

# Super Fat-Flush

## 14-Day Protocol



### INTRODUCTION

Welcome to the Super Fat-Flush!

I'm so excited to have you on board. We're going to burn A LOT of fat over the next two weeks...

And I can't wait to hear about the amazing progress you're going to make.

Now, with this program, I'm going to get straight to the point.

This isn't one of those programs that's 100 pages long, full of endless information that doesn't really help you.

Instead, I'm going to give you exactly what you need to follow this program for the next two weeks.

The foundation of the program is very simple...

You're going to have a fat-burning drink in the morning for breakfast...

Along with following a fat-burning meal plan for the next 14 days.

The meal plan is very simple and straightforward...

There is a list of foods in this program, and you can mix and match them however you'd like to make meals you enjoy.

That last part is key, you want to make meals that YOU enjoy eating...

Because if you don't enjoy eating them, you're not going to stick with this for more than a few days.

You can also use unlimited seasonings like salt, pepper, ginger, turmeric, garlic powder, etc. if you'd like.

**To recap:**

- Have a fat-burning drink in the morning
  - You can have more throughout the day if you'd like, but the minimum is at least one daily
- Follow the fat-burning meal plan for the next 14 days

That's it, simple and straightforward :)

Let's get started!

## Super Fat-Flush Drinks



There are a few different options here, so try them all and stick with the ones you like the best.

Simply have one in the morning, shortly after you wake up.

Wait 30 minutes, then if you still feel like having breakfast, go ahead.

However, most people feel full from the morning drink because of the fiber, so if you're not hungry, don't force yourself to eat.

For each of these drinks, we're focusing on chia seeds...

Chia seeds are tiny, black and white pips from the *Salvia hispanica* plant — a member of the mint family — that's native to Mexico and Guatemala.

They were a staple in the diet of ancient Aztecs and Mayans, believed to provide sustainable energy and various other health and nutritional

benefits. Here are some of the noteworthy characteristics of chia seeds, according to LifeMD:

- **Nutrient-rich:** Chia seeds are a rich source of healthy fats like omega-3 fatty acids — particularly alpha-linolenic acid (ALA) — which are important for heart health. They're also high in antioxidants, minerals, and vitamins.
- **High in dietary fiber:** One of the most significant benefits of chia seeds is their high fiber content. Fiber aids in digestion, helps in maintaining a healthy gut, and can be beneficial for weight loss, as it keeps you feeling full for longer.
- **Source of protein:** Chia seeds are a good source of protein, especially for people who eat little or no animal products. The protein in chia seeds can help build muscle, repair tissue, and regulate appetite.
- **Promote weight loss:** Chia seeds' fiber and protein content can help reduce appetite and food intake to aid weight loss. The soluble fiber absorbs large amounts of water and expands in the stomach, which may increase fullness and slow the absorption of food.
- **Improves heart health:** Chia seeds can improve certain blood markers, which may reduce the risk of heart disease and type 2 diabetes. Their high omega-3 content can also reduce inflammation.
- **Promotes healthy bones:** They are high in several nutrients that are important for bone health, including calcium, phosphorus, magnesium, and protein.

- **Blood sugar control:** Consuming chia seeds can improve insulin sensitivity and blood sugar control, stabilizing blood sugar levels after meals.

Here are the recipes, simply have one each morning on an empty stomach...

And you're welcome to sip them throughout the day as well!

### **“Morning Milk” Recipe**

- 1 cup unsweetened almond milk
- 2 tbsp chia seeds
- 1 tsp cinnamon
- Zero calorie sweetener (optional)

Soak the chia seeds in the unsweetened almond milk for 15 minutes. Then you can drink as is, or you can blend for a smoother texture.

### **Chia Lemonade**

- 1 cup water
- 2 tsp chia seeds
- Juice from ½ lemon

Add the chia seeds to your water and let it soak for 10 minutes. Then add in the lemon juice and drink on an empty stomach.

### **Chia Cranberry Juice**

- 1 tbsp chia seeds
- 2 cups unsweetened cranberry juice
- Juice from ½ lemon or lime
- Ice cubes (optional)

In a small bowl, soak the chia seeds in  $\frac{1}{2}$  cup water for 10 minutes. Combine the soaked chia seeds with the cranberry juice. Stir well. Squeeze in the juice from your lemon or lime and enjoy!

**Note:** If you'd like a more gel-like consistency, you can soak the chia seeds for up to one hour.

You can also swap out the unsweetened cranberry juice for any other low-calorie juice you prefer. Aim for less than 10 calories per serving. Sugar-free juices work well.

## Super Fat-Flush 14-Day Meal Plan



As I mentioned before, I want to keep this simple and straightforward...

That's why you're not going to find a bunch of complicated recipes, or a strict two-week meal plan...

Everyone has different preferences when it comes to food, so forcing you to eat something you hate just to lose weight isn't a long-term solution.

That's why I broke our foods into three groups below...

Simply pick 1-2 foods from each list below and use them to make meals YOU enjoy.

I'll include some examples, but first, here are the food lists.

### **Super Fat-Flush Proteins - Choose 1-2 per meal**

- Lean ground beef
  - 90/10 or 96/4 are your best options
- Chicken breast
- Skinless chicken thighs
- Ground chicken
- Turkey
- Lean ground turkey
- Turkey breast
- Steak
- Fish
- Pork tenderloin
- Eggs
- Egg whites
- Bacon
- Turkey bacon
- Canadian bacon
- Lamb
- Bison
- Plain Greek Yogurt

- Cottage Cheese
- Tuna

### **Super Fat-Flush Veggies & Carbs - Choose up to 3 per meal**

- Broccoli
- Brussel sprouts
- Cauliflower
- Romaine lettuce
- Spinach
- Green beans
- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Tomato
- Peppers
- Radishes
- Watermelon
- Apples
- Frozen fruit
- Zucchini
- Cucumbers
- Medium-Sized Potato

### **Healing Fats - Choose 1 Per Meal (Optional)**

- Coconut oil: 1-2 tsp
- Butter: 1-2 tsp
- Ghee: 1-2 tsp
- Avocado
- Avocado oil: 1-2 tsp

- Olives

**Notes:** With healing fats, you don't have to choose one for every meal. Most of us don't need to add extra fat to our diet, however fats like butter, coconut oil and avocado oil are great for cooking your veggies in.

You can eat multiple different proteins at each meal if you'd like.

When it comes to eating, I'm not a fan of counting calories. Instead, eat until you're satisfied but not stuffed. Then wait an hour. If you're still hungry, eat a little more.

### **Approved Seasonings & Condiments**

- Salt
- Pepper
- Chili powder and paprika
- Italian seasoning/herbs
- Sugar-free ketchup
- Mustard
- Sugar-free barbeque sauce
- Hot sauce
- Apple cider vinegar
- Lemon juice
- Pickles
- Low-calorie salsa

### **Approved Drinks**

- Water
- Sparkling water

- Coffee
- Hot Tea
- Unsweetened iced tea
- Diet soda
- Zero-calorie sports drinks
- Broth

## **Sample Meals**

### **Breakfast:**

1 cup egg whites + 1 egg, canadian bacon, spinach and peppers

### **Lunch:**

Taco bowl with 6 oz. lean ground beef, shredded lettuce, ¼ avocado, tomato and mild salsa

### **Dinner:**

6 oz. skinless chicken thighs, asparagus and cauliflower cooked in 1-2 tsp. butter

Keep it simple!

And now the only thing for you to do is get started!

-Pastor Paul