SKINNY COFFEE TRIAL

- Drink your first coffee first thing in AM on an EMPTY stomach.
- You can mix it with your coffee (you might need to add more water) or you can mix it with hot water and mix it like you would normally fix your coffee.
- Cold iced coffee good too...2/3 water 1/3 almond or cashew milk and stevia.

IMPORTANT: DONT EAT FOR AT LEAST 45MIN TO AN HOUR.

FOR FASTER RESULTS AND MORE APPETITE CONTROL AND ENERGY: Drink a 2nd coffee mid-afternoon on an empty stomach.

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