

3-DAY FAT FLUSH

Meal Plan



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WELCOME TO THE 3-DAY FAT FLUSH!



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I'm all for eating a clean diet and living a healthy lifestyle, however sometimes you just need really fast results and a jumpstart to get you there...

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Which is why I created the 3-DayFat Flush :)

When you need to lose a few pounds FAST...this will be your new secret weapon.

All you have to do is follow the simple 72-hour plan below...

Make sure you have all the ingredients ahead of time, and then relax as your body soaks up all the belly slimming super-nutrients, antioxidants, and phytochemicals that melt away fat no matter how many pounds you have to lose.

After the 3-days, shoot me a quick email at derek@dwahlerfitness.com and we'll determine what your next steps should be.

And yes, that is my personal email address, and I read all the emails sent to me, so you'll be getting personal guidance from me (*at no charge*) and not some customer service rep.

Now, before we get started, here's a little background so you know what to expect.

This program is based off a high-fat diet.

Every program I create is based off a high-fat diet.

Why?

Because it's extremely healthy for you, and helps you drop the extra weight and inches very, very fast.



WHY A HIGH-FAT “DIET”?

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The biggest mental block most people have to overcome is they think eating fat makes them fat, when that's completely not true.

Eating sugar, most carbs, and processed foods are what make us fat.

That's what got me up to 215 pounds about 10 years ago.

The truth is, eating healthy dietary fat (like eggs, bacon, and butter) actually help you burn MORE fat.

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How?

Well, when you eat those foods more often, the levels of inflammation in your body go down quickly.

If you have 10 or more pounds you want to lose, and if your belly is bigger than you'd like, there are mainly two things to blame:

1. Inflammation
2. Insulin

That's why, when you reduce the inflammation in your body through the foods you eat, and especially in your stomach, it naturally starts to shrink, even if you don't exercise.

That means our main job is to reduce inflammation in the body, and cut back on the amount of insulin your body naturally produces.

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FAT-STORING HORMONE

**Weight loss and burning body fat is all about your hormones.
It's NOT about counting calories, eating less, or exercising more.**

Unfortunately, that's what we've been led to believe for a long time.

When it fact, it's all about your hormones.

The main fat-storing hormone is called insulin, which is released from your pancreas.

The release of insulin in your body is triggered by sugar.

Carbs like bread (*including whole wheat*), pasta, chips, potatoes, cereal, rice, bagels, and most fruits are turned into sugar in the body. Some faster than others.

When you eat high-carb meals, your pancreas releases insulin.

Insulin removes the sugar out of the blood, brings your blood sugar down, and it transports that sugar to your cells.

Basically, it's trying to feed your cells sugar, so that sugar can be used for energy.

It also stores sugar in your liver, muscles, brain, and kidneys for use later on.

Think of it this way, insulin is the key that unlocks the door to your cell, so they sugar can come in.

Once all the sugar has been transported to the cells, it sends a message back to the pancreas that tells it to stop releasing insulin.

If this communication between the cells and pancreas is off in any way, then the pancreas will keep releasing insulin when your cells don't need it.

Unfortunately, this communication breakdown is happening in almost 80% of women and men today.

It's known as Insulin Resistance.

INSULIN RESISTANCE

If you have 15 or more pounds to lose, or extra fat around your stomach that you do not want, it's likely that you're Insulin Resistant.



When you eat a lot of high-carb foods, your body releases more and more insulin.

However, over time, what happens is your cells become resistant to the insulin.

Think about the first time you had an alcoholic drink. It probably only took you one drink to feel it's affects.



Then, over time, if you drank on a more consistent basis, your body would become more tolerant of the alcohol, and it would take more of it for you to feel it's affects.

You basically build up your tolerance over time.

It's the same with the cells of your body. If your pancreas is producing a lot of insulin, because you're eating high carb foods, or eating often (*or a mix of both*), your cells over time become resistant to the insulin.

When that happens, the insulin and sugar are no longer getting into your cells to be used for energy.

And since it has to go somewhere, it ends up getting turned into fat and is stored mainly in your liver, and in your stomach.

That's why, for most people, the first place they gain weight is in their belly.

A PERSON WITH INSULIN RESISTANCE HAS 5-7 TIMES MORE INSULIN THAN THOSE WHO DON'T, WHICH LEADS TO:

- Unwanted weight gain
- Belly fat
- Type 2 diabetes

That's why weight loss and fat-burning isn't about eating less calories, or trying to "burn off" your fat through exercise.

None of that matters if your body is releasing much more insulin than it could ever possibly use.



HOW DO YOU KNOW IF YOU'RE INSULIN RESISTANT?

There are a few signs that'll let you know if you are insulin resistant.

1. **Fatigue** – If you feel tired often, or if you feel like you have to take a nap after a meal (especially in the afternoon after lunch)
2. **Cravings** – Especially for sugar and carbs
3. **Bladder issues** – This one most people don't know about. But if you have excessive urination, especially at night, it could be because of excess insulin. Wherever the insulin is going, fluid is following it, which means you have to go to the bathroom more often
4. Brain fog and memory issues
5. Unexpected or continual weight gain

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Now, before we talk about the solution, let me be perfectly clear. There is a reason why your body produces insulin, which means it's not all bad.

Insulin helps protein get into your cells, which means your body can't absorb protein without the help of insulin.

Your body can't absorb potassium either without the help of insulin.

So yes, it is important that your pancreas produces insulin, however most of our bodies are producing WAY more than we need, and it's one of the contributing factors that's making us overweight.

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How to Burn More Belly Fat & Shrink Your Waistline WITHOUT Exercise

The good news is, if you are insulin resistant, or simply have 10 or more pounds that you want to lose, you can get started on the right path VERY quickly...

I'm talking about in as little as 24 hours you can start seeing positive results.

Now, what I personally specialize in, is helping people lose A LOT of weight very fast, like:

- 11 pounds in just 10 days (Maxine K.)
- 31 pounds in just 3 weeks (Dr. Sidyq)
- 34 pounds in less than 90 days (Shauna J.)

And most of it was done without much exercise.

So if you're not a huge fan of exercise, don't worry, there isn't any included in this short "detox" :)

Basically, what we'll be doing is using a high-fat diet to keep your insulin levels super low, while removing inflammation from body, so your body can start burning your stored fat for energy instead of using sugar and carbs.

Burning Fat Instead of Sugar & Carbs



Your body relies on just two fuel sources:

1. Sugar/Carbs
2. Fat

So, if you eat a lot of carbs, that means your body mainly uses carbs for energy. Do you see how that's a problem if your main goal is to burn fat?

If you eat too many carbs, your body never gets around to actually burning your stored fat for energy...

However, when we flip it and eat lower carbs and more dietary fat, your body releases much LESS insulin, and...

Your body switches from being a “sugar burner” to being a “fat burner”.

And that's how you lose up to 34 pounds in less than 3 months :)

Can You Commit to JUST 3 Days?



Over the years, I've found that those who completely overhaul their diets usually end up binging or going back to the past eating habits within a few days or weeks. It's too much of a shock to the system.

So, what works best is simply committing to the next 3 days.

Not 3 weeks...

Not 3 months...

Not 3 years...

Just commit for 72 hours, use the meal plan listed below, and notice how your body feels over the next few days.

It's like dipping your toe in the water before jumping in head first.

This is a lifestyle change, so ease into it, and over time, if your body looks, feels, and moves much better eating this way, then you'll never want to go back.

Simply follow the plan below, and keep me updated on your progress, after all...

I'm here to help you.

So let me know how you're doing, don't be a stranger, and I'll do my best to help.

This doesn't have to be a lonely journey, in fact, the more fun you have, the better your results will be.

3-DAY NUTRITION PLAN



Drink This First Thing In the Morning

- 12 ounces of lukewarm water
- 1 tsp. apple cider vinegar
- Mix together and drink

Drinking water first thing in the morning is important because your body is basically dehydrated after you wake up, since you've been sleeping for hours

And there's even research that says drinking water first thing in the morning can slightly increase your metabolism.

Apple cider vinegar is important because it not only improves your digestion and makes it easier for your body to break down and digest the food you eat...

It also contains acetic acid.

Acetic acid lowers the output of insulin in the body.

Lower insulin = MORE fat-burning in the body.

So just as a rule of thumb, keep your insulin levels as low as possible.

Drinking apple cider vinegar helps, as well as keeping carbs low in your diet.

After you do this for a while, and you decide to have some ice cream, pizza, or some other high carb food, it'll have less of an impact on your waistline because your body won't release as much insulin as it used to.

You're basically training your body to become a fat-burning machine!

When you buy apple cider vinegar, do your best to get organic if you can.

Fat-Burning Bonus Tip #1

- Use a straw for this drink. Apple cider vinegar is very acidic and can cause damage to the enamel on your teeth over time. What I did was buy a few stainless-steel straws. That way it doesn't touch your teeth.

Fat-Burning Bonus Tip #2

- Have this drink 30 minutes before each meal. It'll help regulate your insulin levels when you eat, and it helps a lot with digestion. Digestion is very important when it comes to burning fat, and most people completely ignore it. Don't make that mistake!

BREAKFAST SLIMMING EGG SCRAMBLE



- 2-3 whole eggs
- 1 handful spinach, chopped
- 1-2 slices of bacon
- 1/2 tbsp. butter

Directions:

1. Add butter to skillet and place over medium heat
2. Crack eggs into mixing bowl, whisk briefly
3. Add sliced bacon and a pinch of salt, whisk again
4. Add spinach and mix until the spinach is coated
5. Add the mixture to the skillet
6. Let it cook for 2-3 minutes while stirring occasionally
7. Continue cooking until eggs are at the desired consistency
8. Serve and enjoy!

Do not force yourself to eat the entire scramble. Simply eat until you're satisfied and not overly stuffed.

You can always save the leftovers for lunch or dinner!

LUNCH – BUNLESS BURGER



- 1 ground beef patty (80/20 is best)
- ½ avocado, sliced
- 1 cup cooked asparagus or broccoli
- 1 slice cheddar cheese (optional)
- 1 slice of tomato (optional)

Directions:

1. Add butter to skillet and place over medium heat
2. Place the burger patty in the skillet
3. Cook until your desired preference
4. Melt the slice of cheese on top
5. Add sliced avocado, and tomato
6. Served with cooked asparagus or broccoli
7. You can also add mustard if you'd like
8. Enjoy!

DINNER AVOCADO CHICKEN SALAD



- 1 chicken breast or thigh, cooked and diced
- Romaine lettuce
- Cheddar cheese, cubed
- ¼ cup black olives, chopped
- ½ avocado, sliced
- 1 small handful baby tomatoes

Directions:

1. Cook a medium chicken breast or chicken thigh over medium heat.
2. Let it cool, then cut into 1 inch chunks
3. Fill up a big salad bowl with romaine lettuce or baby spinach
4. Take your cheese and cut into ½ inch chunks
5. Add the diced chicken
6. Add in the black olives, baby tomatoes, cheese chunks, and sliced avocado
7. Squeeze lemon juice over the salad if desired.
8. Enjoy!

Repeat this same plan tomorrow to finish out the 48-Hour Fat Flush

WHY ARE YOU EATING THESE SPECIFIC FOODS?

Here's why we're including these specific foods in the 3-Day Fat Flush.

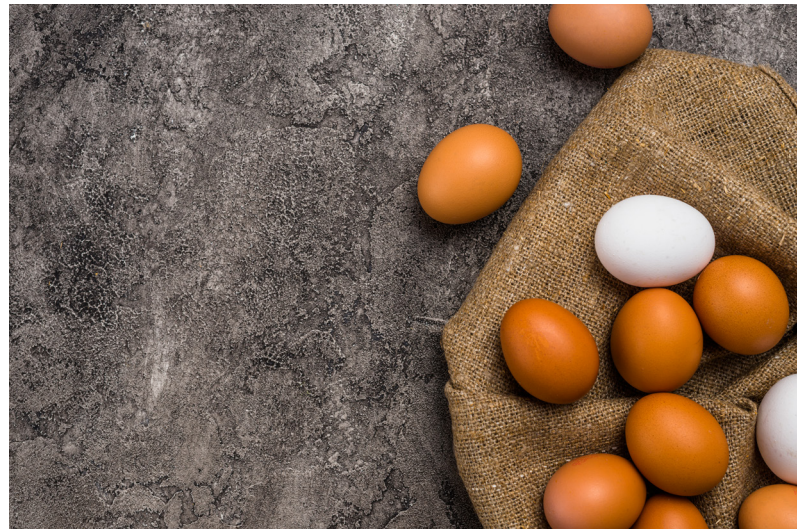
EGGS

Eggs have A LOT of nutrition. In fact, they are one of the healthiest foods available. They're the perfect mix of protein and healthy fats, which is why you want to eat the yolks.

Please don't just eat egg whites. The whites are basically just liquid protein, all the nutrients, antioxidants, and phytonutrients are in the yolk.

When it comes to breakfast, eggs are always the best choice.

Now, there are many different kinds of eggs.



There's cage free, free range, "natural", and vegetarian fed, just to name a few.

However, none of that really means much. For example, vegetarian fed means they could have been fed things like corn and soy, which aren't healthy.

When it comes to eggs, the two things you want to look for are pasture-raised, and organic.

Pasture raised simply means they were raised outside in a pasture, where they were free to roam and eat grass.

Organic eggs are best if you can afford them. If not, that's perfectly okay. They are still very nutritious.

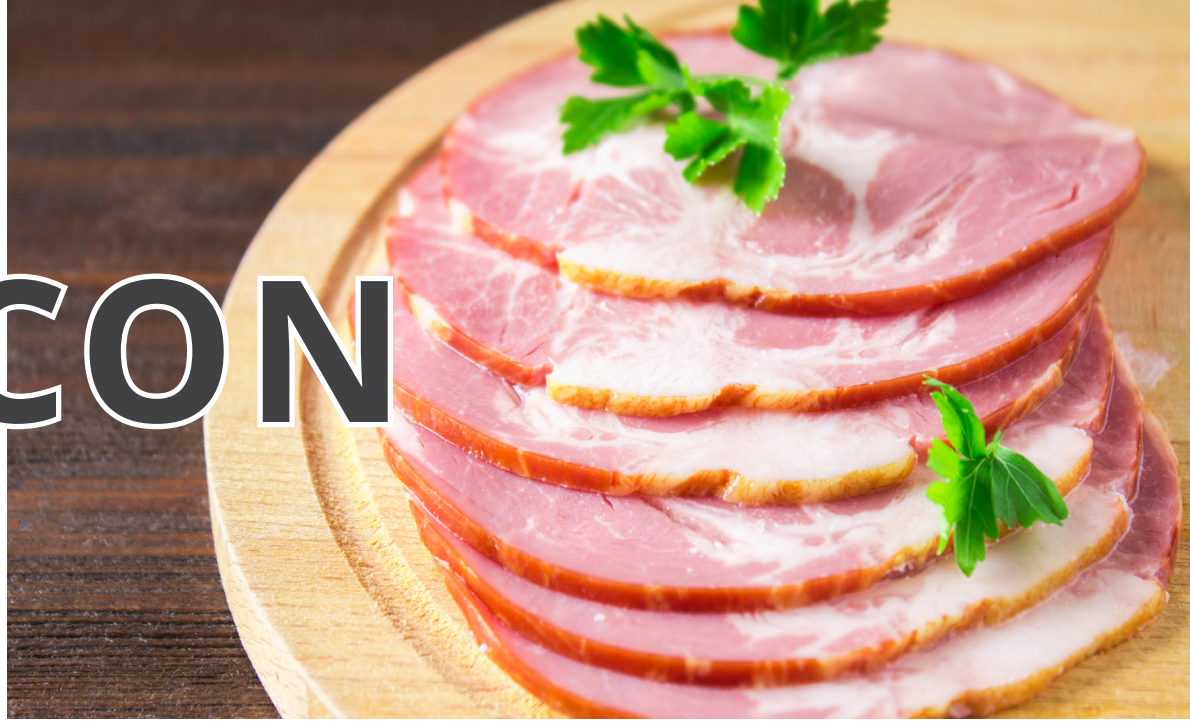
SPINACH



Spinach is a high in vitamin A, vitamin C, folic acid, iron, and calcium. And it contains other minerals like potassium and magnesium.

It's an extremely nutrient-rich vegetable, chock full of antioxidants that help slow down the aging process, and can even help prevent heart disease.

BACON



We're talking about REAL bacon here...

Not turkey bacon or any type of “lean” bacon that doesn’t taste as good and doesn’t contain the healthy fats the real bacon does (*which is what fills you up and helps prevent cravings and hunger pangs*).

I talked earlier about insulin and its role in weight gain, and...

There’s actually something known as the Insulin Index, which measures how much insulin is released when eating certain foods.

Want to know what food is one of the lowest on the list?

Bacon.

That means your body barely releases any insulin when you eat bacon, which makes it a great fat-burning food.

It’s not the same for turkey bacon or other “lean” bacon, because when you take out the fat, your body releases more insulin.

You want the fat.

The fat is good for you...

And it helps you burn more fat.

Plus, it tastes awesome and who doesn’t want to lose weight while eating bacon?

BUTTER



Butter is amazing.

If you saw my freezer right now, you'd probably think I'm a crazy person, because I have around 20 packs of butter in there waiting to be used.

What can I say, I like to stock up on butter :)

But why is it a healthy fat-burning food?

Well, remember how I mentioned the Insulin Index?

You want to know what's one of the lowest foods on the list at just 2%?

Butter.

Your body isn't releasing much insulin when you eat butter, and remember, burning fat is based on your hormones like insulin.

It's true, eating more butter can make you skinny because it's LOADED with nutrition.

It's packed with Vitamin D, which most people are deficient in...

And it has 400 different fatty acids.

Fatty acids are essential, meaning your body needs them to support your cells, and it helps with brain function.

It's also made up of Omega 3 fats, which are anti-inflammatory and good for the heart.

Along with MCT's, which are medium chain triglycerides.

MCT's are one of the cleanest sources of fuel your body can use.

They go in and out of your cells so easily, that they're easily used for energy, instead of being stored as fat.

Buy grass-fed butter whenever you can, because the quality is better than butter that comes from cows who were fed grains.

GROUND BEEF



As with all the other foods mentioned so far, ground beef is a low-insulin food, which means it's GREAT for fat-burning.

In fact, the fattier the ground beef, the better.

It's time to get away from our old thinking habits about low-fat and low-calorie foods.

So instead of buying the lean ground beef, go with the 80/20 if you can find it.

It tastes much better, and the healthy fats will fill you up, so you're not tempted to snack between meals.

In general, red meat has more digestable vitamin D than milk, and it's one of the best sources of vitamin B12.

Vitamin B12 is an essential vitamin, which means the body requires it to function properly.

It also helps to slow aging, boost your memory and mood, and can help prevent heart disease.

Red meat is also a great source of collagen, which helps the elasticity of your bones and joints.

AVOCADO



***One of the
BEST
fat-burning
superfoods,
avocado is
great source
of potassium.***

Potassium is great for energy, great for blood sugar, and great for your heart. And it will help you lower your blood pressure, and sleep at night.

Most people are deficient in potassium, so eating avocado is very important.

They're high in fat, low carb, and contain barely any sugar at all.

ASPARAGUS



***Asparagus is
a pre-biotic.
I'm sure
you've heard
of probiotics
before,
right?***

They help restore and maintain your healthy gut bacteria. Well, prebiotics are what probiotics feed on.

And so, by eating asparagus, you're creating a very healthy environment in your stomach, which will help promote fat-burning.

It has a lot of B-vitamins (B1, B2, B3, B5 and B6), which is great for stress, and for increasing your energy.

It's also great for protecting against kidney stones, and is a natural diuretic.

CHICKEN



Chicken is a great source of protein, and if you go with chicken thigh over chicken breast, you get plenty of healthy fats from the skin.

Protein is important, especially as you get older, to help build and maintain your lean muscle tissue.

And there's zero carbs and sugar.

When it comes to chicken, you want pasture raised and organic.

ROMAINE LETTUCE



Romaine lettuce is great for making salads, and has more nutrients and vitamins than other types of lettuce.

It's a good source of healthful minerals like potassium, calcium, magnesium, and phosphorus.

And it's packed with Vitamin C, Vitamin K, and folate.

CHEESE



Cheese can be a bit controversial, since so many people are talking about how you should cut out dairy from your diet.

However, I think that's a bit shortsighted. Here's what I mean...

There is A LOT of dairy that's high in sugar. I'm talking about almost all yogurt and most milk.

But cheese is low in sugar, has plenty of healthy fats, and is a great source of protein.

Most cheddar cheese has zero sugar, and the more aged it is, the better.

Just remember, don't get the reduced-fat or low-fat cheeses.

When they remove the fat, they have to add something to make the cheese taste good, so what do they usually add in?

Sugar or artificial sweeteners.

Stick with the real cheese, and buy grass-fed cheese if you can.

BLACK OLIVES



Black olives are high in Vitamin E, copper, and calcium for strong bones.

Black olives are anti-inflammatory, and contain oleic acid.

Oleic acid is an omega-9 fatty acid, which helps:

- Reduce blood pressure
- Promotes fat-burning
- Helps prevent Type 2 diabetes
- Promotes healthy brain function
- Promotes skin repair
- And helps fight cancer

When it comes to fat burning, oleic acid helps control excess insulin, reduces hunger, helps with overeating, and helps reduce cravings.

TOMATOES



Tomatoes are fairly low in carbs and sugar, which make them a great option when you're looking to burn fat and lose weight.

They're also the major dietary source of the anti-oxidant lycopene, which has been linked to the reduction of heart disease and cancer.

What Can Realistically Happen Over the Next 3 Days?

I want to be honest with you, because so much of the "health" and "weight loss" information out there is based on giving you huge promises that can never be kept.

So no, you're not going to lose 20 pounds in the next 3 days...

And honestly, you wouldn't want to because that would be VERY uncomfortable for your body and your skin.

However, here's what I will tell you...

1. I've had women follow this program for 7 days and lose up to 10.5 pounds
2. You can lose a couple pounds in the first day alone (although some of it will be water weight)
3. You will never be hungry because you don't have to eat a certain number of calories. Eating until you're satisfied and not stuffed
4. Your stomach will start to shrink if you stick with the program
5. Same with your waistline

You don't have to make it any more complicated than this.

Your body will burn fat if you simply eat the right foods at the right times, to lower your insulin levels, while eliminating chronic inflammation from your body over time.

It's not all going to happen today...

Or tomorrow.

But you can have a whole NEW body in just a matter of months.

WHAT CAN I DRINK ON THE 3-DAY FAT FLUSH?

There's nothing good about liquid calories, so we're eliminating the soda, alcohol, fruit juice, sports drinks, and lemonade.



What you can drink is:

- Water
- Coffee
- Tea
- Unsweetened ice tea
- Sparkling water

If you have coffee, just make sure not to add any sugar, milk, half and half, or creamer.

Your best option if you must add something to your coffee is either heavy whipping cream, or coconut oil.

Just stick with 1 tablespoon.

Frequently Asked Questions

Q: Do I have to eat all the food listed?

A: I LOVE this question, because most detoxes and cleanses are based on cutting out real food and drinking a bunch of tea and veggie juice.

Not here though :)

You get to eat actual food that tastes amazing, all while lose weight and burning belly fat.

But to answer your questions, no. Please don't force yourself to eat because you think you should "finish all the food on your plate".

Save it for later, eat until you're satisfied, while still being able to button your pants :)

Q: Isn't eating fat bad for you?

A: Not at all.

Unfortunately, that was the message we've been given for nearly 50 years, but...

It was based on flawed science...

Flawed research...

And the deep pockets of big food companies who had large financial interests in keeping you eating cereals, grains, and fast food.

All of the dietary fats included in this program are extremely healthy for you.

The other myth about healthy high-fat diets are that they raise your cholesterol.

Here's the thing about cholesterol...

If you don't get it through food, your body will make it.

Which means, if you eat higher-fat foods that do contain cholesterol, then your body simply makes LESS of it because it needs less of it.

Do you think your body would really make cholesterol if it could kill you, or be harmful to you?

Q: How do I reach out for help?

A: Unlike most online programs, where people get you to buy their product, and then when you fork over your credit card, you never hear from them again...

I'm actually here to help you. And the best part is...

Since you picked up this program, you don't have to pay my huge personal coaching fees :)

Just send me an email at derek@dwahlerfitness.com with any questions or concerns you have and I'll do my best to respond within 24 hours.

With a 4 and 2-year old at home, I can't always promise that, but for the most part I can respond to your questions within a day.

Q: What should I do first to get started?

A: I always recommend taking your Before picture, along with your measurements first.

That way you have a starting point, and you can track your progress.

When it comes to measurements, simply use a tape measure and measure the distance around your stomach, waist, and thigh in inches.

If you'd like some extra accountability, email your pictures to me and I'll help track your progress.

You can also weigh yourself if you'd like, but measurements are MUCH more accurate than your scale weight.

After that, pull up the grocery shopping guide and hit the grocery store!

Q: When's the best day to start the 3-Day Fat Flush?

A: Since you'll be preparing all your meals, I recommend doing the program over the weekend.

Friday – Sunday seems to work best.

You can do it during the week, however with work and possible child responsibilities, it may be easier to prepare the food over the weekend.

Keep things simple...

Do your best...

Have some FUN...

And let me know how it goes.

You Got This!

Derek Wahler, CTT