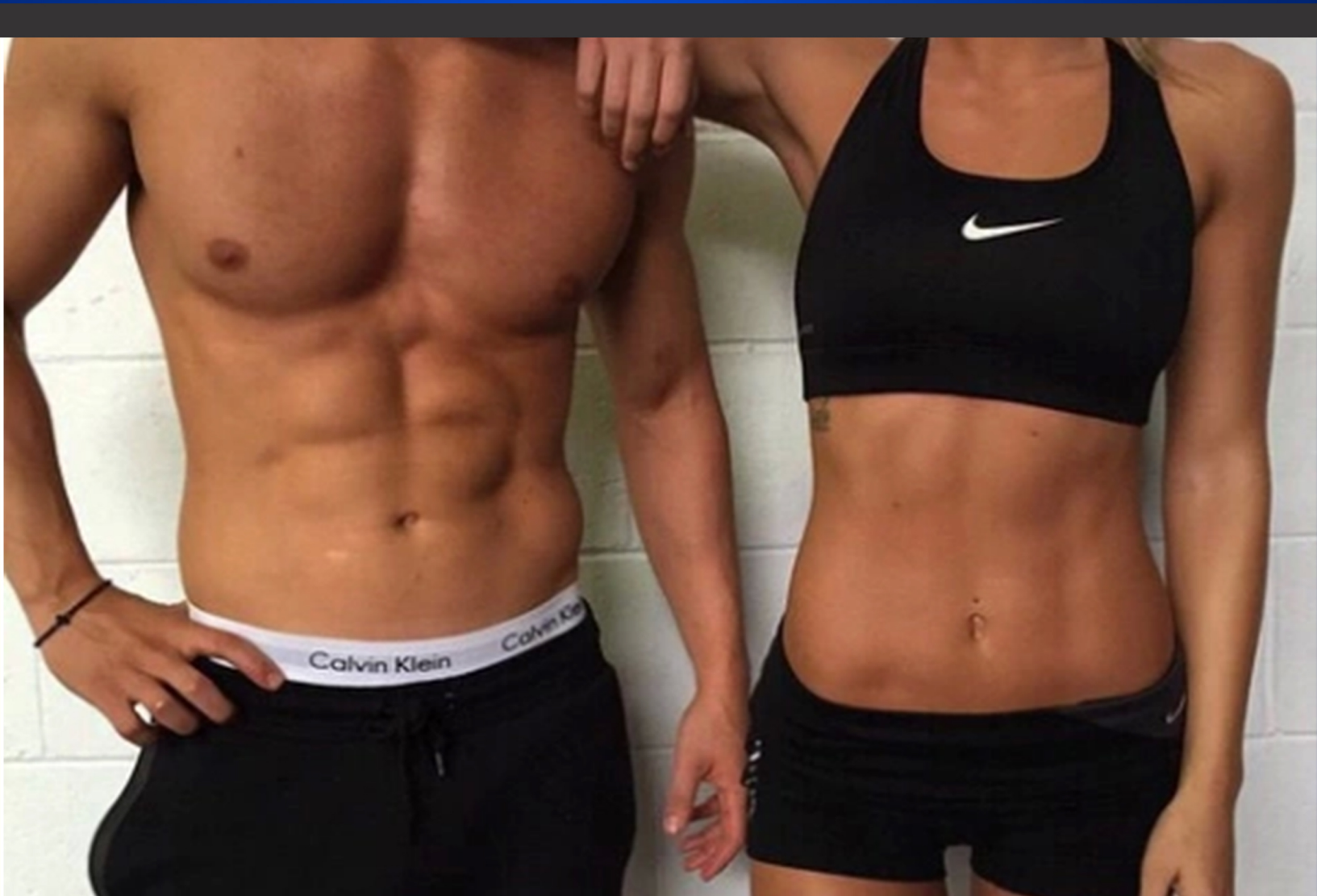


# 5-DAY EXTREME FLAT BELLY FLUSH



**Derek Wahler, CTT**

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# **Derek Wahler Fitness**

## **5-Day Extreme Fat-Burning Plan for Men**

### **Disclaimer**

You must get your physician's approval before beginning this 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. 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.

# Derek Wahler Fitness

## 5-Day Extreme Fat-Burning Plan for Men

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Mix Avocado, Cucumber And Tomato &amp; Eat With Eggs</b>					
¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
1 cup	Cucumber - raw , slices	0.80	2.80	0.00	14.00
1 cup	Egg substitute, liquid	30.12	1.61	8.31	210.84
2 large	Eggs, Organic Valley large brown egg, hard boiled	12.00	0.00	10.00	140.00
3 slice	Tomato, sliced, organic	0.00	0.00	0.00	12.00
	<b>Totals:</b>	<b>44.07</b>	<b>8.66</b>	<b>27.11</b>	<b>469.34</b>
<b>AM Snack - Apple With Nuts</b>					
1 each	Apple - medium with peel	0.30	21.00	0.50	81.00
1 ounce (14 halves)	Nuts, walnuts,	4.26	3.84	18.26	183.12
	<b>Totals:</b>	<b>4.56</b>	<b>24.84</b>	<b>18.76</b>	<b>264.12</b>
<b>Lunch - Fish, Buckwheat And Asparagus</b>					
8 spears	Asparagus, frozen, boiled, drained, no salt	3.54	2.30	0.50	21.60
½ cup	Buckwheat	5.63	30.39	1.45	145.78
6 ounce(s)	Fish, halibut, Atlantic and Pacific, cooked, dry heat	34.03	0.00	3.75	178.50
	<b>Totals:</b>	<b>43.20</b>	<b>32.69</b>	<b>5.70</b>	<b>345.88</b>
<b>PM Snack</b>					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
	<b>Totals:</b>	<b>16.00</b>	<b>16.94</b>	<b>1.86</b>	<b>143.92</b>
<b>Dinner - Chicken With Sweet Pot. Add Your Own Spices.</b>					
½ cup, chopped	Broccoli, boiled, drained, no salt	1.86	5.60	0.32	27.30
4 ounce(s)	Chicken breast, organic	24.00	0.00	0.00	124.00
1 tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
1 small	Salad - sm. garden w /tomato, onion	1.30	9.50	0.40	49.00
½ cup	Yam -baked or boiled	1.00	18.80	0.10	79.00
	<b>Totals:</b>	<b>28.26</b>	<b>35.80</b>	<b>1.72</b>	<b>295.30</b>
<b>Evening Snack - Brazil Nuts</b>					
1 ounce (6-8 kernels)	Nuts, Brazil nuts, raw	4.06	3.48	18.83	185.98
	<b>Totals:</b>	<b>4.06</b>	<b>3.48</b>	<b>18.83</b>	<b>185.98</b>
<b>Actual Totals for Day:</b>		<b>140.15</b>	<b>122.40</b>	<b>73.97</b>	<b>1704.53</b>
<b>Actual % of Total Calories:</b>		<b>32.67</b>	<b>28.53</b>	<b>38.80</b>	

# Derek Wahler Fitness

## 5-Day Extreme Fat-Burning Plan for Men

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Eggs On Toast</b>					
1 slice	Bread, Ezekiel Sprouted Grain, Low Sodium	4.00	15.00	0.50	80.00
1 cup	Egg, w hite, raw	26.49	1.77	0.41	126.36
2 large	Egg, w hole, scrambled	13.53	2.68	14.90	202.52
1 cup	Spinach, boiled, drained, no salt	5.35	6.75	0.47	41.40
1 small	Tomato - sm. w/peel, 2.5" diam.	1.00	5.70	0.40	26.00
	<b>Totals:</b>	<b>50.36</b>	<b>31.91</b>	<b>16.68</b>	<b>476.28</b>
<b>AM Snack - Blackberries And Raw Pumpkin Seeds</b>					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1 ounce (85 seeds)	Seeds, pumpkin and squash seeds, w hole, raw	5.26	15.24	5.50	126.44
	<b>Totals:</b>	<b>7.26</b>	<b>29.08</b>	<b>6.21</b>	<b>188.36</b>
<b>Lunch - Tuna Salad With Lentils And Veggies</b>					
6 medium	Carrots, baby, raw	0.38	4.94	0.08	21.00
3	Celery - raw stalk trimmed	1.50	6.00	0.00	30.00
½ cup	Lentils, boiled, no salt	8.93	19.93	0.38	114.84
1 teaspoon	Mayonnaise	0.00	3.00	0.00	8.00
1 tablespoon	Relish - pickle	0.10	5.30	0.10	20.00
5 ounce(s)	Tuna Solid light, in w ater	37.50	2.50	2.50	175.00
	<b>Totals:</b>	<b>48.41</b>	<b>41.67</b>	<b>3.05</b>	<b>368.84</b>
<b>PM Snack - Apple And Cottage Cheese</b>					
1 small	Apples, raw , with skin	0.14	7.32	0.09	27.56
1 cup	Cottage Cheese - 1% fat	28.00	6.20	2.30	164.00
	<b>Totals:</b>	<b>28.14</b>	<b>13.52</b>	<b>2.39</b>	<b>191.56</b>
<b>Dinner - Beef, Sweet Potato And Salad</b>					
5 ounce(s)	Beef, Organic Flank, separable lean only, trimmed, choice, cooked	38.33	0.00	11.67	274.83
1 tablespoon	Oil & Vinegar -	0.10	1.90	0.90	16.00
1 small	Salad - sm. garden w /tomato, onion	1.30	9.50	0.40	49.00
1 small	Sweet potato, baked in skin, no salt	1.21	12.43	0.09	54.00
	<b>Totals:</b>	<b>40.94</b>	<b>23.83</b>	<b>13.06</b>	<b>393.83</b>
<b>Evening Snack - Walnuts</b>					
½ ounce (14 halves)	Nuts, walnuts, raw	2.13	1.92	9.13	91.56
	<b>Totals:</b>	<b>2.13</b>	<b>1.92</b>	<b>9.13</b>	<b>91.56</b>
<b>Actual Totals for Day:</b>		<b>177.25</b>	<b>141.92</b>	<b>50.51</b>	<b>1710.43</b>
<b>Actual % of Total Calories:</b>		<b>40.95</b>	<b>32.79</b>	<b>26.26</b>	

# Derek Wahler Fitness

## 5-Day Extreme Fat-Burning Plan for Men

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Scrambled Eggs, Spinach, &amp; Mushrooms</b>					
1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	7.00	1.00	9.00	110.00
1 each	Egg w hole w/yolk	6.70	1.30	7.30	100.00
1 cup	Egg, w hite, raw	26.49	1.77	0.41	126.36
½ cup pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
1 cup	Spinach, raw	0.86	1.09	0.12	6.90
	<b>Totals:</b>	<b>42.13</b>	<b>6.31</b>	<b>16.95</b>	<b>350.96</b>
<b>AM Snack - Greek Yoghurt, Peaches And Cinnamon</b>					
½ teaspoon	Cinnamon	0.15	2.70	0.10	9.00
1 small	Peaches, raw	0.72	7.54	0.20	30.81
5 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
	<b>Totals:</b>	<b>15.87</b>	<b>16.07</b>	<b>0.30</b>	<b>123.14</b>
<b>Lunch - Turkey Meatballs With Spaghetti Squash</b>					
1 cup, chopped	Kale, boiled, drained, no salt	2.47	7.32	0.52	36.40
1 tablespoon	Parmesean Cheese, Low Sodium	2.00	0.00	1.00	22.80
1 cup	Squash, w inter, spaghetti, boiled, drained, or baked, no salt	1.02	10.01	0.40	41.85
¾ cup	Tomato sauce, no salt added	2.38	13.56	0.37	67.71
5 each	Turkey Meatballs (recipe)	25.00	10.00	10.00	250.00
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
	<b>Totals:</b>	<b>32.87</b>	<b>42.89</b>	<b>12.29</b>	<b>428.26</b>
<b>PM Snack - Fruit And Nuts</b>					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
12 almond	Nuts, almonds, raw	2.55	2.37	6.08	69.36
	<b>Totals:</b>	<b>18.55</b>	<b>19.31</b>	<b>7.93</b>	<b>213.28</b>
<b>Dinner</b>					
1 tablespoon	BBQ sauce	0.00	6.00	0.50	25.00
1 cup	Beans, snap, green, frozen, steamed	2.01	8.71	0.23	37.80
5 ounce(s)	Chicken Breast/White Meat	32.50	0.00	2.00	155.00
1 tsp chopped	Chives, raw	0.03	0.04	0.01	0.30
2 tablespoon	Cream, sour, reduced fat, cultured	0.88	1.28	3.60	40.50
1 cup	Yam -baked or boiled	2.00	37.60	0.20	158.00
	<b>Totals:</b>	<b>37.43</b>	<b>53.63</b>	<b>6.54</b>	<b>416.60</b>
<b>Evening Snack</b>					
½ ounce (14 halves)	Nuts, w alnuts, raw	3.00	1.92	9.13	91.56
	<b>Totals:</b>	<b>3.00</b>	<b>1.92</b>	<b>9.13</b>	<b>91.56</b>
<b>Actual Totals for Day:</b>		<b>149.85</b>	<b>140.13</b>	<b>53.14</b>	<b>1623.80</b>
<b>Actual % of Total Calories:</b>		<b>34.84</b>	<b>38.83</b>	<b>26.33</b>	

# Derek Wahler Fitness

## 5-Day Extreme Fat-Burning Plan for Men

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast – Toast + P.B., Yoghurt W/ Fruit And Flax</b>					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
2 slices	Bread, Ezekiel Sprouted Grain, Low Sodium	8.00	30.00	1.00	160.00
1 tablespoon	Peanut Butter - all natural smooth style	4.00	3.00	8.00	105.00
1 tablespoon, w hole	Seeds, flaxseed	1.83	2.89	4.22	53.40
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
	<b>Totals:</b>	<b>33.83</b>	<b>56.73</b>	<b>13.92</b>	<b>480.32</b>
<b>AM Snack</b>					
1 small	Apple	0.15	10.50	0.25	40.50
	<b>Totals:</b>	<b>0.15</b>	<b>10.50</b>	<b>0.25</b>	<b>40.50</b>
<b>Lunch - Add Egg &amp; Bean Salad Toss W/Oil-Vinegar</b>					
½ cup	Beans, adzuki, mature seed, boiled, w with salt	8.65	28.49	0.12	147.20
1 large	Egg, w hole, hard-boiled	6.29	0.56	5.30	77.50
2 tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.20	3.80	1.80	32.00
Large	Salad - lrg. garden w /tomato & onion	2.60	19.00	0.80	98.00
4 ounce(s)	Turkey Breast slices, Organic Prairie, nitrate free	28.00	0.00	0.00	100.00
	<b>Totals:</b>	<b>45.74</b>	<b>51.85</b>	<b>8.02</b>	<b>454.70</b>
<b>PM Snack - Peppers And Nuts</b>					
1 ounce (14 halves)	Nuts, w alnuts, raw	4.26	3.84	18.26	183.12
1 cup, chopped	Peppers, sw eet, red, raw	1.48	8.98	0.45	38.74
	<b>Totals:</b>	<b>5.74</b>	<b>12.82</b>	<b>18.71</b>	<b>221.86</b>
<b>Dinner - Broil Or Grill Fish, Top Potato W/Salsa</b>					
6 ounce	Fish, salmon, w wild, cooked, dry heat	32.44	0.00	10.37	232.05
2 ounce(s)	Green beans - string boiled & drained	1.04	4.44	0.14	20.00
1 tablespoon	Oil & Vinegar	0.10	1.90	0.90	16.00
3 ounce(s)	Yam	2.10	20.55	0.09	90.00
1 small	Salad - sm. garden w /tomato, onion	1.30	9.50	0.40	49.00
3 tablespoon	Salsa - Garden Fresh	0.00	0.00	0.00	6.00
	<b>Totals:</b>	<b>36.98</b>	<b>36.39</b>	<b>11.90</b>	<b>413.05</b>
<b>Evening Snack - Ice Cream</b>					
½ cup	Blueberries	2.54	15.12	4.28	98.67
	<b>Totals:</b>	<b>2.54</b>	<b>15.12</b>	<b>4.28</b>	<b>98.67</b>
<b>Actual Totals for Day:</b>		<b>124.97</b>	<b>183.41</b>	<b>57.07</b>	<b>1709.10</b>
<b>Actual % of Total Calories:</b>		<b>28.61</b>	<b>41.99</b>	<b>29.40</b>	

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## 5-Day Extreme Fat-Burning Plan for Men

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
<b>Breakfast - Scrambled Eggs, Spinach, &amp; Mushrooms</b>					
1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	7.00	1.00	9.00	110.00
1 each	Egg w hole w /yolk	6.70	1.30	7.30	100.00
1 cup	Egg, w hite, raw	26.49	1.77	0.41	126.36
½ cup pieces	Mushrooms, raw	1.08	1.15	0.12	7.70
1 cup	Spinach, raw	0.86	1.09	0.12	6.90
<b>Totals:</b>		<b>42.13</b>	<b>6.31</b>	<b>16.95</b>	<b>350.96</b>
<b>AM Snack - Yogurt With Flax And Cinnamon</b>					
1/3 teaspoon	Cinnamon	0.09	1.62	0.06	5.40
1 tablespoon, ground	Seeds, flaxseed	1.28	2.02	2.95	37.38
6 ounce(s)	Yogurt, Greek, non-fat, plain	18.00	7.00	0.00	100.00
<b>Totals:</b>		<b>19.37</b>	<b>10.64</b>	<b>3.01</b>	<b>142.78</b>
<b>Lunch - Top Potato W/Broccoli And Salsa</b>					
1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
4 ounce(s)	Chicken Breast / White Meat	24.00	0.00	0.00	124.00
3 ounce(s)	Yam	2.10	20.55	0.09	90.00
3 tablespoon	Salsa – Garden Fresh	0.00	0.00	0.00	6.00
1 cup	Vegetable soup – (recipe)	2.00	9.00	2.00	60.00
<b>Totals:</b>		<b>33.80</b>	<b>39.39</b>	<b>2.31</b>	<b>331.52</b>
<b>PM Snack</b>					
1 small	Apple	0.15	10.50	0.25	40.50
<b>Totals:</b>		<b>0.15</b>	<b>10.50</b>	<b>0.25</b>	<b>40.50</b>
<b>Dinner - Top Chicken W/Sauce And Cheese &amp; Pasta</b>					
1 cup	Angel hair - buckw heat	7.00	42.00	1.00	210.00
½ tablespoon	Cheese, parmesan, grated	0.96	0.10	0.72	10.78
5 ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
½ cup	Marinara sauce	4.00	10.00	6.00	110.00
2 tablespoon	Oil & Vinegar	0.20	3.80	1.80	32.00
1 medium	Salad - med. garden w /tomato, onion	1.95	14.25	0.60	74.00
<b>Totals:</b>		<b>46.61</b>	<b>70.15</b>	<b>12.12</b>	<b>591.77</b>
<b>Evening Snack</b>					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
½ cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
<b>Actual Totals for Day:</b>		<b>158.06</b>	<b>153.93</b>	<b>36.50</b>	<b>1601.45</b>
<b>Actual % of Total Calories:</b>		<b>29.88</b>	<b>45.04</b>	<b>25.08</b>	