**Welcome to the Flat Belly Now Program!**

My name is Derek Wahler and I’m excited to have you on board!

Flat Belly Now is a 10-Day rapid fat loss program, however…

You can use the principles you learn here for much more than just 10 days.

In fact, this is exactly what I’ve been doing for the past year…

And I’ve lost over 25 pounds.

10 days is simply the starting point…

And depending on how much weight you have to lose…

You can ultimately make this your new way of eating.

It works really fast…

It’s 100% safe…

And you get to eat a lot of delicious food.

Now, you’re probably wondering what the secret weight loss food is…

Along with the exact plan you’ll follow for the next 10 days and beyond…

So let’s get right into it.

I don’t want to waste any of your time…

Which is why I’m just going to get straight to the point…

And give you exactly what you need.

If you ever have any questions, or if you want more information on a specific topic, simply send me an email at derek@dwahlerfitness.com.

I’m always here to help :)

Now, let’s get started!

Derek Wahler

**The Secret Weight Loss Food**

I avoided this food for YEARS…

Because it was high in sugar…

Some versions are high in fat…

And high sugar/high fat is NOT a good weight loss combo.

In fact, one of the worst things you can do is combine high carb and high fat foods together.

That’s why people telling you to spread almond butter (healthy fat) onto fruit like a banana or an apple have it completely backwards.

The insulin your body releases when you eat high carb foods, opens up your fat cells to get the sugar in your cells.

And when you eat them with fat, that fat goes straight into your cells as well.

Making your cells bigger and over time, fatter.

You don’t want that.

So just a rule of thumb going forward, do your best NOT to combine high carb and high fat foods, whether you’re following this diet or not.

Okay, time to get to it…

The secret weight loss food is…

2% plain Greek yogurt.

Now, before you scream at me, because eating Greek yogurt isn’t anything new…

Let me explain.

And don’t worry, you don’t have to eat it plain :)

**Why Does 2% Plain Greek Yogurt Work So Well For Rapid Fat Loss**

**Reason #1 – It has the PERFECT balance of carbs, fats and protein.**

Do you want to lose fat faster than ever?

Keep your protein high…

And your carbs and fats low.

Why?

Well, think of it like this…

Carbs and fats are both energy.

That’s what they are.

When you eat them, they are stored away…

So your body can use them for energy when you need them.

If you eat more carbs and fats than your body can use at the moment…

They get stored away as fat on your body.

Stored body fat is simply energy waiting to be used.

And at any given time, most of us have 100,000 to 200,000 calories of stored energy on our body…

Just waiting to be burned off.

Protein, on the other hand, isn’t used for energy.

It can be, if you never eat any carbs or fat, but unless you’re just eating plain egg whites, that will probably never happen.

Now, it’s really important to keep protein high…

Because it provides you the highest amount of satiety per calorie.

That means it’s the most filling macronutrient.

And being full and satisfied is key, because when you go on a low-calorie, crash diet…

You’re never full…

You’re never satisfied…

And that’s why most diets don’t work long term.

However, when you’re eating plenty of protein at each meal….

Four amazing things happen.

**#2 – You actually get full.**

It’s so hard to overeat protein.

It’s not like a bag of chips where you can easily put down a couple thousand calories and never feel full.

When you make protein the main focus on your meals, you get full faster and on fewer calories.

**#3 – Your body starts pulling the fat right out of your fat cells and burns it up for energy.**

You have fat cells ALL over your body.

On your belly, thighs, arms, butt, love handles…

However, when you keep protein high, and carbs and fats low…

Your body starts burning up your stored fat throughout the day.

Remember, your stored fat is simply energy waiting (even begging) to be used.

That’s why, while the keto diet A LOT healthier than most diets…

A lot of people tend to stall on it…

Because the diet is 75% fat.

And when you’re adding butter to your coffee…

And eating tons of bacon and fatty steak…

Your body burns up all that dietary fat first…

And for most people, it never gets around to burning your stored fat…

Because you’re eating so much fat, it never has to.

**#4 – Your fat-burning metabolism increases.**

Study after study shows that your metabolism increases with a higher protein diet.

That means your body burns more calories at rest.

In one study, it showed that if you eat 100 calories of protein…

You only digest about 70 of those calories.

The other 30 calories are burned up during the digestive process…

Which does not happen when you eat carbs and fats.

That’s 30% of your calories burned up while you’re simply digesting your food.

Which is WAY more than any HITT workout or long cardio session can burn.

**#5 – You build and maintain your lean muscle tissue.**

I don’t know about you, but I’m not trying to be a bodybuilder.

However, as you get older…

Have strong lean muscle tissue is critical.

Not only does muscle tissue burn more calories than fat…

But it’s really important for your every life.

It kills me when I hear about a woman in her 60’s falling at home…

And breaking a hip….

Or tearing a muscle in her leg…

Or breaking her arm.

Having enough strong, lean muscle tissue is really important to avoid the nagging aches, pains, and injuries as you get older.

It makes you more durable…

You’re able to do more things…

It helps you play with your grandkids…

And since most people aren’t getting nearly enough protein in their diets, it’s an easy fix that can also help the weight come off fast.

**If You Have More Fat on Your Body Than You Want…**

It’s likely because you’re eating way more carbs and fats than protein.

Increase your protein…

Lower your carbs and fats a bit (do not eliminate them all together)…

And the fat will start coming off…

A lot faster than you think.

**But Still, Why 2% Plain Greek Yogurt?**

On top of everything I just mentioned…

The amount of sugars and carbs are basically cut in half.

You see, on the nutrition label, they count the carbs and sugars before the yogurt is fermented.

Fermented foods are amazing for your gut health…

Because they’re packed with probiotics…

That help feed the good bacteria in your stomach.

Almost half of the sugar and carbs are “burned off” during fermentation…

Which leaves you with a higher protein to carbs/fats ratio.

That means, per calorie it’s one of the most filling foods…

And since it does contain some carbs and fat, but not a lot…

Your body is going to be working overtime to burn more fat off your stomach, thighs, and hips.

That’s why we’re going with 2%.

It still has a few carbs, and a little fat…

Which your body needs…

But it’s mostly protein.

Which is exactly what you want.

You can buy the 0% or full-fat versions if you’d like…

You’ll still get great results…

But I’ve found the 2% is almost perfect…

And the taste is A LOT better than the fat-free versions.

Now, let’s get into how you’re actually going to use it as part of a healthy weight loss program.

**When You Start This Program, You Have Two Options**

The first option is a bit more aggressive when it comes to fat loss.

The second is more of a sustained, long term solution.

You know yourself better than anyone…

So you can choose which one you think will work best for you.

And you can always switch between the two if you’d like.

Now that I’m down to around 170 pounds…

Which is a weight I’m comfortable at…

I’m not looking to aggressively lose weight anymore.

So I might do Option #1 maybe once or twice a month, for a day or two when I just feel a little heavier than normal.

Otherwise, I basically live in Option #2.

**However, if you have a lot of fat you want to lose…**

You can start with Option #1…

Keep it going for at least 10 days…

And even longer if you’d like…

Then switch into Option #2 when you get tired of eating yogurt as a standalone meal, or…

When you get closer to your goal weight…

And you’re in more of a “maintenance” mode instead of rapid fat loss mode.

Hopefully that makes sense…

And again, you can always email me with questions.

**Option #1 – Rapid Fat Loss Mode**

Here are the guidelines:

* 2% plain Greek yogurt for breakfast
	+ Acceptable toppings are listed below
	+ Eat until you’re full but not stuffed
	+ You can also skip breakfast and fast if you’d like
* 2 plain Greek yogurt for lunch
	+ Same guidelines as breakfast
* Flat Belly Now Dinner
	+ Menu options below
* Apple cider vinegar drink first thing in the morning before you eat and another one before you go to bed

That’s it.

I could add in another 20 things you can do to help speed up your results, but I don’t want to overwhelm you or cause confusion.

My motto is, the simpler the better.

Because then you’ll actually stick with it :)

As I mentioned above, you can use “toppings” on your yogurt…

Did you think that I was some animal who was going to make you eat just plain Greek yogurt all day long? :)

Pick one to two toppings below for each meal:

**Weight Loss Toppings (Pick 1-2):**

* ½ cup raspberries
* ½ cup blackberries
* ½ cup chopped strawberries
* 1 scoop protein powder (any flavor)
	+ I love the chocolate and vanilla flavors from Sun Warrior, highly recommended. Just do a quick search online and you can check them out if you’re interested.
	+ <http://pescience.com> also has some great low-carb flavors.
* Cinnamon
* Chia Seeds
* Lily’s Dark Chocolate Chips
	+ These are sweetened with stevia instead of sugar, so they’re a lot better than regular chocolate chips. **Read the label and stick with one serving size**. Available at most grocery stores and online.
* Cocoa powder
* Stevia

**How Much Yogurt Should I Eat for Breakfast and Lunch?**

First, listen to your body.

If you know that Greek yogurt upsets your stomach, makes you feel bloated, and generally doesn’t sit well with you…

Then start with option #2 below.

Obviously I don’t want you eating a lot of Greek yogurt if your body doesn’t handle it well. If that is the case, just shoot me an email and I’ll help you create a plan that will work for you.

As for breakfast and lunch, eat until you’re satisfied but not stuffed.

When your stomach starts to feel full, you’re done.

That’s why taking your time when you eat is so important.

Otherwise, if you just shovel the food in your mouth as fast as possible…

Your body never has a chance to tell you that it’s full, until it’s too late and it feels like the button is going to fly off your pants.

Start with a cup or two…

Add some toppings…

And when you finish, wait 15 minutes and see if you’re still hungry.

If you are, have another bowl.

Again, 2% plain Greek yogurt has very high nutrient density…

Along with a very high level of satiety per calorie…

Which means you’ll probably get full on fewer calories than you’re used to eating.

This isn’t a low-calorie diet, but when you eat certain foods, you do get full on much fewer calories.

And there’s no need to force yourself to eat, just to hit a certain calorie total for the day.

To recap…

You’ll have a yogurt bowl for breakfast and lunch (or you can skip breakfast if you want)…

And then a Flat Belly Now Dinner, using the recipes below.

**Best Brands of 2% Plain Greek Yogurt**

Two of the best brands you can buy are:

* Fage
* Two Goods



Fage is at pretty much any grocery store…

However, if you can’t find either of those, just do your best. Look for a version that doesn’t have any added sugar and is not flavored.

**Acceptable Drinks**

On this plan, you can have:

* Water
* Carbonated water
* Lemon water
* Coffee
* Hot tea
* Unsweetened iced tea
* Apple cider vinegar
* Bone broth
* Diet soda

Yeah, I know everyone is telling you to avoid diet soda like the plague, but you know what?

I lost over 45 pounds drinking it…

I know people who lost over 100 pounds while still having it…

And I don’t care who you are, if you’re drinking 6 sodas a day, and you switch to diet soda…

That’s a win in my book.

I don’t think artificial sweeteners are the devil, like most people do.

Now, I wouldn’t drink a 12-pack of diet soda a day…

But one here and there isn’t going to cause a problem, in my opinion.

**Apple Cider Vinegar Morning & Bedtime Drink**

I’m a huge fan of apple cider vinegar because it helps keep your blood glucose low…

It helps manage your insulin response when you do eat carbs…

It’s great for digestion….

And it helps get you into a fasted state faster…

Which is why we want to have it first thing in the morning, before you’ve eaten…

And at night, before you fall asleep.

**Here’s the recipe:**

* 8 ounces lukewarm water
* 2 tsp. apple cider vinegar
* 1 pinch sea salt or pink Himalayan salt
* Juice from ½ lemon
* Stevia to taste (optional)

**Option #2 – I Like Greek Yogurt but Not THAT Much**

I get it, eating just one food for breakfast and lunch might be a bit too much…

Or maybe you think you’ll get bored with it after a day or two.

That’s perfectly fine.

You know yourself better than anyone, so…

Listen to your gut (literally).

**Option #2 works just as well…**

Because we’re following the same foundation of high protein and reduced carbs and fats…

It all comes down to your personal preference.

Here are the guidelines:

* Fast in the morning (aka skip breakfast)
* Lean Lunch
	+ Options listed below
* Flat Belly Dinner
	+ Options listed below
* Greek yogurt as your dessert after lunch or dinner (or both if you want)
* Apple cider vinegar drink first thing in the morning before you eat and another one before you go to bed

With this phase you’re going to fast in the morning and skip breakfast.

Don’t worry, the stored fat on your body is chock full of vitamins and nutrients. So your body will essentially be “feeding” on that.

You’re not starving yourself…

You’re simply choosing not to eat for health reasons.

That way, your body will start burning off your stored fat while you fast.

During your fast, you can have any of the drinks listed above.

Aim to have lunch between 11 am and noon, whatever works best for you.

If I’m really hungry, I’ll have my first meal of the day at 11 am.

If I’m feeling good, I’ll push it back to noon.

It changes day by day, so please don’t think there’s a strict rule here to follow.

Just have your first meal when you feel hungry.

Same with dinner.

I usually eat around 5 pm, because I have young kids who are “STARVING” by that time.

Do what works best for you and your schedule…

But try to finish eating by 8 pm if possible.

**Then You’ll Have Your Greek Yogurt “Dessert”**

You can do this after lunch or after dinner.

I prefer after dinner, because it’s my “bedtime treat” for the day…

And it’s something to look forward to :)

Have a cup or two of plain 2% Greek yogurt…

Add in 1-2 toppings above (or eat it plain if you’d like)…

And here’s a little secret that I do almost every night…

I make the yogurt bowl BEFORE dinner…

And I put it in the freezer while I’m eating.

It gets really cold, semi-frozen…

And it tastes really good when you take it out.

I like to call it the Real Frozen Yogurt…

So give that a try if you want :)

**Lunch & Dinner Options**

We’re sticking with lean forms of protein here…

So simply choose from the options listed below…

And mix and match them however you’d like to make meals you enjoy.

Again, the importance here is eating real food.

You don’t need to count calories…

Or measure portion sizes.

Make yourself a plate…

Wait 10-15 minutes after you’re done eating…

And then have a little more (or a yogurt bowl) if you’re still hungry.

It will take some trial and error in the beginning…

But once you have it down…

You’ll generally know how much food to make in order to fill you up.

**Lean Protein (Choose 1-2 Options Below)**

* Ground Beef (80% or Higher…I like 90% lean myself)
* Pork Loin
* Steak (Flank and Sirloin are best)
* Eggs
* Chicken
* Ground chicken
* Turkey
* Ground turkey
* Fish
* Shrimp
* Bison
* Cottage cheese

**Low-Sugar Carbs (Choose as many as you’d like)**

* Broccoli
* Cauliflower
* Cauliflower rice
* Asparagus
* Strawberries
* Blackberries
* Raspberries
* Blueberries
* Tomato
* Bell peppers
* Cucumbers
* Brussels sprouts
* Green beans
* Romaine lettuce
* Zucchini
* Mushrooms
* Pickles
* Kale
* Watercress

**Spices/Seasonings/Sauces**

* Sea salt
* Pink Himalayan salt
* Ground black pepper
* Turmeric
* Onion powder
* Garlic powder
* Ginger
* Chili powder
* Cayenne pepper
* Cumin
* Mustard
* Low-sugar ketchup (use sparingly)
* Salsa (no sugar added)
* Guacamole (no sugar added)

Most spices are perfectly fine, these are simply the ones I use the most.

**An example lunch would be:**

* 90% lean ground beef burger w/ mustard, tomato and pickles
* Cauliflower cooked in 1 tsp. butter, sprinkled with salt
* Cooked mushrooms

**An example dinner would be:**

* Pork loin
	+ Salt and pepper generously
	+ Bake in the oven at 350 degrees for 1 hour
		- You could also slice up the pork loin into 1 inch thick “steaks” and grill them or cook them on your stovetop
* Asparagus
	+ Cooked in 1 tsp. butter
	+ Salt to taste
* Yogurt Bowl
	+ Raspberries
	+ Lily’s dark chocolate chips

Eat until you’re full, or…

If you’re having a Greek yogurt dessert, leave some room for that :)

Now, you might be wondering…

**Where Are the Healthy Fats?**

Especially with keto being so popular, everyone is eating more fat than ever.

And don’t get me wrong, those foods are perfectly fine for you.

However, as I mentioned before…

If you have plenty of fat on your body that you want to lose…

You don’t need to add a bunch of fat to your meals.

You can get all the healthy fats you need from the lean protein options above…

Along with the 2% plain Greek yogurt.

Those are what I call “whole fats” because they come in the form of whole foods.

The other type of fats are what I call “added fats”.

That’s because you add them to your meal…

This would include butter, ghee, coconut oil, avocado oil, almond butter, olive oil, etc.

Again, they’re perfectly fine, however…

If you eat them in large quantities, they can slow down fat loss.

When cooking your veggies…

Feel free to use a little butter, ghee, avocado oil, coconut oil or olive oil…

Just don’t go overboard.

You don’t need half a stick of butter just to cook your broccoli :)

**Fats To Stay Away From At All Costs**

* Canola oil
* Vegetable oil
* Peanut oil
* High fructose corn syrup
* Corn oil
* Safflower oil
* Sunflower oil

**Tracking Your Results**

Here’s what I would do before you start the program:

* Take your measurements
	+ Use a measuring tape and measure the distance around your:
		- Stomach (belly button)
		- Waist (widest part of your waist)
		- Middle of your thigh
* Weigh yourself

Your measurements are so MUCH more important than your weight.

I know, we’re all conditioned to use our weight as the “best” way to measure your progress, however…

Most scales are very inaccurate.

And they don’t tell the whole story.

Let’s say you add 2 pounds of lean muscle…

And burn one pound of fat.

The scale says you still gained a pound, and so…

You feel like you’re going in the wrong direction, when the truth is…

You’re going in the absolute RIGHT direction.

Plus, I weighed myself one morning…

Fasted until noon…

Didn’t eat a thing…

And when I stepped on the scale before my first meal…

It said I gained 2 pounds.

How?

I have no idea.

However, when you do your measurements…

And you see the inches going down on your belly, waist and thighs…

That is a clear sign that your body is burning fat.

And don’t get discouraged early on.

Your body is smart…

It’s going to burn your most dangerous fat first…

And that’s the visceral fat surrounding your heart, arteries and other vital organs.

So while you look in the mirror and don’t notice a huge change…

Just know, your body is burning up your most dangerous fat first, because…

What good is it to have flat stomach if a heart attack is right around the corner?

Once it burns up your visceral fat, it will switch to the fat directly underneath your skin…

That’s the fat you can see.

So please, give it just a little time.

You might lose 5 pounds in the first day, plenty of people have.

But if it’s “only” a pound or two after the first week…

Don’t freak out.

You’re on the right track…

Your body knows what it’s doing…

Your weight will go down…

The fat will come off…

But most people mess it up because they’re taking score too soon.

Give it just a little bit of time.

You don’t gain 20 pounds of fat in one week…

And it’s not all going to come off in one week either.

But it will come off A LOT faster than the time it took to put it on.

**To Recap…**

This all may sound overly simple to you, and…

That’s the point :)

You don’t need 20 different “diet rules”…

Most people roll their eyes, but the basics work 99% of the time…

And it’s so much easier to stick to long term.

If you have to follow complicated dinner recipes every night…

That take an hour of prep…

And another half-hour to make…

You’re probably not going to stick with that day in and day out.

Instead, just follow these basic guidelines:

* Choose Option #1 or #2 to start with
* Follow the meal schedule above
	+ Yogurt breakfast & lunch, followed by dinner for Option #1
	+ Fast in the morning, lunch and dinner for option #2
* You can always substitute a Greek yogurt meal for a regular meal whenever you want
	+ Maybe you’re short on time, have some Greek yogurt w/ a couple of the acceptable toppings
	+ Eat until you’re satisfied but not stuffed
* Only weigh yourself once a week, otherwise you’ll drive yourself nuts :)

**How Long Should I Follow This Plan?**

Honestly, I’ve been eating this way for years now…

So you can stick with it as long as you have weight/fat to lose.

If you get down to your goal weight…

And you don’t want to lose anymore…

You can add in more healthy fats/carbs to maintain your weight.

The key is to find the foods/meals you like the best.

I could eat flank steak with cauliflower mash for dinner every night…

Same with the ground turkey no-noodle lasagna…

Bunless burgers…

And I love a big bowl of frozen Greek yogurt w/ chocolate protein powder and a handful of Lily’s dark chocolate chips.

So to me, this isn’t a “diet”…

It’s just how I eat to look and feel my best.

Sure, you can sprinkle in a cheat meal here and there…

Once I got down to my goal weight of 170lbs…

I would ice cream…

Or maybe some pizza…

Once every week or two.

Otherwise, the key is finding a healthy way of eating that you actually enjoy…

That doesn’t feel like “work”…

And stick with it.

I’m excited to have you on this journey with me!

And remember, if you have any questions at all…

Just shoot me an email :)

**One Last Thing**

Along with this program, you received a handful of bonuses.

Here’s the best way to use them:

First, I’d stick with this program here for at least 10-14 days minimum. Longer if you have 20+ pounds you want to lose.

Then, if you want, you can start adding in the desserts and snacks, and/or the soups for dinner.

The desserts and snacks are “healthy”, but they’re also slightly higher in carbs/fats than what we have included in the main program here.

So I’d have one once or twice a week if you want, but not every single day.

You can also use a smoothie as a meal replacement whenever you’d like.