

# Super Fat-Flush

## Quick Start Guide



Welcome to the Super Fat-Flush Quick Start Guide!

This is your short and sweet guide to get you started, so you can start burning fat as soon as tomorrow.

Here are the simple steps to get started.

### **Step #1**

First, make sure you have the ingredients on hand for the fat-burning drinks. That way, you can make one tomorrow morning.

Even if you don't have all the foods to get started on the meal plan, simply having the fat-burning drinks 1-3 times a day will make a huge difference.

If you want even faster results, have one 30 minutes before each meal.

## **Step #2**

Go through the fat-burning meal plan and make your grocery list.

If you have some of the foods on hand, you can start following the plan tomorrow. Otherwise, make your list and head to the grocery store.

Bonus tip: Stick with the foods you like. You don't have to force yourself to eat anything you don't like.

If you hate broccoli, or cottage cheese, or fish, then don't eat it.

And remember, seasonings are your friend. If I had to eat plain, raw cauliflower, I'd be miserable. However, cooking it in a tsp of butter and adding salt makes it one of my favorite vegetables.

Same with chicken, eating it plain gets boring really fast. However, when you season it and use some low-calorie, sugar free BBQ sauce (or your condiments of choice), it tastes so much better.

## **Step #3**

Get started tomorrow.

I know that sounds simple, but most people buy and new weight loss program and never use it. They keep telling themselves "I'll get started next week", or "Life's too busy right now, I'll start once things settle down".

And guess what...they never end up getting started.

Please, don't be that person.

You bought this program for a reason...

So let's get started!