RAPID SMOOTHIE DIET QUICK START GUIDE

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Welcome to the 20-Day Rapid Smoothie Diet!

I'm so excited to have you on board :)

And I can't wait for you to get started with the program.

In this Quick Start Guide, I'm going to cover the basics, so you know exactly how to get started with the program.

And since I know how busy you are, I'm going to keep this as simple as possible.

Let's get started!

Step #1 - Download the 20-Day Rapid Smoothie Diet program.

You can do this on the download page.

The program itself is pretty simple to follow…

You're going to fast in the morning (aka skip breakfast and morning snacks)...

You're going to have a smoothie 20 minutes before lunch…

And you're going to have another smoothie 20 minutes before dinner.

There are smoothie recipes included in the program, and there are dozens more in all the bonus programs.

You can pick whichever smoothies you like.

They're all low in sugar, higher in protein, and have plenty of healthy fats.

And for lunch and dinner, you're going to eat meals that consist of healthy protein, good fats, and low-sugar carbs.

Eat until you're satisfied but not completely stuffed.

If you find yourself hungry after a meal…

Wait 20 minutes and see if you truly are hungry.

If you are, then some great foods to snack on are:

- Hard boiled eggs
- Olives
- Cheese
- Sliced turkey
- Tomatoes
- Peppers
- Plain Greek Yogurt

Step #2 - Follow the program for 20 days.

I know that probably sounds obvious, but I constantly hear from people who claim the program "didn't work"...

And yet, they only followed it for a day or two.

Consistency is the name of the game here.

I know that sounds boring, but it's the truth.

It took you years to put on the extra weight, so it's not all going to come off in 24 hours.

Stick with it the best you can…

And just focus on improving a little each day.

If you "fall off the wagon" and have some pizza or a piece of cake…

Don't beat yourself up.

One food or one meal isn't going to ruin your results.

But if you let that one meal turn into 4, 5 or 6 meals…

That's where the real damage is done.

Step #3 - Focus on Healthy Protein, Good Fats and Low Sugar Carbs

One question you probably have is…

What do I do after the 20 days are over?

Well, you can repeat the program as often as you'd like.

However, I don't know about you, but I don't plan on following a meal plan for the rest of my life.

It's better to know what foods are best for you…

And then mix and match them into meals that taste good to you!

The easiest way to maintain your results is to:

1) Cut out grains (bread, pasta, rice, crackers, cereal, bagels, chips, etc.)

2) Cut out sugar (desserts, potatoes, high-sugar fruits like pineapple, mango, banana, grapes)

3) Stop cooking with inflammatory seed oils (canola oil, vegetable oil, safflower, sunflower, peanut)

4) Eat meals that consist of healthy protein, good fats, and low-sugar carbs.

Here are the foods you want to stick with long term. Sure, you'll have a dessert or pizza once in a while…

But if you can have MOST of your meals come from the foods below, your fat will melt off before you know it.

Just do the best you can!

<u>Healthy proteins:</u>

- Ground beef
- Chicken
- Steak
- Fish
- Turkey
- Eggs
- Plain Greek yogurt
- Cottage cheese

- Pork
- Lamb
- Ham
- Sausage

Good fats:

- Coconut oil
- Butter
- Ghee
- Bacon (good fats and protein)
- Cheese
- Avocado
- Avocado oil
- Olives

Carbs from veggies and low-sugar fruits

- Broccoli
- Brussel sprouts
- Cauliflower
- Romaine lettuce
- Spinach
- Green beans
- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Tomato
- Peppers
- Radishes

Let's get started!