

Welcome to the 24-Hour Flat Belly Now Plan!

If you haven't read through the main Flat Belly Now manual, I'd go back and do that first.

It'll provide context and background to what we're doing here in this 24-hour plan...

That way I can keep this short and sweet, so you can get started ASAP :)

The best way to use this 24-hour rapid fat loss plan:

- Before you start the main Flat Belly Now program
- After you finish the program
- Whenever you want to switch things up
- Leading up to a big event where you want to look your absolute best

The truth is, you can use this plan as little or as often as you want.

It's not a crash diet...

It's just a different way of eating that'll help your body burn more of your stored fat for energy.

Using a higher protein, lower carb and fat approach.

Here's the plan:

Morning Apple Cider Vinegar Drink

We're skipping breakfast, but don't worry...

Your body will be "feeding" on your stored fat all morning long (kinda gross to think about, I know)...

But that's what happens when you don't eat.

You're not "starving yourself", you're simply taking a break from food in the morning for health reasons, and...

When you do that, your body turns to your stored fat for fuel.

Now, onto the apple cider vinegar drink.

We're doing this for a couple of reasons:

- It helps with digestion (and HUGE part of fat loss that most people ignore)
- Helps you burn a little more fat
- Gives you a nice energy boost
- Helps you get faster results with fasting

Here's the recipe:

- 8 ounces of lukewarm water
- Juice from ½ lemon
- 1 tablespoon apple cider vinegar

Why are we using these ingredients?

For starters, lemon juice has pectin in it.

Pectin is a non-digestible fiber that captures a lot of excess fat that's in the digestive system, binds to it...

And allows it to flush out of your system.

That means it's going to allow you to stay satiated, while also getting rid of harmful fats/cholesterol in your body.

As for apple cider vinegar...

It's really powerful with it comes to helping with digestion...

And it also helps bring down your blood glucose.

That way your blood sugar doesn't rise and fall while you're fasting.

Greek Yogurt Lunch (Noon)

If you read the main manual, then you know...

Greek yogurt is the secret weight loss food.

That's because it has the perfect ratio of protein to energy (fats/carbs) for aggressive fat loss, and...

It's a fermented food packed with probiotics, which is extremely healthy for your gut.

Plus, it's very nutrient dense...

And provides a high level of satiety per calorie.

That means it's very filling for a relatively low amount of calories.

Calories aren't everything, but if you can get full on 300 calories instead of 700, you'd take that every day of the week, right?

I know I would :)

Now, you don't want to get the flavored Greek yogurt, because they're packed with sugar.

Stick with plain and use the toppings below.

Here's your lunch:

- Plain Greek yogurt (start with 1-2 cups)
 - 2% yogurt is best
 - You can go 0% if you have a lot of weight to lose
- Pinch of cinnamon

- 10 raspberries or blackberries (extra fiber boost)
- 1 scoop protein powder (optional)
 - I mainly use the protein powder for flavor
 - Sun Warrior brand has a chocolate and vanilla that taste incredible

Mix that up for lunch...

And when you finish your bowl, wait 15 minutes.

If you're still hungry, simply have some more.

Again, the protein powder is optional.

I'm not a huge fan of most protein powder because they're packed with sugar and nasty ingredients, however...

Sun Warrior has a great brand that's very clean, and...

Once you use their chocolate protein powder, it's kinda hard to go back to eating plain yogurt :)

As for the plain Greek yogurt itself, I usually stick with Fage or Two Goods.

You can find them at almost every grocery store, and they're lower in sugar.

Mid-Afternoon Drink (3:00 pm)

Eating between meals can really slow down your weight loss...

Even if you're having "healthy" snacks.

In fact, most of your fat-burning occurs between meals and when you're sleeping.

This is the "magic time" when you're not consuming calories...

So your body starts burning your stored fat for energy instead.

If you can remember just one thing, make it this:

Your body burns fat when you aren't eating.

So for this plan, we're going to cut out snacking altogether...

And have a mid-afternoon drink instead.

- 8 ounces lukewarm water
- 1 tbsp. apple cider vinegar
- Pinch of salt (sea salt or pink Himalayan salt are best)
- Stevia to taste (optional)

This is going to help you get through the afternoon...

And it can help increase fat-burning as well.

Dinner (6:00 pm)

Here we're going to keep it simple with lean protein, low-sugar carbs and another yogurt bowl.

2% plain Greek yogurt is the secret weight loss food after all :)

Simple choose from the options below, make your meal, and eat until you're full but not stuffed.

Lean Protein (Pick One)

- Pork loin
- Flank or sirloin steak
- 90% lean ground beef
- Ground turkey
- Chicken
- Ground Chicken

Vegetables (Pick 1-2)

- Broccoli
- Cauliflower
- Asparagus
- Green beans
- Brussels sprouts
- Bell peppers
- Cucumbers
- Tomatoes
- Olives
- Romaine lettuce/salad
- Mushrooms

Greek Yogurt Bowl for Dessert

- 1 cup 2% plain Greek yogurt
- 1 tbsp. cocoa powder
- Pinch of cinnamon
- Stevia to taste (optional)

Golden Rule – Don't eat if you're not hungry.

If you make yourself too much food, please don't force yourself to eat it all.

Same with the Greek yogurt bowl, if you're simply not hungry after dinner, don't force yourself to eat anymore.

The worst thing you can do is eat when you're not hungry.

Bedtime Fat-Burning Drink (1 Hour Before Bed)

This is important because the apple cider vinegar helps keep your blood sugar low before bed...

And it helps you get into a fasted state faster.

That means you'll digest your food from the day at a faster rate...

So your body can get back to burning your stored fat for energy.

Remember, fat-burning happens when you're NOT eating (aka when you sleep and between meals).

This drink simply primes your body to get into fat-burning mode quicker.

And it'll help you get more deep, restorative sleep.

- 1 cup chamomile tea
- 1 tsp. apple cider vinegar
- Stevia to taste (optional)

If you absolutely can't stand apple cider vinegar, then you can skip these drinks.

You'll still get great results, but these do help speed things up from a digestion standpoint...

While keeping your blood sugar low, so you can burn more fat.