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## **Disclaimer**

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including the Flat Belly Flush Program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use the Flat Belly Flush program, please follow your doctor's orders.

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## **Welcome to Flat Belly Flush!**

Hi, I'm Derek and wanted to be the first to congratulate you on making the wise decision to invest in yourself and the Flat Belly Flush program.

Over the next 15 days, we'll be flushing the fat straight out of your body using a few diet and detox tricks that will thin out your digestive juices to unclog your system...

So you can FINALLY start burning fat again :)

And I want to make this as simple and straight forward as possible for you, so here's how it all works...

### **There are 2 stages to the Flat Belly Flush program...**

**Stage 1 - Digestive Detox** lasts just 5 days and will thin out your digestive juices so you start burning the calories and food you eat for energy, instead of it all being shuttled straight to your fat cells...

**Stage 2 - Flat Belly Burn** lasts just 10 days and will build on the momentum of Stage 1 and rapidly boost your fat-burning thanks to a few simple morning tricks combined with eating the right foods and the right times...

Other than that, you'll see the Red Water recipe below, which you will drink 4x throughout the day and is extremely easy to make...

And you have the 5-minute low-impact bodyweight workouts that you should do first thing in the morning before you eat or drink anything (except plain water)...

That's it!

Just follow the step-by-step plan laid out for you below and you'll be feeling lighter and leaner in no time :)

Derek Wahler, CTT  
Certified Turbulence Trainer

## **Stage #1 – Digestive Detox (5 Days)**

The goal of this first stage is to thin out your digestive bile, which is the juice that transports the nutrients from the foods you eat throughout your body.

You probably didn't think THIS was the key to losing a lot of weight, did you :)

However, your bile is what breaks down the nutrients from each meal, so they can be utilized by your body. And when your bile is all out of whack, everything you eat gets stored as fat instead of burned off as energy...

And when you clean up your "bile health", you can boost your fat-burning metabolism by up to 53%, which can be the difference between losing weight week after week or struggling to drop even a single pound no matter how hard you try.

### **Here are the simple steps for Stage #1, do this for the next 5 days.**

- 1. Start your day with 8 oz. of lukewarm water and the juice from half a lemon.**
- 2. Perform one of the 5-minute low-impact workout routines.**
  - a. You can find these at the download page you received access to after purchasing the program.
  - b. For the best possible results, do the workout in the morning before you eat or drink anything (except water).
  - c. If you're advanced or have a little extra time, you can repeat the workout up to 3 times total (15 minutes). This is optional.

- 3. Drink one 8 oz. glass of Red Water before dinner (recipe below).**
- 4. Enjoy 3 cups of fiber-rich veggies with your meals throughout the day.**
  - a. The easiest way to do this is to have 1 cup each with breakfast, lunch, and dinner. You can also have this as a snack with some protein (*chicken, turkey, lean ground beef, eggs, etc.*)
  - b. Examples of fiber-rich veggies are:
    - i. Broccoli (if they don't make you feel bloated)
    - ii. Cauliflower
    - iii. Carrots
    - iv. Beets
    - v. Spinach
    - vi. Collard Greens
    - vii. Brussels Sprouts
    - viii. Green Beans
    - ix. Kale
    - x. Asparagus

**5. Remove all grains from your diet.**

- a. This may be the hardest step, but it'll also give you the fastest results. 99% of grains are processed to the point where they have very little nutritional value and they cause inflammation in your body, which is the #1 cause of heart attacks and heart disease.
- b. Here's a short list of common grains that you should REMOVE from your diet:
  - i. Pasta
  - ii. Bread/Bagels
  - iii. Rice
  - iv. Wheat
  - v. Cereal
  - vi. Tortillas
  - vii. Crackers
  - viii. Chips
  - ix. Popcorn
  - x. Quinoa

## **Red Water Fat-Flushing Recipe**

- ½ cup of fresh cranberries (they can also be frozen, just make sure the only ingredient listed on the package is “cranberries”. Some brands will add in sugar, stay away from those.
- 7 ounces cold water
- Ice (optional)
- Mix together in a blender and enjoy!

## **Why the “Red Water” Is So Important**

As you get older, years of breathing in toxins, hidden chemicals in even “healthy” food, and just the wear and tear of everyday life can do a lot of damage to the organs inside your body and to your digestive juices...

With your digestive juices, they can become really THICK and when that happens they don't process the food you eat very well.

It's like driving your car and NOT changing your oil for years. Eventually that will do some serious damage to the point where your car won't run anymore.

The same thing happens inside your body...

But instead, you simply stop breaking down the food you eat properly. So it ends up getting stored as fat instead of being used for energy.

However, blended cranberries along with the filtered water, flushes out the toxins in your liver...

And cranberries are a natural diuretic filled with antioxidants, flavonoids, and organic acids that break down your stubborn fat built up in your lymphatic system...

Once this starts happening, you can easily lose 3-5 pounds in the first week alone while feeling lighter and leaner than ever before.

## S tage #2 – Flat Belly Burn (10 Days)

Now that your digestive bile is starting to thin out and you can start burning fat again, you're ready for Stage 2.

### **1. Continue doing everything from Stage #1 (all 5 steps).**

### **2. Eat more healthy fats**

- a. Aim to get 1-2 servings of healthy fats with each meal from the list below.
  - i. Coconut oil (1-2 tbsp.)
  - ii. Avocado (eat up to 1 per day)
  - iii. Grass-fed butter
  - iv. MCT oil (1-2 tbsp.)
  - v. Olives
  - vi. Eggs w/ yolk
  - vii. Full-fat cheese
  - viii. Heavy cream (mix in 1 tbsp. w/ your coffee)
- b. For example, you can cook your veggies in coconut oil or grass-fed butter. You can have half an avocado with your dinner, or add MTC oil to your coffee. You can have 1-2 hardboiled eggs for a snack. Whatever it is, aim to get at least one serving with each meal.

### **3. Eat healthy protein at every meal**

- a. This will help you maintain lean muscle, burn more fat, and kill your cravings by keeping you full longer. Have some protein at every meal and snack, some great sources are:
  - i. Chicken (breast or thigh)
  - ii. Lean ground turkey
  - iii. Ground beef
  - iv. Steak
  - v. Turkey burgers
  - vi. Organic Eggs w/ the yolk
  - vii. Pork



- viii. Salmon
- ix. Tuna

To recap, for the next 10 days, you're going to continue everything you did in Stage #1.

And you're going to eat 1-2 servings of healthy fats with each meal, along with a protein source at every meal and snack.

Just by making these simple changes, you can see amazing results in the next 15 days without completely overhauling your diet or spending all day at the gym.

**And I tried to make this as simple and easy to understand as possible, which is why I didn't write some 200-page novel that would only confuse you and include a bunch of fluff that doesn't really matter.**

These are the KEY principles you need to jumpstart your weight loss and reverse the digestive "glitch" that'll finally have the weight coming off week after week without fail.

And most important of all...

Just do your best, NEVER give up, and keep pushing forward every single day no matter what...

I know you can do this, and once you believe you can too, NOTHING will stop you from reaching your goals.

## **Why You Must STOP Eating Grains**

If you've read through the Flat Belly Flush program above, then you've probably realized that cutting out grains is a main part of the program.

And look, I know there's a lot of controversy over "healthy" foods and what's really healthy and what's not...

However, there are a few simple reasons we're cutting out grains from your diet.

1. 99% of grains are processed to the point where they contain no nutritional value
2. Grains are one of the top sources in creating inflammation in your body (the other is refined sugar)
3. Grains are metabolized in the liver the exact same way as sugar. With most of them being stored as fat.

The majority of grains like rice (even brown rice), whole wheat bread, quinoa, cereal, and bagels are processed to the point where they contain very little nutritional value...

All the nutrients, vitamins, and minerals are completely wiped out by the time the food gets to your table.

And as you eat grains, your body produces a HUGE spike of insulin and you end up storing most of the foods you just ate as fat around your body.

Plus, you'll actually be LESS hungry when you cut out wheat and grains from your diet. Here's why...

According to Dr. William Davis, "Wheat contains a protein (gliadin) that yields a potent appetite stimulant upon digestion.

When you remove wheat from your diet, you've removed the gliadin protein unique to wheat that is degraded to morphine-like compounds that stimulates appetite, and appetite thereby drops".

So cutting out the wheat and grains from your diet will not only lower the "hidden inflammation" that's been building up in your body for decades and is making it so much harder to burn fat and lose weight...

It also kills your cravings and ensures more of the food you eat is burned off for energy and NOT stored as fat around your belly, hips, thighs, arms, and butt.

## **“Metabolism Window” Trick to Burn 20% More Belly Fat Daily**

If you want to burn more fat, especially around your belly, then here's a simple trick you can use right at home...

See, there's a special time of day called your “Metabolism Window” where your body naturally burns up to 20% more fat...

And that special time of day is in the morning before you eat breakfast.

Here's why...

While you're sleeping, your body burns through all the calories you ate at dinner the night before. The food is digested, processed, and either used for energy, stored as fat, or it's considered waste.

Now, your body also produces a special fat-burning hormone while you sleep, which flows throughout your body...

And it's why some people can eat a lot for dinner and wake up feeling lighter and leaner than ever.

However, this fat-burning hormone (aka growth hormone) naturally dies down as we age...

So it's our job to boost it back up.

Now, when you wake up in the morning, your body is still producing this fat-burning hormone (the amount produced varies w/ each person)....

And your body **KEEPS** producing this hormone throughout the morning until you have something to eat.

So, when you do a short burst, total body workout first thing in the morning before you eat **ANYTHING**...

Your body uses your stored fat for fuel, because there are no carbs in your system to use for energy...

Your body resorts to the stored fat around your belly, love handles, thighs, butt, or whenever you store the most fat.

And doing a short burst workout BOOSTS production of your #1 fat-burning hormone...

Which also boosts your metabolism as well.

So your body is using your stored fat for fuel, your metabolism skyrockets, and your #1 fat-burning hormone is FLOWING throughout your body...

And research has showed you can burn up to 20% more fat by simply exercising in your “metabolism window” instead of later on in the day.

However, the important thing here is that you must do the RIGHT type of exercise.

Running on a treadmill, going for a walk, or using the elliptical machine will not work.

You don't engage enough different muscle groups to boost your metabolism.

That's why I included a bunch of short burst workouts on the download page of this program ([www.flatbelly-flush.com/download-main](http://www.flatbelly-flush.com/download-main)).

Use those during your metabolism window and you'll start burning more of your stored body fat for fuel while dramatically increasing the production of fat-burning hormones that will strip away fat around the clock...

Even while you sleep.

## **BONUS! 15 Delicious Fat-Flushing Recipes**

To make sure you get the absolute BEST results possible...

*I've included 15 delicious Fat Belly Flush recipes for absolutely free!*

Start adding these into your weekly meal plan and you can DOUBLE or even TRIPLE your results without counting calories or worrying about "portion control" ...

Look, the key to losing weight and burning fat quickly is eating the right fat-burning foods, so start adding these in TODAY and the results will come much faster than you think.

Enjoy!

### **Apple Omelet**

½ apple diced  
2 eggs  
1 tsp. cinnamon  
½ tbsp. coconut oil

Melt coconut oil over medium heat. Add diced apples to skillet and cook for 1 minute.

Crack eggs into bowl and whisk. Add eggs over apples, sprinkle cinnamon over top, and cook for 2 minutes on each side. Using a spatula, remove from skillet and enjoy!

## **Paleo Cereal**

1/2 banana, sliced  
1 tbsp. almond butter  
1/4 cup raw pecans, crushed  
1 scoop protein powder  
2 tsp. shredded coconut flakes  
Unsweetened vanilla almond milk

In a small bowl, combine all ingredients and enjoy!



## **Fat-Burning Devilled Eggs**

3 hardboiled eggs, peeled  
2 tbsp. full fat Greek yogurt  
1/4 tsp. paprika  
1/8 tsp. sea salt

Halve eggs lengthwise. Mix egg yolks with Greek yogurt. Spoon yolk mixture back into egg halves and sprinkle with paprika and sea salt.

## **Egg Muffins**

- 6 eggs (organic if possible)
  - ½ cup chopped mushrooms
  - chopped spinach
  - handful of organic shredded cheese
  - sprinkle of salt and pepper
1. Preheat oven to 350 degrees F.
  2. Line muffin tins with paper liners or grease with coconut oil.
  3. Mix up the eggs, add chopped mushrooms, spinach, cheese and seasonings. Fill 6 muffin tins.
  4. Bake for 20-22 minutes, or until the egg is fully set.



## **Pumpkin Protein Smoothie**

- 1/2 frozen banana
  - 2 cups ice cubes
  - 1 1/2 cups water
  - 1 scoop vanilla protein powder
  - 1/4 cup canned pumpkin
  - 1/4 teaspoon ground cinnamon
  - dash of nutmeg and cloves
1. Combine all of the ingredients in a high-speed blender and mix until smooth. Serve immediately.





## **Stuffed Bell Peppers**

- 2 large bell peppers
  - 1 can tuna or salmon
  - 2 slices bacon, diced
  - 1 cup spinach
  - ½ cup mushrooms, chopped
  - 1 tbsp. coconut oil
1. Slice off bell pepper tops. Scoop out insides of peppers, including seeds and rinse well.
  2. Heat coconut oil in skillet over medium heat.
  3. Add tuna, bacon pieces, spinach, and mushrooms.
  4. Cook for 3 minutes.
  5. Stuff each pepper w/ veggies and bacon.
  6. Sprinkle sea salt and pepper over top and enjoy!

## **Bacon, Egg & Avocado Sandwich**

- 1 egg, cooked medium
  - ½ avocado, sliced and mashed
  - 2 slices bacon
  - 2 leaves of romaine lettuce
1. Cook egg over medium heat until yolk is no longer runny.
  2. Cook bacon over medium heat until crispy
  3. Spread mashed avocado over 2 lettuce leaves.
  4. Add egg and bacon to make a sandwich

## **Lean Turkey Bowl**

- 1 pound lean ground turkey
  - Lettuce, chopped
  - 1 tomato, chopped
  - ¼ cup chopped mushrooms
  - ¼ cup chopped pickles
  - ½ avocado, chopped
  - Mustard (optional)
1. Cook ground turkey over medium heat until browned.
  2. Combine the chopped lettuce, tomato, mushrooms, and pickles into a big bowl.
  3. Add the ground turkey and avocado, mix and enjoy!
  4. You can add in mustard or salsa for taste.



## **Taco Chicken Bowl**

- 2 chicken breast, diced into chunks
  - 2 tbsp. taco seasoning
  - 1 tomato, chopped
  - 1 green pepper, chopped
  - Black olives, chopped
  - ½ avocado, diced
  - Lettuce, chopped
  - Salsa (optional)
1. Cook the chicken on the stove and after a few minutes, add the taco seasoning along w/ ½ cup of water.
  2. Continue to cook the chicken until tender.
  3. Fill your bowl with tomato, green peppers, black olives, avocado, salsa and chopped lettuce. Add the chicken and enjoy!



## **Turkey Spaghetti**

- 1 pound ground turkey
  - 1 tbsp. coconut oil
  - 1 cup mushrooms
  - 1 tbsp. garlic, minced
  - 1 can unsweetened spaghetti sauce
  - 1 large spaghetti squash
  - ½ tsp. salt and pepper
1. Microwave whole spaghetti squash for 15 min. Break this time into 3, 5 minute sections (spaghetti squash can explode if you don't allow steam to escape).
  2. Once you can feel that the squash is losing firmness, try cutting in half and continue microwaving – leaving both halves open.
  3. Remove seeds and gooey parts from spaghetti squash. Using a fork, scrape out squash all the way to the end of shell. Squash will resemble noodle like shape. Scoop out squash into a large bowl; set aside.
  4. Heat coconut oil in a large skillet; add garlic and mushrooms and sauté for 3 minutes.
  5. Add turkey to skillet and cook for 5 minutes or until browned.
  6. Mix in spaghetti sauce. Sprinkle salt and pepper over top and let simmer for 5-8 minutes.
  7. Add desired amount of spaghetti squash to plate and top with meat sauce.

## **Ground Beef Omelet**

- 2 tbsp. coconut oil
  - 1 lb ground beef
  - ½ cup chopped mushrooms
  - 2 cups frozen bell pepper strips
  - 2 eggs
  - 2 cups chopped spinach
1. Preheat 2 large skillets over medium heat setting. Melt 1 tbsp of coconut oil in each skillet.
  2. Add ground beef to one skillet and frozen veggies to the other.
  3. Season beef and veggies to your liking.
  4. Once the beef is almost done, crack eggs over top, and mix together. Also add in chopped spinach and peppers.
  5. Turn heat off and allow eggs to finish cooking.
  6. Enjoy!

## **Gluten Free Pizza**

- 1 ten ounce package of cauliflower florets
- ½ cup mozzarella cheese, grated
- ¼ cup parmesan cheese, grated
- 1 tsp. Italian seasoning
- 1 tsp. garlic powder
- 1 egg, beaten

Pizza toppings (pizza sauce, fresh veggies, Italian herbs, etc.)

1. Preheat oven to 400 degrees F.
2. Lightly spray a foil lined baking pan.
3. Using a food processor, lightly pulse the cauliflower in batches until it resembles rice. Place the cauliflower “rice” in a large microwave safe bowl and microwave for 8 minutes or until soft; allow to cool.
4. To the cauliflower, add cheeses, Italian seasoning, garlic powder, and egg and season with salt and pepper, mixing very well.
5. Add the mixture onto the baking pan and form a round pizza crust.
6. Bake crust for 15 minutes or until golden brown.
7. Top with desired pizza toppings and bake again for another 10 minutes.
8. Allow to cool slightly and serve immediately

## **Sirloin & Broccoli**

- 2-3 top sirloin steaks
  - 2 tbsp. grass fed butter
  - Sea salt and pepper for seasoning
  - 1 package frozen broccoli
  - 1 bell pepper
1. Heat large skillet over medium to high heat.
  2. Season steaks with salt and pepper on each side, pressing into meat.
  3. Melt 1 tbsp butter in skillet. Add steak and cook for 3 minutes.
  4. Flip steak and cook another 3 minutes.
  5. At the 1 minute mark, add another tbsp. butter to steak and allow to melt over top.
  6. Flip steak one more time and cook 3 more minutes for a steak cooked medium.
  7. Remove steak and allow to sit for 5 minutes.
  8. Do not cut into steak and allow juices to continue to cook meat throughout.
  9. After cooking all steaks, add veggies to pan and cook for about 5 minutes.



## **Spaghetti Squash**

- 1 whole spaghetti squash
  - 1 tomato, diced
  - 1-2 cans of tuna
  - ½ green bell pepper
  - 2 cups spinach
  - ½ cup blue cheese crumbles
1. Microwave whole spaghetti squash for 15 min. Break this time into 3, 5 minute sections (spaghetti squash can explode if you don't allow steam to escape).
  2. Once you can feel that the squash is losing firmness, try cutting in half and continue microwaving – leaving both halves open.
  3. Preheat oven to 350 degrees.
  4. Remove seeds and gooey parts from spaghetti squash. Using a fork, scrape out squash all the way to the end of shell. Squash will resemble noodle like shape.
  5. Scoop out squash into a casse- role dish.
  6. Mix in diced tomatoes, tuna, and bell pepper.
  7. Cover and bake for 10 minutes.
  8. Uncover, add spinach and blue cheese crumbles and bake another 5 minutes

## **Black Bean Veggie Burgers**

- 1 can black beans, drained and rinsed
- ½ green bell pepper, cut into wedges
- ½ onion, cut into wedges
- 1 egg
- 1 tbsp. chili powder
- ½ cup rolled oats

1. Preheat oven to 375 F.
2. In a medium bowl, mash black beans with a fork until thick and pasty.
3. Finely chop peppers and onions, and stir into mashed beans.
4. In another small bowl, stir together egg, and chili powder.
5. Add egg mixture to mashed beans, mix in oatmeal until the mixture is sticky and holds together.
6. Divide into four patties.

Place patties on foil lined baking sheet and bake about 10 minutes on each side (sometimes this can take longer depending on the size)



## **Remove THIS and Watch Your Belly Shrink**

There are two simple steps to losing as much weight as you desire, and...

I already shared with you Step #1, which is removing grains from your diet.

Step #2 is to remove all the refined sugars from your diet.

Basically, that means all the cookies, cakes, ice cream, and other sugary desserts, however...

There are a lot of other high sugar foods we eat on a daily basis that need to go too :)

Here are some of the WORST high sugar “foods” that you should eliminate immediately...

- Ketchup (contains high fructose corn syrup which is absolutely terrible for you.)
- Barbeque Sauce
- Dried fruit
- Dates
- All fruit juices (except 100% unsweetened cranberry juice)
- Milk & Chocolate Milk
- Sports Drinks
- Spaghetti Sauce
- Yogurt (The only yogurt I recommend eating is plain full-fat Greek yogurt)
- Pre-made soup
- Canned fruit
- Canned vegetables
- Store bought smoothies or other “health” drinks

Those are just a few, but the point is...

Sugar is EVERYWHERE and it's why over half the world is overweight and a third of the world is obese.

That's not a judgement, it's simply the facts.

However, if you cut out sugar and grains from your diet, you can easily lose 3-7 pounds week after week until every last bit of unwanted fat is gone off your body.

And in terms of sugar...

You can still eat fruit. However, I'd stay with the lower-sugar fruits like...

- Blueberries
- Strawberries
- Raspberries
- Blackberries

**Yes, fruit is healthy, however if you have 10 or more pounds to lose, your body may not process the natural sugars in fruit well...**

So I'd stick with the ½ cup of fruit (listed above) per day, and once you reach your goal weight, then you can add in some of the high sugar fruits like banana, apple, grapes, pineapple, mango, etc.

## **60-Second Trick to NEVER Store Food As Fat**

If you noticed on the download page of this program, there are a handful of 60-second workout videos. And here's why I included them with this program...

You see, research has proven doing just a 60-second interval of exercise BEFORE you eat will help your body use that food for fuel, instead of being stored as fat.

Here's why...

When you do certain exercises that work your BIG muscle groups before you eat...

The food will be shuttled to your muscles and burned up for energy, instead of being stored as fat.

However, you want to do exercises that work multiple muscle groups at once, so you get more bang for your buck.

That's why in the workout videos, you'll be doing pushups, bodyweight squats, total body extension, and a few others that engage THOUSANDS of muscle fibers in your body...

Which boosts your metabolism FASTER and helps you burn more fat.

That's why, before breakfast, I also do a quick 60-seconds of pushups, squats, or lunges...

Because it "primes" my body to use the food I'm about to eat for fuel instead of risking the chance that it might be stored as fat.

The trick is, you have to push yourself for the 60 seconds. Do as many reps as possible and even take a break in there if you need to.

That way, you'll boost your fat-burning hormone production and more of the food you eat will be used for energy.

Even better...

You can use this trick BEFORE you're about to indulge in a cheat meal.

Personally, I love using these 60-second bursts on the holidays, because that's then the Christmas cookies, Thanksgiving pies, and other tasty treats won't do as much damage as you think.

So start adding this in a few minutes BEFORE your meals and enjoy the fat-burning boost.

## **Nighttime Fat-Burning Rituals**

There are a few simple things you can do at night, before bed, that'll help you lean out and burn more fat no matter how old you are.

Now, what I would recommend is trying 1-2 of these and focus on them instead of trying to do ALL of them right from the beginning.

Get used to a couple of them, consistently do them to the point where they're a daily HABIT in your life, and then add in another one...

After all, small changes done consistently over time lead to BIG results.

Okay, here we go...

1. Eat a low-carb dinner filled with protein, veggies, and healthy fats.
2. Replace your regular dessert with 1-2 pieces of dark chocolate that's 80% cocoa (or higher).
3. Have at least 2 hours between dinner and bed time. It helps a lot with digestion, which is a huge part of burning fat.
4. Avoid drinking water (or any other liquid) with dinner. It prevents your body from absorbing the nutrients from your food. If you must, take small sips of water with your food.
5. Drink at least 20 ounces of water AFTER dinner.
6. Have a Green Energy Shake after dinner.
  - a. 2 handfuls baby spinach or any other leafy green
  - b. 1 tbsp. coconut oil
  - c. ½ cup full fat Greek yogurt
  - d. 1 tsp cinnamon
  - e. Handful of ice
  - f. 1 scoop protein powder (optional)
7. Do one of the 2-minute workouts found on the download page of this program 1 hour before bed
8. Have a cup of green tea after dinner to help with digestion.
9. If you're hungry after dinner, fill up on a little extra protein and veggies. Don't worry about calories, simply eat until you're satisfied and not stuffed.
10. Drink 8 ounces of water mixed w/ 1 tbsp. apple cider vinegar and the juice from ½ lemon.

## **My Daily Fat-Burning Routine (Copy This If You'd Like)**

Here's exactly what I do on a daily basis to stay lean and fit year round...

And before we get started, I want you to know...

I've never gone on a "diet"...

I've never counted calories...

I've never starved myself or done one of those crazy cleanses...

And honestly, what I do is so simple and so basic, that people are shocked when I share it with them...

I think because of the internet, TV, and the media, everyone thinks losing weight is a lot harder than it actually is...

You see the people on TV doing CrossFit and they're going a million miles an hour, doing all these crazy exercises that some people then think you **MUST** do that in order to get in shape.

Well, I'm here to tell you that you don't.

Losing weight and burning fat is as hard and as difficult as you make it out to be.

So here's my daily schedule and you'll notice how simple it is. So simple, that's it's super easy to stick to week in and week out :)

- **5:30 am** – Wake Up!!!!!!!
- **5:35 am** – 20 ounces of lukewarm water (lemon optional)
- **5:40 am** – Stretching/Foam Rolling work
- **5:50 am** – Work
- **7:00 am** – Dog walk
- **8:00 am** – Breakfast (Greens smoothie)

- **10:00 am** – 30 minute total body workout (combination of dumbbell and bodyweight exercises)
- **11:30 am** – Lunch (usually 5 scrambled eggs, 3 pieces of bacon, and ½ avocado). This will keep you full for HOURS, and you don't have to eat that many eggs :)
- **2:30 pm** – Snack (optional) Usually some berries, Greek yogurt and walnuts. Or black olives w/ a slice of cheese.
- **5:30 pm** – Dinner – Protein, veggies, and healthy fats
- **6:30 pm** – Dessert – 2 squares of dark chocolate (80% cocoa or higher) with a small spoonful of almond butter or cream cheese.
- **10:00 pm** – Lights out

That's basically it.

Sometimes I'll workout on an empty stomach, before having the Greens smoothie.

Other than that, this is about as simple as it gets.

I do 4 workouts per week, usually around 30 minutes each.

On my off days, I either walk my dog, do some stretching, or just do some low-impact bodyweight exercises...

And when it comes to nutrition, I eat until I'm satisfied, not stuffed...

And I cut out the sugars and grains.

The easier it is, the more likely you are to stick with it.



## **Putting It All Together**

My main goal with this program is to SHOW YOU how simple and easy weight loss can be when you have the right information...

As a kid, I watched my mom struggle for years, going from Weight Watchers to Jenny Craig, to Atkins, and then to NutriSystem, and guess what...

None of them ever worked!

Plus in my opinion they're pretty demeaning because you're eating these tiny frozen dinners, and my question is always...

Do you REALLY plan on eating this way for the rest of your life?

I would hope not, because the truth is...

It doesn't have to be that hard!

You can eat plenty of real, natural food that tastes amazing and continue to lose weight week after week...

It doesn't have to be this huge struggle...

And here's one little secret I like to share with all my private clients...

If you're struggling, if you don't feel motivation, and you just can't seem to take that first step in the right direction, think about this...

What is your BIG reason for doing this in the first place?

Why do you want to lose weight?

And don't just say "to get healthier" or "to look better" ...

Get EMOTIONAL about your answer and really think about it long and hard, because...

Once you have your reason, it will motivate you and push you during the down times when maybe things aren't working as well as you'd like...

Or when things get tough and you think about quitting and going back to being the person you USED to be before you made all these positive changes and started getting healthier...

Maybe you want to be an amazing role model for your kids, because they copy everything you do and by eating healthier, you're setting them up for a life of success and vibrant health for decades to come...

Maybe you spend a fortune on medication and you know that a couple years or maybe even a decade could be taken OFF your life because of how poor your health is...

Whatever your reason is, make sure you have a good one because that's what's going to drive you when the tough times show up...

You just have to make the decision right here, right now that you're going to commit 100% for the next 15 days...

Don't worry about a month or a year from now, just give it everything you've got for the next 15 days...

Cut out the grains from your diet...

Cut out the refined sugars...

Start exercising for a few minutes during your "Metabolism Window"...

And start having a couple glasses of "red water" throughout the day...

You'll see and experience some amazing results over the next 15 days, and the best part is...

This is only the beginning!

## **List of Fat-Burning Foods to Have at Home**

One super simple way to almost guarantee you'll lose weight is stock your fridge and your pantry with healthy, fat-burning foods...

Get rid of all the cookies, breads, cakes and everything else that will only tempt you to go back to your old ways, after all...

If it's not in the house, you won't eat it :)

Instead, stock up on these foods that are super healthy and burn a TON of fat when you eat them regularly...

1. Avocado
2. Coconut Oil
3. Broccoli (if your body can handle it, sometimes causes digestion issues)
4. Spinach
5. Ground Beef (grass fed if possible)
6. Eggs (organic if possible)
7. Kale
8. Romaine Lettuce
9. Green Beans
10. Chicken
11. Blueberries
12. Strawberries
13. Blackberries
14. Raspberries
15. Plain full-fat Greek Yogurt
16. Full-Fat Cheese
17. Black Olives
18. Salsa (no sugar added)
19. Steak
20. Bison
21. Wild caught fish
22. Almond butter (no sugar added)
23. Celery
24. Carrots
25. Zucchini
26. Cauliflower
27. Bacon
28. Canadian Bacon
29. Grass Fed Butter (cook your veggies in it)
30. Asparagus

31. Ground Turkey
32. Pork
33. Peppers (if your body can handle them, sometimes causes digestive issues)
34. Beans
35. Raw nuts (almonds, walnuts, pistachios, cashews)
36. Frozen Collard Greens
37. Bone broth
38. Apples
39. Mushrooms
40. Tomatoes

And in case you're wondering, you should go with full-fat cheese and Greek yogurt because the "low-fat" versions remove all the healthy fats and replace them with a bunch of added sugars and artificial sweeteners...

So basically they're taking out the healthy stuff and adding in junk, while disguising it as the "healthier" option because it has less calories...

That's why you should always stay away from the "reduced fat" versions of ANY food...

They're always filled with junk and never fill you up, which is why you're always so hungry.

Now, that's plenty to get you started, and if you ever need ANY help at all...

Feel free to reply to any of my daily emails, or you can reach out to me at [derek@dwahlerfitness.com](mailto:derek@dwahlerfitness.com).

You got this!