

# FLAT BELLY FLUSH

**Fat-Flushing Meal Plan**



**Derek Wahler, CTT**

## **Introduction**

I'll be brutally honest with you. This meal plan is the KEY to your success in burning fat and unwanted weight off your body.

You can do the most intense workouts ever created, but if you're eating junk, then you'll never get the results that you deserve.

So this meal plan – along with the workouts – can dramatically change your life in the next 15 days.

There's nothing extreme about this plan. There's no fasting, counting calories, or calculating how many grams of carbs and protein you can have at each meal.

All you have to do is focus on eating whole, healthy foods until you're satisfied (NOT stuffed) and you'll start to feel and see results pretty quickly.

And here's a little secret I share with all my personal training clients....

If you're still hungry, eat some extra protein and veggies. You don't need to starve yourself and you will not gain weight by overeating a little on those two groups.

Follow the plan, eat until you're satisfied, don't worry about counting calories and you WILL succeed!

I know you can do it :)

Derek Wahler, CTT, CPT  
Certified Turbulence Trainer

## **Meal Plan**

As a fitness professional, I've seen A LOT of meal plans in my day. I've also had many of my in-person boot camp clients use them, as well as people I train online throughout the world.

After routinely asking for feedback on meal plans, I always get one complaint.

**They're too complicated and there's too much information.**

So I made this one as easy as possible for you :)

There is NOT a new set of rules to follow each day, or hundreds of recipes that seem overwhelming just to read through.

What you'll find here are options for each of your meals – breakfast, lunch, dinner, and snacks.

One list of options for each, then you can mix and match whatever you feel like eating each day.

The portion sizes are the *minimum* that you should be eating. Everyone is different, so start with the portions recommended and you can always eat a little more if you're still hungry.

As I mentioned earlier, your best bet is to increase the protein and veggie servings if you're still hungry. The protein and fiber will make you feel full faster and for a longer period of time.

Please don't be afraid to eat a little extra. Severely limiting your calories will actually kill your results. You'll have no energy and your body will hang on to every last pound of fat for dear life.

Think of it this way. You're going to be working hard in the workouts, so your body needs fuel so you can perform at your absolute best. Have you ever heard an overweight person say they got that way from eating too much fruits, veggies, and lean protein?

Stick with the healthy foods, stay away from the breads, pastas, cereal, and sweets....

And there will be a new person looking back at you in the mirror 15 days from now!

## **Days 1-15**

### **Breakfast**

Protein Choices:

***Choose One***

3 whole eggs

2 whole eggs + 1 slice Canadian Bacon

3 slices Canadian Bacon

4 oz. meat from the night before

Vegetable Choices:

***Choose One***

1 cup cooked broccoli

1 cup cooked cauliflower

1 cup cooked spinach

Fruit Choices:

***Choose One***

½ cup blueberries

½ cup chopped strawberries

½ avocado

1 grapefruit

Example:

3 whole eggs

1 cup cooked broccoli

½ avocado

## **Lunch & Dinner**

Protein Choices:

***Choose One***

6 ounces chicken breast  
6 ounces turkey (preferably turkey breast)  
6 ounces fish (salmon or tuna)  
1 cup beans (Chickpeas, Black, Pinto, Lentils)  
3 whole eggs  
4 ounces lean ground beef

Vegetable Choices:

***Choose One and eat as much as you'd like***

Broccoli  
1 large bowl of lettuce/spinach for a salad  
Asparagus  
Cauliflower  
Green beans  
Roasted beets  
1 Sweet Potato

Healthy Fat Choices:

***Choose One***

1 tbsp. coconut oil  
1 tbsp. MCT oil  
½ avocado  
1 tbsp. grass fed butter

If you turn your meal into a salad (*highly recommended*), feel free to add tomatoes, mushrooms, black olives, cucumbers and peppers.

Dressing:  
Oil

Apple Cider Vinegar + 2 tsp Extra Virgin Olive

### **Dinner Example:**

6 oz. chicken breast  
Cooked asparagus in grass fed butter  
½ avocado  
1 small sweet potato

### **Snacks (1 per day)**

Protein Choices:

***Choose One***

1 oz raw almonds  
1 oz raw walnuts  
1-2 hardboiled eggs  
3 oz sliced chicken or turkey breast  
2 scoops BioTrust protein powder mixed with 2  
cups unsweetened almond milk  
1 cup plain Greek yogurt  
2 slices full-fat cheese

Vegetable Choices:

***Choose One***

Celery sticks (unlimited amount)  
10 baby carrots  
Salad with mushrooms, lettuce, tomatoes,

Fruit Choices:

***Choose One***

1 organic apple  
1 cup strawberries  
1 cup black berries  
3 cups chopped watermelon  
1 pear

Example:

2 scoops BioTrust protein powder mixed with 2  
cups unsweetened almond milk  
10 baby carrots  
1 cup strawberries

**Protein Powder** – I highly recommend using protein powder while on the 29 day plan. That does NOT mean you're trying to put on massive amounts of muscle, it's in the program because it helps with burning fat.

Having more protein in your diet makes you feel full longer, and helps you keep your hard earned lean muscle, which means your body will burn MORE calories throughout the day – when you're not exercising.

I recommend BioTrust because they're one of the few companies that uses ZERO artificial sweeteners and is made entirely from natural ingredients.

[\*\*You can pick up your BioTrust Low Carb blend here\*\*](#)

And when buy once from BioTrust, you'll likely never pay full price again. They're the king at giving discounts on their Low-Carb Protein Powder every single month. That's how I keep my supply stocked up :)

**Water** - Drink half of your bodyweight in ounces of water. For example, if you weigh 160 pounds, drink at least 80 ounces of water per day.

**Beverages** – In order to get the best results possible, stick with water as your main beverage for the 21 days. Tea from a tea bag is also acceptable, but not the packaged brands that contain added sugar and other ingredients.

You CAN Do This!

I believe in YOU....

Now let's make it happen!

Derek Wahler, CTT