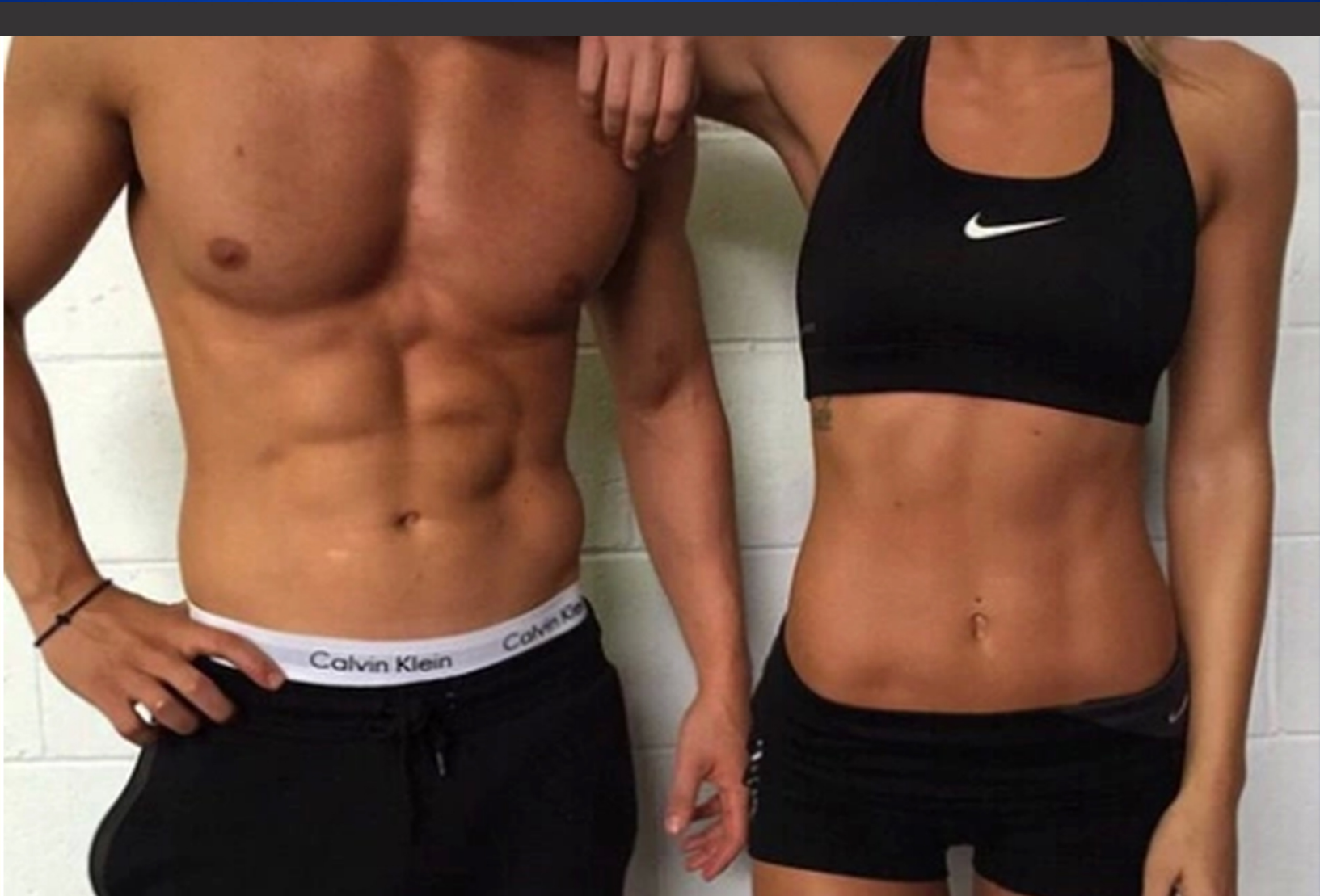


5-DAY EXTREME FLAT BELLY FLUSH



Derek Wahler, CTT

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5-Day Extreme Fat-Burning Plan for Women

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.

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5-Day Extreme Fat-Burning Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Steel Cut Oats Cooked, Berries, Chia And Yoghurt					
½ cup	Blueberries, raw	0.54	10.51	0.24	41.33
½ ounce	Seeds, chia seeds, dried	2.21	6.22	4.36	69.46
5 ounce(s)	Yogurt, Greek, non-fat, plain	15.00	5.83	0.00	83.33
½ cup	Cereal, oats, steel cut, cooked	2.50	13.50	1.00	75.00
	Totals:	20.25	36.05	5.60	269.12
AM Snack - Guacamole With Celery					
¼ cup	Avocado - pureed	1.15	4.25	8.80	92.50
3 each	Celery, Organic stalk, trimmed	0.00	6.00	0.00	30.00
	Totals:	1.15	10.25	8.80	122.50
Lunch - Grill Chicken W/ Lrg Salad, Light Feta & Dressing					
10 beans (4" long)	Beans, snap, green, raw	1.00	3.92	0.07	17.05
½ cup, shredded	Cabbage, freshly harvest, raw	0.42	1.88	0.06	8.40
5 medium	Carrots, baby, raw	0.32	4.12	0.07	17.50
½ ounce cubic inch	Cheese, feta	2.42	0.70	3.62	44.88
4 ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
4 teaspoon	Oil & Vinegar Salad Dressing	0.00	0.00	4.00	46.76
1 large	Salad - lrg. garden w /tomato & onion	2.60	19.00	0.80	98.00
	Totals:	32.76	29.62	10.21	356.59
PM Snack - Tuna salad on crackers					
1 cup	Cucumber - slices	0.80	2.80	0.00	14.00
1 tablespoon	Mayonnaise, fat free	0.00	3.00	0.00	8.00
1 tablespoon	Relish	0.10	5.30	0.10	20.00
3 ounce(s)	Tuna, light in water	22.50	1.50	1.50	105.00
2	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
	Totals:	25.40	26.60	1.60	207.00
Dinner - Broil Or Grill Fish, Steam Broccoli					
½ cup	Broccoli, frozen, chopped, steamed, no salt	2.85	4.92	0.11	25.76
4 ounce(s)	Halibut - broiled	30.00	0.00	4.00	160.00
1 tablespoon	Oil & Balsamic 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
	Totals:	34.25	16.32	5.41	250.76
Evening Snack - Eat Almond Butter With A Spoon					
1 tablespoon	Nuts, almond butter, plain, no salt added	2.41	3.40	9.46	101.28
	Totals:	2.41	3.40	9.46	101.28
Actual Totals for Day		116.23	122.24	41.08	1307.25
Actual % of Total Calories:		35.13	36.94	27.93	

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5-Day Extreme Fat-Burning Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Mix Avocado, Cucumber, Tomato & Eat With Eggs					
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
2 large	Eggs, Organic Valley large brown egg, hard boiled	2.00	0.00	10.00	140.00
3 slices	Tomato, sliced, organic	0.00	0.00	0.00	12.00
	Totals:	13.95	7.05	18.80	258.50
AM Snack - Apple With Nuts					
1 each	Apple - medium with peel	0.30	21.00	0.50	81.00
½ ounce	Nuts, walnuts,	2.13	1.92	9.13	91.56
	Totals:	2.43	22.92	9.63	172.56
Lunch - Fish, Buckwheat And Asparagus					
8 spears	Asparagus, frozen, broiled, drained, no salt	3.54	2.30	0.50	21.60
½ cup	Buckwheat	5.63	30.39	1.45	145.78
3 ounces	Fish, halibut, cooked, dry heat	22.69	0.00	2.50	119.00
	Totals:	31.86	32.69	4.45	286.38
PM Snack					
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
	Totals:	16.00	16.94	1.86	143.92
Dinner - Chicken With Sweet Pot. Add Your Own Spices.					
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
	Totals:	28.26	35.80	1.72	295.30
Evening Snack - Brazil Nuts					
1 ounce (6-8 kernels)	Nuts, brazil nuts, raw	4.06	3.48	18.83	185.98
	Totals:	4.06	3.48	18.83	185.98
Actual Totals for Day		96.56	118.88	55.29	1342.63
Actual % of Total Calories:		28.41	34.98	36.60	

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5-Day Extreme Fat-Burning Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Scrambled Eggs, Spinach, Mushrooms & Crackers					
1/4 cup	Cheese, Organic Valley Mild Shredded Cheddar	3.50	0.50	4.50	55.00
1 each	Egg w hole w /yolk	6.70	1.30	7.30	100.00
½ cup	Egg, w hite, raw	13.24	0.89	0.21	63.18
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
2	Wasa Crackers, light rye	2.00	14.00	0.00	60.00
Totals:		27.38	18.92	12.24	292.78
AM Snack - Greek Yoghurt, Peaches And Cinnamon					
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
Totals:		15.87	16.07	0.30	123.14
Lunch - Turkey Meatballs With Spaghetti Squash					
1 cup, chopped	Kale, boiled, drained, no salt	2.47	7.32	0.52	36.40
1 cup	Squash, w inter, spaghetti, boiled, drained, or baked, no salt	1.02	10.01	0.40	41.85
1 cup	Tomato sauce, no salt added	1.59	9.04	0.24	45.14
4	Turkey Meatballs (recipe included)	20.00	8.00	8.00	200.00
½ cup	Tomato, diced	0.00	2.00	0.00	9.50
Totals:		25.08	36.37	9.17	332.89
PM Snack - Fruit And Nuts					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
10 almond	Nuts, almonds	2.13	1.97	5.06	57.80
Totals:		4.13	15.81	5.77	119.72
Dinner					
1 tablespoon	BBQ sauce	0.00	6.00	0.50	25.00
1 cup	Beans, snap, green, frozen, drained no salt	2.01	8.71	0.23	37.80
4 ounce(s)	Chicken Breast / White Meat	26.00	0.00	1.60	124.00
1 tsp, chopped	Chives, raw	0.03	0.04	0.01	0.30
1 tablespoon	Cream, sour, reduced fat, cultured	0.44	0.64	1.80	20.25
½ cup	Yam - baked or boiled	1.00	18.80	0.10	79.00
Totals:		29.49	34.19	4.24	286.35
Evening Snack					
12	Nuts, organic almonds	0.00	0.00	0.00	69.36
Totals:		0.00	0.00	0.00	69.36
Actual Totals for Day:		101.94	121.37	31.71	1224.24
Actual % of Total Calories:		34.60	41.19	24.22	

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5-Day Extreme Fat-Burning Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast – Toast + P.B., Yoghurt W/ Fruit And Flax					
1 cup	Blackberries, raw	2.00	13.84	0.71	61.92
1 slice	Bread, Ezekiel Sprouted Grain,	4.00	15.00	0.50	80.00
½ tablespoon	Peanut Butter - all natural smooth style	2.00	1.50	4.00	52.50
1 tablespoon, w hole	Seeds, flaxseed	1.83	2.89	4.22	53.40
3 ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
	Totals:	18.83	36.73	9.42	297.82
AM Snack					
1 each	Apple - small w ith peel	0.15	10.50	0.25	40.50
	Totals:	0.15	10.50	0.25	40.50
Lunch - Add Egg & Bean Salad Toss W/Oil-Vinegar					
½ cup	Beans, adzuki, mature seed, boiled, w ith 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
1 large	Salad - lrg. garden w /tomato & onion	2.60	19.00	0.80	98.00
	Totals:	17.74	51.85	8.02	354.70
PM Snack - Peppers And Nuts					
½ ounce (14 halves)	Nuts, w alnuts,	2.13	1.92	9.13	91.56
1 cup, chopped	Peppers, sw eet, red, raw	1.48	8.98	0.45	38.74
	Totals:	3.61	10.90	9.58	130.30
Dinner - Broil Or Grill Fish, Top Potato W/Salsa					
3 ounce(s)	Fish, salmon, w ild, cooked, dry heat	21.62	0.00	6.91	154.70
2 ounce(s)	Green beans - string boiled & drained	1.04	4.44	0.14	20.00
1 tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
½ cup	Potato - w hite medium	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
	Totals:	26.16	36.39	8.44	335.70
Evening Snack - Ice Cream					
½ cup	Blueberries	2.54	15.12	4.28	98.67
	Totals:	2.54	15.12	4.28	98.67
Actual Totals for Day:		69.03	161.49	39.99	1257.69
Actual % of Total Calories:		21.54	50.39	28.07	

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5-Day Extreme Fat-Burning Plan for Women

MEASURE	DESCRIPTION	PROTEIN(gm)	CARBS(gm)	FATS(gm)	CALORIES
Breakfast - Top Eng Muffin W/Almond Butter					
1 large	Egg, w hole, hard-boiled	6.29	0.56	5.30	77.50
½ muffin	English muffins, w hole-wheat, toasted	2.93	13.45	0.70	67.41
½ tablespoon	Nuts, almond butter, plain, no salt added	1.21	1.70	4.73	50.64
1 each	Orange - small	1.10	17.40	0.30	69.00
	Totals:	11.52	33.11	11.03	264.55
AM Snack - Yogurt With Flax And Cinnamon					
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
3 ounce(s)	Yogurt, Greek, non-fat, plain	9.00	3.50	0.00	50.00
	Totals:	10.37	7.14	3.01	92.78
Lunch - Top Potato W/Broccoli And Salsa					
1 cup	Broccoli, frozen, chopped, boiled, drained, no salt	5.70	9.84	0.22	51.52
3 ounce(s)	Potato – sweet potato	2.10	20.55	0.09	90.00
3 tablespoon	Salsa – Garden Fresh	0.00	0.00	0.00	6.00
1 cup	Lentil Vegetable soup – homemade (recipe included)	2.00	9.00	2.00	60.00
	Totals:	9.80	39.39	2.31	207.52
PM Snack					
6 ounce(s)	Yogurt, Greek, non-fat, plain, sweetened with vanilla	16.50	6.42	0.00	91.67
	Totals:	16.50	6.42	0.00	91.67
Dinner - Top Chicken W/Sauce And Cheese & Pasta					
½ cup	Angel hair – buckwheat, cooked,	5.25	31.50	0.75	157.50
½ tablespoon	Cheese, parmesan, grated	0.96	0.10	0.72	10.78
4 ounce(s)	Chicken Breast / White Meat	32.50	0.00	2.00	155.00
½ cup	Marinara sauce – Low Sodium	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
	Totals:	44.86	59.65	11.87	539.27
Evening Snack					
3 cups	Popcorn – Air popped plain	2.01	8.01	3.00	69.00
	Totals:	2.01	8.01	3.00	69.00
Actual Totals for Day:		95.07	153.72	31.22	1264.79
Actual % of Total Calories:		29.80	48.18	22.02	