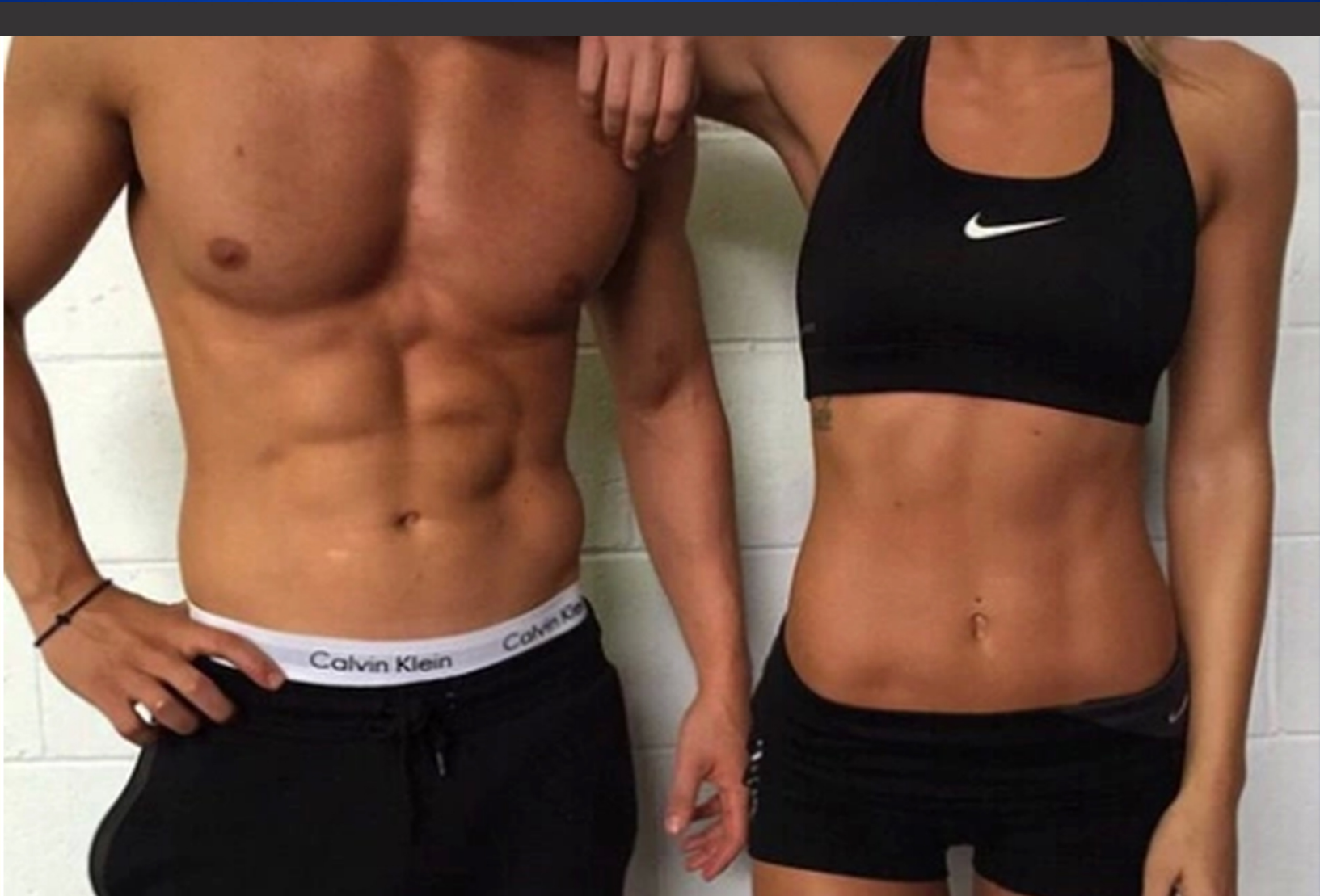


48-HOUR FLAT BELLY FLUSH



Derek Wahler, CTT

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Welcome to the 48-Hour Flat Belly Flush!

I'm all for eating a clean diet and living a healthy lifestyle, however sometimes you just need really fast results and a jumpstart to get you there...

Which is why I created the 48-Hour Flat Belly Flush :)

As a warning, you should NOT follow this detox blueprint for more than two days, no matter how much weight you lose.

It's not meant to be a long term, day-by-day solution...

However, when you need to lose a few pounds FAST...this will be your new secret weapon :-)

All you have to do is follow the simple 48-hour plan below...

Make sure you have all the ingredients ahead of time, and then relax as your body soaks up all the belly slimming super-nutrients, antioxidants, and phytochemicals that melt away fat no matter how many pounds you have to lose.

After the 48 hours, get started with the Flat Belly Flush system and your amazing total body transformation will be underway :)

Keep pushing forward and NEVER give up!

Derek Wahler, CTT
Certified Turbulence Trainer

48-Hour Nutrition Plan

Drink This First Thing In the Morning

- 16 ounces of lukewarm water
- Juice from ½ of a lemon

Drinking water first thing in the morning jumpstarts your metabolism, so you start burning fat and calories almost instantly after you wake up.

And the fresh lemon juice flushes out toxins and improves your digestion, so you can absorb all the vital nutrients in the 48-hour detox.

Breakfast – Extreme Fat Flusher



- 2 handfuls baby spinach
- 1 cup frozen kale
- ½ banana
- 1 tbsp. coconut oil
- 1 scoop vanilla whey protein powder
- 2 tbsp. chia seeds
- 1-2 cups water

Blend and enjoy.

This blend is chock full of belly slimming super nutrients, anti-aging antioxidants, and essential vitamins and minerals that nourish your body while scrubbing away all your internal toxic build up.

Lunch – Immunity Detox Blend



- 1 cup frozen collard greens
- 1 cup frozen kale
- ½ cup chopped strawberries
- ½ avocado, sliced
- 1 scoop whey protein powder
- 2 tbsp. flax seed
- 1-2 cups water

Blend and enjoy!

Dinner – Flat Belly Reset



- 2 cups chopped romaine lettuce
- ½ avocado, sliced
- ½ cup plain Greek yogurt
- 2 tbsp. hemp seed
- 1 scoop vanilla whey protein powder
- 1 tsp. cinnamon

Blend and enjoy.

You'll wrap up your day getting plenty of fiber, which activates your natural internal fat-burning systems so you'll burn even more calories and belly fat as you get ready for bed..

And even while you sleep!

Plus, the hemp seeds provide a boost of all natural pure plant protein, which revs up your calorie burn even more as you wind down and prepare for a good night's rest.

After all, you deserve it!

Repeat this same plan tomorrow to finish out the 48-Hour Flat Belly Flush

And one last thing...

Below are your “Detox Foods” so you can make swaps if certain foods aren’t available to you.

Flat Belly Flush Detox Approved

- Spinach
- Kale
- Collard Greens
- Bok Choi
- Romaine Lettuce
- Green Apples
- Berries
- Flax Seed
- Hemp Seed
- Plain Sunflower Seed
- Chia Seed
- Plain Greek Yogurt
- Protein Powder (low carb, low sugar)
- Banana
- Avocado
- Celery
- Broccoli
- Cucumber
- Green Grapes

Flat Belly Flush NOT Approved

- Fruit Juice
- Cow's Milk
- Frozen fruit with sugar added
- Canned fruit
- Canned vegetables
- Dates
- Raisins
- Peanut Butter
- Sweetened Tea
- Sports Drinks