant borosilicate glass and dishwasher-safe. (24,95€ www.teatox.com)





BREAKFAST

Breakfast is an important part of the diet and should consist of a combination of fresh ingredients such as fruit and vegetables, healthy fats and protein. Especially during the Skinny Teatox Program it is important to ensure a balanced supply of nutrients.



AÇAÍ - BOWL

The ultimate recipe for those who like to start the day with a load of exotic superfoods.

1 Person

Preparation for Granola: 1 hour

Preparation puree: 10 minutes



Ingredients:

1 packet of acai puree (frozen)
½ small mango
½ Banana
approx. 100 ml (coconut) water
½ cup Granola

Defrost the açaí puree briefly and remove from the pack.

Peel and chop the banana and mango. Puree together with the açaí puree and approx. 100 ml (or more) coconut water in a blender to a viscous cream. Pour into a bowl and garnish with the granola.

Preheat the oven to 160°C.

GRANOLA RECIPE:

3 cups oat flakes
1 cup almonds
1 cup walnuts
1 cup of coconut chips
¼ cup of coconut oil
½ cup of honey or maple syrup
1 cup of goji berries
1 cup of raisins
grated zest of 1 orange
1 tsp vanilla powder
½ tsp Cinnamon
pinch of salt

Mix the oat flakes, almonds, walnuts and coconut chips in a bowl. Melt the coconut oil in a small pot over low heat and mix with the sweetener, orange, vanilla, cinnamon and salt.

Pour over the dry ingredients and mix well with a large spoon. Spread on a baking tray lined with baking paper and bake for 20 minutes. Remove, mix and roast for another 20-30 minutes until golden.

Mix with the goji berries and raisins and store in a dry glass container.

BERRY YOGHURT WITH NUT CRUNCH

*This recipe is great as breakfast,
if it has to go fast or sweetened
with a little honey for dessert.*

1 Person

Preparation: 10 minutes



Ingredients:

*1 handful of mixed nuts
200 g soy or coconut yoghurt
½ cup mixed frozen berries
5 drops Stevia extract*

Roughly chop the nuts (cashews, almonds, walnuts, macadamia nuts) and lightly roast them for about 5 minutes. Remove from the pan and put aside. Boil the berries with the stevia extract and a little water in the still hot pan. Pour the yoghurt into a bowl and garnish with the remaining ingredients.

Tip: Of course you can use different fruits depending on the season and your personal preferences. Grilled peaches, sour cherries with honey and steamed apples with cinnamon are particularly suitable.



BLUEBERRY MATCHA PANCAKES

A Pancake-Recipe for Matcha-lovers! With many healthy proteins that keep you full for a long time and are therefore a perfect post-workout snack.

For 5 Pancakes

Preparation: 20 minutes



Ingredients:

40 g wholemeal spelt or buckwheat flour

25 g rice protein powder

125 g cottage cheese (or curd cheese)

80 ml egg white (2 pieces)

¾ tsp Teatox Matcha

1 tsp ground vanilla

3-4 drops Stevia

½ tbsp Baking powder

approx. 50 g blueberries

½ tsp coconut oil for the pan

Toppings of your choice

First mix the cottage cheese with the egg white. Add the flour, rice protein powder, ground vanilla and baking powder. Now mix everything well.

Add the matcha and stevia to the dough. Fold in the blueberries and bake the pancakes in the preheated pan in a little coconut oil on both sides for about 2 - 3 minutes. Approx. 2 tablespoons of dough are used per pancake.

Finish with the toppings and you are ready to go.

SUPERFOOD CHIAPUDDING

Chia seeds and our Matcha make this special type of pudding possible.

1 Person

Preparation: 20 minutes



Ingredients:

2 tbsp chia seeds

150-200 ml vegetable milk
(almond, oat, coconut milk)

1 handful of any fresh fruit

½ Cup of mixed frozen berries

Toppings:

Almond slivers, coconut chips, goji berries,
dried fruits, pumpkin and sunflower seeds,
walnuts, macadamia nuts, cashew nuts,
cocoa nibs,...

optional:

1 tbsp almond paste
1 tbsp raw cocoa powder
1 tsp Teatox Matcha

Mix the chia seeds with the plant milk in a screw glass (if necessary add the frozen berries) and leave to soak in the fridge for at least 20 minutes or overnight.

Add the fresh fruit the next day and garnish with the toppings.

The pudding is a perfect "to go" breakfast and can also be eaten warm. Simply pour hot milk over the chia seeds and leave to soak for about 10 minutes.

Note: Chia seeds are called superfood because they contain twice as much protein on average as other seeds or cereals and have a good ratio of omega-3 to omega-6 fatty acids. They provide long-lasting energy and are easily digestible.



MATCHA MAPLE MUESLI

If you are tired of boring mueslis in the morning, you should definitely try this recipe.

Preparation: 10 minutes

Baking time: 30-40 minutes



Ingredients:

300 g oat flakes
200 g nuts, roughly chopped
(cashew nuts, walnuts, almonds)
50 g coconut blossom sugar
2 tbsp coconut oil, liquid
80 g maple syrup
2 tsp bourbon vanilla extract
large pinch of salt
100 g dried berries (cranberries,
cherries, blueberries)
2½ tbsp Teatox Matcha

Preheat the oven to 150°C (circulating air) and line a baking tray with baking paper. Mix oats, nuts and coconut sugar in a large bowl. Mix the coconut oil, maple syrup, vanilla and salt separately and then mix with the other ingredients in a large bowl.

Spread the mixture on the baking tray and bake for 30-40 minutes (stir every 15 minutes) until golden brown. Remove the muesli from the oven and let it cool completely. Mix in berries and Matcha powder and store in an airtight glass container.



Tip: Our Matcha Maple Muesli can also be used as a great topping for ice cream or frozen yoghurt.

SUPERFOOD-PORRIDGE

*This classic repipe becomes
a real nutrient bomb with
some superfoods!*

1 Person

Preparation: 15 minutes



Ingredients:

Base

½ Cup oat flakes

200 ml water or nut milk

Add-Ins:

dried fruit

honey

cinnamon

maca powder

raw cocoa powder

Teatox Matcha

Toppings:

coarsely chopped mixed nuts

raw cocoa nibs

peeled hemp seeds

crushed linseeds

pumpkin or sunflower seeds

coconut chips

fresh fruit & berries

Let the flakes simmer slightly with the water or the plant milk for about ten minutes, stir regularly so that nothing sticks to the pot.

The oat porridge gets a natural sweetness when 2-3 pieces of finely chopped dried fruit (dates, figs, apricots) are added or at the end some honey is mixed in.

For seasoning and to enhance the porridge with superfoods, you can add 1 tsp Maca + 2 tsp raw cocoa powder or 1 tsp Teatox Matcha.

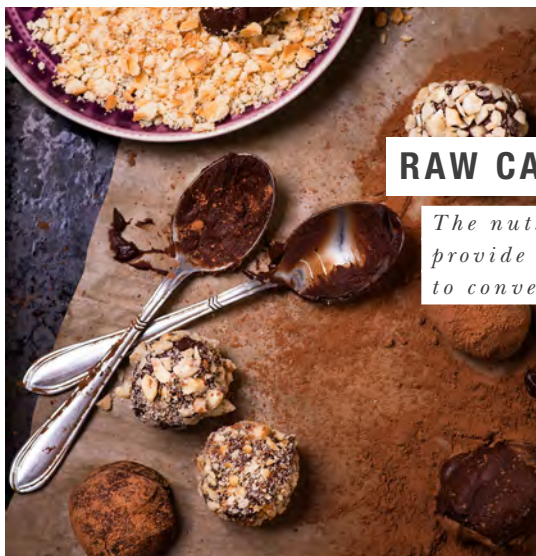
Add seasonal fruits at the end as you like or add a handful of frozen berries just before the end for 3-5 minutes.

Garnish with the toppings of your choice.



SNACKS

Many snacks can be extremely sugary or salty. Homemade and with selected ingredients even an unhealthy snack becomes a real superfood bomb and helps us to overcome the afternoon low or to do without junk food on longer trips.



RAW CACAO POWER BALLS

The nuts and the raw cocoa powder provide energy and are an alternative to conventional sweets.

For approx. 20-25 pcs.

Preparation: 15 minutes



Ingredients:

1 cup ground nuts

½ Cup of grated coconut

½ Cup (raw) cocoa powder

¼ Cup of cocoa nibs (optional)

¼ - ½ Cup of honey or maple syrup

½ Cup of liquid coconut oil

pinch of salt

optional:

*cinnamon, vanilla, chilli,
spirulina, maca or Teatox Matcha*

Mix all ingredients in a bowl and form small balls. If the mixture is too dry, add a little more honey or coconut oil.

Can be kept for about 1 week in the refrigerator and up to 1 month in the freezer (simply double the quantity and keep it in stock).

Tip: For this recipe you can use a mixture of different nuts (cashew nuts, walnuts, hazelnuts or almonds), which are either already ground or grated in a food processor.

MATCHA - GRANOLA BARS

*The perfect snack for a picnic in the park,
when travelling or as a snack.*

*For approx. 10 Bars
Preparation: 40 minutes*



Ingredients:

*1 cup dates
¼ cup honey, rice malt or coconut nectar
¼ cup (light) almond or cashewm
¼ cup of coconut oil
1-2 tsp Teatox Matcha
1 cup almonds, lightly roasted
1 cup oat flakes
½ Cup of coconut chips or flakes
¼ Cup of dried cranberries or goji berries
¼ Cup of chia seeds (optional)
pinch of salt*

Stone the dates and soak in hot water for about 10 minutes, drain and mix into a paste in a food processor.

Lightly roast the oat flakes, coconut flakes and almonds in a pan or oven (optional). Chop the almonds roughly and put them into a bowl together with the oat flakes and date paste.

Lightly heat the coconut oil, almond paste, matcha powder and sweetener in a saucepan until the oil has melted and everything has become a homogeneous consistency. Mix well with the remaining ingredients and fill into a square mould lined with baking paper, press down well and leave to cool for approx. 20-30 minutes.

Remove from the mould and cut into (approx. 10) bars of the same size.



MOUSSE AU CHOCOLAT

A favourite recipe of the editors, which is also visually the absolute hit.

2 Persons

Preparation: 10 minutes



Ingredients:

1 soft avocado

4-6 dates

¼ cup (raw) cocoa powder

2 tbsp coconut oil or cocoa butter

3 tbsp almond paste

100 -150 ml vegetable milk

pinch of salt

Soak the dates in some hot water for about 10 minutes. Melt the coconut oil or cocoa butter in a water bath. Puree with the remaining ingredients in a blender and, depending on consistency, add a little more vegetable milk if necessary.

Fill into bowls or small glasses and decorate with cocoa nibs and chopped hazelnuts or fruits.

optional:

*vanilla, chilli, cinnamon, cocoa nibs,
chopped hazelnuts*



Raw cocoa powder is made from unroasted cocoa beans and has a more intense aroma than conventional cocoa beans. As an alternative, organic cocoa powder (slightly deoiled) can also be used.

BANANA - MATCHA ICE CREAM

*The fastest ice cream you can
make yourself at home in no time.*

2 Persons

Freezing time: 6-8 hours

Preparation: 10 minutes



Ingredients:

4 very ripe bananas

2 tsp Teatox Matcha

1 tsp vanilla

pinch of salt

possibly some coconut milk

or water to dilute

Peel the bananas, cut into large pieces and freeze overnight. Mix all ingredients in a food processor until a creamy consistency is obtained. In the meantime, stop the machine again and again and scrape off the edge. Serve the ice immediately as a "soft-serve" or in a closed container approx. 6-8 hours freeze.

Tip: For this recipe you need a food processor with an S-shaped cutting blade or a high-performance mixer. A hand blender is not suitable for this.



*Für die Schokovariante statt
dem Matchapulver einfach rohes
Kakaopulver und ggf. etwas Zimt
und Chilipulver verwenden.*



SWEET POTATO CHIPS

The South American tuber is rich in antioxidants and vitamin A and a great alternative to ordinary potato chips!

Ingredients:

400 g sweet potatoes
80 ml malt vinegar
2 tbsp olive oil
2 tsp sea salt

Preheat the oven to 170°C circulating air. Slice the sweet potatoes and mix with the remaining ingredients. Line a baking tray with baking paper and place the slices of sweet potato next to each other on the baking paper. Bake in the middle of the oven for about 40 minutes, turning occasionally.



BANANA CHIPS

Especially in stressful times bananas with their high magnesium content are the ideal snack - and in chip form the crisp factor is added!

Ingredients:

2-3 Bananas

optional:

cinnamon, vanilla sugar, cocoa

Preheat the oven to 60°C. Peel the bananas and cut them into 2-5 mm thick slices. Line a baking tray with baking paper, place the banana slices side by side on the baking paper and leave to dry in the oven at 60°C for 6-8 hours. The oven must not be hotter, otherwise the sugar in the bananas will caramelize and the banana chips will burn.



BEETROOT CHIPS

If you are looking for chips with a relatively low carbohydrate content, we recommend vegetable chips - e.g. from beetroot. Caution, addiction potential.

Ingredients:

*450g beetroot
2 tbs olive oil
2 tsp sea salt
2 tsp thyme (chopped)*

Preheat the oven to 150°C circulating air. Finely slice or slice the beetroot and mix with the remaining ingredients. Line a baking tray with baking paper and place the beetroot slices side by side on the baking paper. Bake in the middle rack for about 40 minutes, turning occasionally.



APPLE CHIPS

Especially in winter, when the selection of seasonal fruits is smaller, it is great to enjoy apples in a different form.

Ingredients:

*2-3 Apples
1-2 tsp brown cane sugar*

optional:

1 tsp cinnamon

Preheat the oven to 100°C. Wash the apples and slice or slice them evenly. Sprinkle the apple slices lightly with a little brown cane sugar and place side by side on the baking paper. Bake in the middle rack for about 40 minutes. Allow apple slices to dry completely and enjoy.



MEALS

Healthy food does not have to taste boring or take time to prepare. Here we show you how you can prepare a quick and healthy lunch or dinner from simple ingredients without having to do without good taste.



PUMPKIN SOUP

An Ayurvedic dish that warms and nourishes the body from within.

2 Persons

Preparation: 60 minutes



Ingredients:

1 onion

1 medium sized hokkaido pumpkin

2 carrots

1 cm fresh ginger

1 cm fresh turmeric or

1 tsp ground curcuma powder

100 ml orange juice

200 ml vegetable stock

150 ml coconut milk

1 tablespoon coconut oil

Chop the onions and sauté in coconut oil. Steam ginger and turmeric for about 2 minutes. Wash the pumpkin and the carrots, cut into small pieces and add to the onion and spice mixture. Fry briefly and then deglaze with the vegetable stock.

Add the coconut milk and orange juice and simmer for about 15 minutes. Puree with a hand or hand blender and garnish with a dash of coconut milk.

TIP: Topping is a slice of gluten-free toast fried in coconut oil and cut into cubes and used as croutons.



Note: You can of course use other vegetables instead of pumpkins. Beetroot, carrot or parsnip taste particularly good.



FRITTATA

*An Italian recipe based on eggs
and mixed ingredients that can
vary according to your mood.*

2 Persons

Preparation: 45 minutes



Ingredients:

150 g peas (frozen)

200 g leaf spinach

350 g courgettes, carrots, pumpkin...*

2 spring onions

1 bunch parsley, coarsely chopped

4 eggs

shot of mineral water

salt

pepper

nutmeg, freshly grated

2 tbsp olive oil

Preheat oven to 180°C.

Defrost the peas for about 10 minutes. Cut the vegetables into cubes or grate them coarsely. Clean, wash and chop spring onions.

Whisk eggs with mineral water and season with salt, pepper and nutmeg. Stir in the parsley.

Heat the oil in an oven-ready pan and fry the vegetables briefly, including the peas and the spinach. Season with salt and pepper. Pour over the egg mixture and stir for about ½ - minute until it begins to set on the floor.

Place the pan in the preheated oven and allow to cool for about Bake for 25-30 minutes.



The perfect dish to use leftover vegetables and can be served as breakfast or as a main course with a side salad.



LOW-CARB PIZZA

An excellent gluten-free alternative to normal pizza, which can be topped as you like.

1 Pizza

Preparation: 30 minutes

Baking time: 30 minutes



Ingredients:

1 cauliflower

3 eggs

200 g grated almonds

3 tbsp yeast flakes (optional)

oregano

salt

pepper

Strained tomatoes

1-2 cloves garlic, pressed

pizza spice

olive oil

balsamic vinegar

Pizza topping of your choice

Preheat the oven to 200°C.

Remove the stalk and leaves of the cauliflower and cut them into small pieces. Prepare in the food processor. Using a cheese or nut milk cloth, squeeze out well until a relatively dry mass is obtained. Mix with eggs, grated almonds, yeast flakes, salt, pepper and oregano.

Spread the cauliflower dough on a baking tray covered with baking paper. Bake at 180°C for about 15 minutes (until slightly browned).

In the meantime, reduce the tomatoes, garlic, oregano, pizza spice, salt and pepper to a pizza sauce for about 10 minutes. Season to taste with a dash of balsamic vinegar.

Remove the pizza base from the oven and spread pizza sauce on it. Cover with vegetables, feta cheese or tofu, fresh herbs etc. as desired. Bake again for about 7-10 minutes until golden yellow.

ZUCCHINI SPAGHETTI WITH MATCHA - BASIL PESTO

A classic recipe, refined with our Teatox Matcha and replaced the pasta with zucchini noodles.

1 Person

Pesto for approx. 5 servings

Preparation: 30 minutes



Ingredients:

1 courgette

1 cup cashew nuts, lightly roasted

¼ Cup of pine nuts

2 bunch of basil

2 cloves garlic

½ cup olive oil

1 tsp Teatox Matcha

2 tbsp parmesan cheese or yeast flakes

Juice ½ Lemon and abrasion

salt, pepper

Cut the courgettes into fine strips or "turn" them into spaghetti noodles with the help of a spiral cutter.

For the pesto: Coarsely chop all ingredients in a food processor and slowly add the oil while the engine is running. Season to taste with salt and pepper and mix with the zucchini spaghetti.

If you want, garnish with roasted pine nuts and parmesan (or yeast flakes).





QUINOA SALAD WITH FETA CHEESE, WATERMELON & MINT

Quinoa is the ultimate superfood and a gluten-free alternative to couscous.

1 Person

Preparation: 10-30 minutes



Ingredients:

½ cup cooked or ¼ cup uncooked quinoa

1 cup diced watermelon

75 g feta cheese or smoked tofu

1 bunch of rocket

Juice of ½ Lemon

several leaves of fresh mint

2 tbsp olive oil

salt

Cook the quinoa according to the instructions on the packet and rinse with cold water or leave to cool overnight. Mix in a large bowl with the remaining ingredients and season to taste with salt and lemon juice.

Tip: Pre-cook double or 4 times the amount of quinoa, so you have a quick base for salads, as a side dish or for a sweet breakfast, which can be refined with coconut milk & honey.



Quinoa is one of the best sources of protein and contains all nine essential amino acids, which is extremely unusual for a vegetable food. For example, it provides more calcium than wheat and more than twice as much iron and vitamin E.

CORN CAKE WITH MANGO SALSA

This dish tastes like summer and is ideal for a picnic in the countryside.

2 Persons

Preparation: 40 minutes



Ingredients:

1 onion, finely diced

1 clove of garlic, finely chopped

2 cups of maize (frozen or from the jar)

2 eggs

1-1½ Cups of almond or corn flour

¼ Cup of plant milk

3 tbsp olive oil for frying

Mango Salsa:

½ Mango

2 tomatoes

½ Cucumber

½ handful of fresh coriander

½ red chili pepper

Juice ½ Lime

salt

For the corn cakes, blanch the frozen corn briefly with hot water and then let it drip off as well as the corn from the glass.

Fry half of the onion in a pan with the garlic until golden yellow, add the corn and season to taste with salt and pepper. Mix flour, vegetable milk and eggs in a bowl. Stir in the cooled corn mixture and leave in the fridge for 20 minutes or overnight. Form hand-sized cakes and fry them in olive oil on both sides for about 5 minutes.

Dice the salsa, tomatoes, mango and cucumber and mix with the remaining onions, coriander, chopped chilli pepper, lime juice and salt.



For salsa you can also use pineapple or papaya instead of mango, as it is traditionally prepared in Mexico.



AVOCADO - GRAPEFRUIT SALAD

A light summer salad that tastes particularly refreshing due to the grapefruit and fennel.

1 Person

Preparation: 15 minutes



Ingredients:

½ Avocado

½ Grapefruit

½ Fennel bulb

1 bunch of rocket

Dressing:

juice 1 lemon

3 tbsp olive oil

1 tsp mustard

2 tsp honey or maple syrup

salt, pepper

Peel and segment the grapefruit with a knife or cut into bite-sized pieces. Dice the avocado and finely slice the fennel bulb or cut it into thin slices with a sharp knife.

Pour all ingredients for the dressing into a screw glass, shake vigorously and marinate the salad just before serving. If necessary add the cheese or smoked tofu and mix well.

The salad can be served as a main course with 80 g smoked tofu, sheep or goat cheese. But it is also a wonderful side dish with fish and meat.

SWEET POTATO STICKS WITH DIP AND TOMATO SALAD

This Recipe is great for a cosy dinner alone or as a snack for a friends evening.

1-2 Persons

Preparation: 20 minutes

Baking time: 20 minutes



Ingredients:

*1 sweet potato
chili
salt
olive oil*

Dip:

*200 g tofu
1 tbsp honey or maple syrup
½ Cup mixed herbs
1-2 tbsp lemon juice
¼ cup olive oil
salt, pepper*

For the salad:

*3 medium tomatoes
1 tbsp balsamic vinegar
2 tbsp olive oil
fresh basil
salt, pepper*

Preheat the oven to 230°C and heat the baking tray in the oven.

Peel the sweet potato and cut it into finger-width sticks. Mix in a bowl with olive oil, chilli and salt. Bake at 200°C for 15-20 minutes.

For the dip, puree all ingredients in a blender, season to taste with salt and pepper. *(Can be kept refrigerated for up to 1 week.)*

For the salad, wash the tomatoes, remove the stalk and cut into large pieces. Mix the balsamic vinegar, olive oil, salt and pepper with the tomatoes and garnish with the basil.



GET YOUR BODY MOVING

Whether in the fresh air or in the fitness center, the main thing is to bring your body "in motion" every day and find a sport that you enjoy and motivate you to stay motivated.

The fact that sport and healthy nutrition are related to each other and in combination lead to an improvement of the state of health and well-being is nothing new. But which sport is suitable for you and what should you pay special attention to during the Skinny Teatox Program? Here we present you some sports that you may ne-

ver have tried, but which are definitely worth a trial training.

As a basic rule: Make sure that you move a lot in the fresh air. Be it just a walk or stretching in the park. Your body needs fresh oxygen and vitamin D to keep your mind happy during the program.



ACTIVE POWER

The Active Power contains exactly the right blend of natural ingredients for a power tea.

Green roibos and Sencha green tea form the basis for this. Guaraná, aronia berries and piquant chilli round off the pleasant taste of this tea blend.
(€9.95 at www.teatox.com)



CLIMBING

Climbing is a real whole-body sport. Whether the strength comes from the legs or from the upper body depends on the respective climbing situation on the rock or in the hall.

For beginners it is recommended to take a course in a climbing or bouldering hall to get to know the basic rules and to get a feeling for the shoes, the power requirements and your own flexibility.

The secret is body tension. Even when arms or legs are not dynamically active, they still perform holding work and continue to consume a lot of energy. For coordination to work well, a high degree of concentration is required.

Unlike jogging, the head does not switch off, but works intensively to hold the position, find other positions or new ways.

Tip:
Once you have learned the basic elements, you can move the exercise outdoors and explore new environments and nature.

SURFING

... (not to be confused with windsurfing), is the perfect sport for all water lovers who are not averse to an adrenaline kick and love the connection with nature and the element water.

Surfing makes you adventurous and connects you with like-minded people, because you always reunite your courage again and again. and paddle out to sea. An indescribably beautiful feeling when you have experienced it

yourself.

Surfing is also a very strenuous sport in which you use a lot of muscles that you would otherwise hardly use. Without the right preparation for the long-awaited surfing holiday, it can quickly turn into a painful affair. Therefore you should prepare for your holiday with some exercises: Push-ups, abdominal muscle training, swimming and yoga are the best preparation exercises for a successful surf trip.

SWIMMING

Swimming likes and can be done by almost everyone, but very few practise it in a way that specifically strengthens the body and improves endurance.

It is the ideal sport because it trains almost all muscle groups while protecting the joints. Each style demands the whole body, when crawling the strength is distributed on legs (30 percent), trunk (20 percent) as well as shoulders and arms (50 percent).

Here, too, it is best to take a (advanced) course and work regularly on your technique so that you can see progress and work on existing injuries or weak points.

Tip:
In summer going to a lake or the beach and go for a swim is a very different but great experience. But you should know your strength and not go too far away from the shore.

MARTIAL ARTS

What has long been seen more as a male sport, is gradually becoming more popular in women's fitness or movement studios, which offer not only self-defense but also classic boxing or other martial arts.

Boxing training is one of the best all-round workouts, because the combination of speed and strength requires both quick feet and quick and strong hands.

Capoeira, for example, is a mixture of dance and martial arts that originated in Brazil and, together with music, creates a special dynamic that trains endu-

rance, flexibility, coordination and strength.

BOXING:

This classic martial art can burn up to 500 calories per hour. Above all your arms are properly challenged during boxing and it also improves coordination and helps self-confidence.

KARATE:

Karate is not only about being able to defend yourself, but also about developing motor skills, body tension, concentration and precision.

With rectilinear strokes and kicks you improve your coordination and tighten all your body muscles, and you learn fast reactions when blocking attacks.

CAPOEIRA:

This martial art comes from Brazil - so who is surprised that the rhythm is in the foreground? Those who like to train as dancers are therefore at the right address here.

With Capoeira not only the body

but also the rhythm feeling is trained: They train for musical accompaniment. The fight stands thereby rather in the background, since the attacks are only hinted at - therefore this martial art could one already almost rather as a physical dialogue, coupled with a lot of acrobatics. Wheels and headstand are among the exercises that have to be mastered in Capoeira, which is why a lot of physical effort is required.

JUMPING FITNESS

Jumping-Fitness is a dynamic whole body workout on small, specially developed trampolines. A mix of classic aerobic exercises, fast and slow steps and jumps, combined with strength and gravity exercises.

More than 400 muscles are tensed and relaxed in one training session. This is supposed to be up to 70 percent more effective than one hour of jogging. Jumping pro-

STAY COOL WHEN IT GETS REALLY HOT: SPORTS. FUN AND BIKINI-FIGURE ARE THIS TIME COME TO STAY



mises more flexibility, promotes endurance, trains the muscles and boosts the metabolism! It is also said that trampolining should help relieve stress.

With loud music, the workout is so much fun that you almost forget to do sports. The trend comes from the Czech Republic and has already established itself in many European cities.

JOGGING

Jogging is one of the most popular endurance sports and, apart from good running shoes and comfortable clothing, requires virtually no other equipment or certain conditions. It is healthy, strengthens the heart and circulation, helps in weight reduction and stabilization and is also fun.

Sun, wind, rain and even in winter - there is no excuse why you can't go for a walk in the park, forest or town. If you want to improve your well-being and fitness with jogging, you should definitely take it easy. Because the right speed is an essential prerequisite for effective endurance training and fat burning.

YOGA

HATHA:

Hatha Yoga (Sanskrit, from hatha "strength, persistence, suppression") is a form of yoga in which the balance between body and mind is sought primarily through physical exercises (asanas), through breathing exercises (pranayama) and meditation.

Hatha Yoga was initially designed to support other forms of yoga, but soon enjoyed great popula-

rity and was soon regarded as an independent form of yoga. In Western culture, yoga is often mainly Hatha Yoga.

ASHTANGA:

Ashtanga is characterized by certain basic principles: it is a flowing, dynamic, powerful, athletic



yoga style in which movements are connected with the breath and from which other styles have developed, such as the power yoga style and the vinyasa yoga style.

VINYASA:

This yoga style was created for the modern western man of today. Vinyasa Power Yoga is able to bridge the gap between Eastern spirituality and Western dynamics.

The asanas (physical exercises) are combined into a flowing and dynamic sequence of movements. The procedures are modified so that anyone can learn and execute them. From simple to complex and very powerful movement patterns, Vinyasa Power Yoga combines a unique body experience and awakens a new and intense body perception. The asanas give strength and release physical and emotional blockages.

When performing the exercises, the focus is on an even and deep flow of air. The different positions are practiced in a graceful flow with inhalation and exhalation.

HOT BARRE

Hot Barre, a mixture of hot yoga, bar, Pilates as well as strength and interval training and is practiced at a room temperature of 40 degrees. The heat relaxes the muscles and makes them more mobile. A warm-up is indispensable despite the high temperature and prepares for the approx. 50-minute workout. In addition, aids such as straps, dumbbells or the ballet bar can be used. This workout is not only fun, but also has absolute addictive potential.



EXERCISES FOR THE LIVING ROOM

*To get a trained stomach, it is enough to do these 5 exercises regularly.
Combined with a healthy and balanced diet, nothing stands in the way of a flat stomach!*



CRUNCHES

This exercise relieves the lower back and strengthens the abdominal muscles at the same time.

Lying on your back with your legs bent, feet in contact with the ground. The arms are held outstretched next to the body. The upper body rises until the upper back has come loose from the floor. The neck is straight and relaxed. Take it off again. **50 repetitions**



SIDE CRUNCHES

In this exercise it is important that the lower back remains on the floor - small, controlled movements should be made in the upper part of the upper body.

In the starting position for this exercise, the body is in a supine position with the legs upright. The right leg is placed on the left knee. Now the hands behind the head are crossed and the upper body is raised laterally to the left, so that the right elbow almost touches the right knee.

25 repetitions per Side



REVERSE CRUNCH

The Reverse Crunch trains the lower abdominal muscles. The exercise should be controlled and performed with tension. The lower body must not simply be dropped uncontrollably, as this can lead to back problems.

In the starting position you are lying on your back, your arms are placed next to your body. The legs are straight and about 90° above the ground. The lower body is now pushed upwards until the lower back has completely lifted from the floor. It is important that the shoulders remain on the floor all the time.

25 repetitions



CRUNCHES WITH RAISED LEGS

The raised legs help to train the upper abdominal muscles as well as the lower abdominal muscles.

The legs should be at an angle of 90° all the time and should not hang down.

The crunches with raised legs work like normal crunches. Lying on your back, however, your legs are lifted into the air and are at an angle of 90° above the ground. The hands are next to the body and the upper body is raised. The view goes forward, the neck is relaxed.

50 repetitions



JACKKNIVES

During this exercise, the lower and upper abdominal muscles are stressed. Please make sure to follow the description. Incorrect execution can lead to problems with the spine.

The folder combines the Crunch and the Reverse Crunch. At the same time, lower body and upper body fold upwards and downwards. The neck remains straight and relaxed, the view is directed towards the ceiling.

25 repetitions

*"For the dumbbell exercises,
3 sets, 10 repetitions with
30-second intervals each."*



SQUATS

In squats, the front thigh area, the back of the thighs, the large gluteal muscle, the abdomen and the lower back are trained in particular.

Place the legs side by side, waist-wide. The tips of the toes are slightly turned outwards, the back is straight. Bend your knees as low as possible and push your buttocks backwards. It is important that the knees never go beyond the toes and that the weight is evenly distributed on the feet throughout the entire time. Straighten up. To intensify the exercise, weights can be taken in both hands next to the body.

30 repetitions



PLANK

As Planks are a great whole body exercise, the muscles of the whole body are stressed. In addition to the gluteal muscles, the abdominal muscles in particular are trained. Triceps, shoulder, leg and chest muscles are also required.

Get into a four-legged position. Stretch arms shoulderwide and knees raise from floor level. Back and legs should form a straight line. Tighten the whole body. Since the muscles of the buttocks are to be trained, they are to be tensed particularly intensively.

Hold for 2x 30 seconds



LEG RESTRAINT

In addition to the gluteal muscles, the leg flexor, which is located on the back thigh, is also subjected to intensive strain.

Starting position is in four-footed position. Arms straight and knees down. A leg is bent at an angle of 90° and pushed up until the buttocks and thighs form a line. Pull the bent leg back up, but do not put it down.

30 repetitions each side



ROTATING LEG

During these exercises, the gluteal muscles and the entire thigh muscles are trained.

One leg is extended backwards from the four-legged position, so that the foot is slightly higher than the buttocks. Rotate with your leg outstretched, so make small circles.

50 rotations per side



PELVIS LIFT

The pelvic lift strengthens the buttocks, back and back thigh muscles.

Lie on your back, legs are up. The pelvis is now lifted with tension until the thigh and abdomen form a line. Tense the gluteal muscles intensively. Lower the pelvis again.

30 repetitions



LATERAL LIFTING

During lateral lifting, not only the gluteal muscles are required, but also the inner thigh muscles are strengthened.

Lie on her side. The lower arm is used to support the head. The lower leg is stretched out on the floor. The upper leg is now lifted laterally with tension and lowered again. Make sure that the hips are not bent to the side and that they are stable for the entire time.

30 repetitions each side

OUR SPORT OUTFIT FAVORIT



1. Nike Sportswear - AIR MAX THEA - Sneaker low (approx. 125€)

2. adidas Performance - Shorts (approx. 30€)

3. Hey Honey - Leggings Pineapple & Stripes - Leggings (approx. 79€)

4. Hey Honey - Criss-Cross Bra Pineapple - Sport-BH (approx. 69€)

5. TEATOX Thermo-Go Bottle (from 27.95€)



YOGA EXERCISES FOR THE LIVING ROOM

Many people associate the word yoga with either health and fitness or graceful body postures and relaxation. But yoga includes much more. We have put together some great yoga exercises for you to do at home.



Paschimottasana: Seated forward bend

Simple forward bending while sitting, develops devotion and patience, is a strong abdominal exercise.



Ardha Matsyendrasana: Half spinal twist

Simple forward bending while sitting, develops devotion and patience, is a strong abdominal exercise.



Urdhva Mukha Svanasana:
Upward facing dog

Toning, rejuvenation and strengthening of the entire spine. Stretching and widening of chest and lungs: helpful for asthma and bronchitis.

Strengthening of all joints and muscles of the lower and upper extremities. Reduction of problems of the cervical spine: helpful for lumbago and sciatica.



Adho Mukha Svanasana:
Downward facing dog

The looking down dog strengthens arms, wrists, Achilles tendon and the lower back, stretches the shoulder blades and helps with back pain. Counteracts tension and headaches as the spine and neck are stretched. The most important thing in this exercise is the straight back and loose neck.

TIP: Practice this asana 2-3 times for 30-60 seconds. Let the breath flow deeper and softer each time.



1. Lotuscrafts - Yogablock Kork Supra Grip (approx. 15€)

2. Casall - Yogamat (approx. 40€)

3. Mandala - Backpack Flower (approx. 60€)

4. TEATOX - Yoga Spirit Tea (approx. 10€)



Chakrasana: Wheel

The wheel develops the backward flexibility to a high degree. Thigh, stomach, chest and shoulders are stretched to the maximum, strengthening legs and arms as well as will-power.

Chakrasana removes tension from the lumbar spine. It strengthens the wrists, legs and buttocks. The spine remains flexible. Neck tensions are relieved, especially if the neck is actually held relaxed in the position.



Virabhadrasana II: Warrior II

Strengthens legs, opens shoulders, chest, upper back. Strengthens the muscles of the buttocks. Start standing up. Put your left foot back. Bend right leg, right angle knee and heel. Do not place thighs parallel to floor and knees over foot. Rear left foot, 90 degrees. Foot stands laterally crosswise, in line with the front heel. Extend your arms forwards and backwards in extension of your shoulders. Look over the front arm.

Warrior II is the perfect asana to strengthen your balance and stability.



Vrikshasana: Tree

The tree strengthens your balance and is a good exercise for relaxation and balance. Exercises all muscles of the body and strengthens hips and ankles. This spiritual exercise frees your mind and soul, opens your chest and supports free and even breathing. Breathe in and out deeply!



Siddhasana: The accomplished pose

In this exercise, you sit on the floor with your legs bent open so that the outside of your legs lie flat on the floor.

The left heel comes close to your body, on the pubis / coccyx to lie. The right heel lies in a straight line directly in front of the left heel.

It is ideal for this pose if you only support the buttocks with a cushion, but the seat humps come to lie flat on the floor.

Siddhasana calms the mind, balances the nerves and activates the spiritual energy of the chakras.

MEDITATION APPS:

It has been proven that incorporating meditation into one's everyday life helps to reduce stress. We recommend the following meditation apps:



HEADSPACE

free Download

Headspace makes meditation easier than ever. Learn meditation and mindfulness in only 10 minutes per day.



CALM

free Download

Was voted 2017 to the best App of the year for Meditation & Sleep. It's daily calm is a guided meditation for you.



7 MIND - MEDITATION

2,99 €

7 Mind turns your smartphone into a personal meditation trainer.



RELAX MELODIES

free Download

Relax with calm sounds. With Relax Melodies you leave the stress of everyday life far behind you.



TIDE APP

free Download

Be calm and mindful with nature. Sleep. Focus. Relax. Meditation.



*You love tea and are enthusiastic about our Skinny Teatox Program?
Then we would like to introduce you to other members of our TEATOX family.*

DAILY BALANCE



- With lemon verbena, honeybush and ginger
- The ideal companion for moments of relaxation

YOGA SPIRIT



- Organic herbal tea with fennel, lavender and hemp
- The ideal companion for the yoga session

SPORTY FRUITS



- Organic fruit tea with apple, raspberry and hibiscus
- Ideal before, during and after sport

PURE BEAUTY



- With white tea, Pu-Erh tea and carrot flakes
- Ideal for the daily beauty ritual

ACTIVE POWER



- With green tea, gurana and aronia berries
- The ideal companion for an active lifestyle

TEATOX MATCHA



- certified organic Matcha green tea powder
- Finely ground green tea powder from Japan

FRESH FOCUS



- Organic green tea with ginkgo & ginseng
- Ideal for times of mental stress

TEATOX ACCESSORIES



- Thermo-Go Bottle with 2 in 1 strainer for preparation of tea or infused water
- Glass Tea Mug with sieve and lid





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