

10-DAY FAT FLUSH

Melt Away Up To 11lbs
in Just 10 Days



WELCOME TO THE 10-DAY FAT FLUSH!



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*My name is Derek Wahler.
I'm a weight loss coach
from Madison, Wisconsin
and over the past decade,
I've made it my mission
to find the fastest and
easiest ways to lose
weight without exercise.*

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You see, my wife Keri just turned 40, and with two young children (Elena is 4, Adam is 2), we simply have NO time to waste.

Just like you.

I know you're busy, you probably have a million things going on, so while it would be great to be able to prepare all your meals in advance, buy everything organic, and hit the gym for an hour every day, it's just not possible. And personally, it's WAY too much work. Especially for me :)



WHICH IS WHY I CAME UP WITH THE 10-DAY FAT FLUSH PROGRAM. THIS IS A SIMPLE AND EASY TO FOLLOW PROGRAM THAT FOCUSES ON:

- Burning fat
- NEVER counting calories
- NEVER being hungry
- Increasing your mental clarity
- Giving you WAY more energy
- Dramatically improving your health
- Wheat
- Cereal
- Corn
- Quinoa
- Oats

And the basis of it is simple, it's eating:

- High fat
- Moderate protein
- Low carb (mainly veggies)

The reason this works so well is, we're cutting out all the foods that create inflammation in the body. Foods like:

- Bread
- Pasta
- Chips
- Crackers
- Rice



Inflammation leads to almost every disease known to man, and it's why eliminating it from your body is so important.

And these highly inflammatory foods are what's causing this massive problem with people's health.

To make this easier to read, I've broken down the program into 3 simple steps...

Along with the "mystery vinegar" recipe that you should drink 30 minutes before each meal.



“MYSTERY VINEGAR” FAT FLUSH RECIPE



The mystery vinegar that barely anyone is using is...



It also provides a range of polyphenols, which are beneficial plant compounds that may protect against conditions such as diabetes and heart disease.

Because of the long fermentation process, coconut vinegar is also a great source of probiotics.



COCONUT VINEGAR.

Coconut vinegar is a staple in Southeast Asia and Indian cultures, and it's finally starting to pick up steam in the West.

It's made from the sap of the flowers of coconut trees, and ferments for 8-12 months, naturally turning into vinegar.

It has a slightly milder taste than apple cider vinegar, and you can add it to salad dressings, marinades, soups, and warm dishes.

COCONUT VINEGAR IS A RICH SOURCE OF:

- Vitamin C
- Potassium
- B vitamins
- Magnesium
- Manganese
- Zinc

DRINK THIS 30 MINUTES BEFORE EACH MEAL



- **1 TSP. COCONUT VINEGAR**
- **½ LEMON**
- **8 OUNCES OF WATER**

Enjoy!

Now, let's get on to
the first step of the
10-Day Fat Flush System.

When it's cold outside, I like to go with 8 ounces of warm water.

However, it's your choice. You can choose either cold, lukewarm, or hot.

And if you want to make it into more of a cocktail, you can use carbonated water as well.

Drink 30 minutes before each meal, or as often as you'd like to throughout the day.

It helps aids your digestion, detoxes your liver, and boosts your immunity.

Step #1 :

CUT OUT SUGAR

This is the MOST powerful thing you can do to lose weight and burn belly fat quickly.

You see, when we eat sugar, your body immediately releases a hormone called insulin.

Insulin's job is to handle all this sugar coming into your body.

However, since most of the sugar can't be utilized by your muscles or organs, it gets shuttled to your fat cells, where it's stored as fat.

So, by cutting out the sugar, you'll lower your insulin response and start BURNING more fat instead of storing around your belly, hips, butt, and thighs.

From now on, focus on cutting out sugar from your diet.

That means the obvious ones like soda, ice cream, cookies, candy, along with some not-so-obvious things like:

Diet Soda

Honey

Maple syrup

Fruit Juice

Dates

Raisins

Ketchup

Salad dressing

Yogurt

(eat full-fat plain

Greek yogurt instead)

Milk

Mango

Pineapple

Grapes

Bananas



WHEN IT COMES TO FRUIT, WE WANT TO CUT OUT THE HIGH-SUGAR FRUITS FOR AT LEAST THE NEXT 10 DAYS.

You see, when you have 15 or more pounds to lose, your body probably doesn't handle sugar too well. Even the natural sugar found in fruit. **That's why we cut it out for at least 10 days.**

When it comes to fruit, these are the only ones you should be eating:

- Raspberries
- Blackberries
- Strawberries
- Blueberries

Otherwise, we're cutting out the rest.

Also, here are the code names for sugar you need to look out for:

- Fructose
- Dextrose
- Agave
- Cane sugar
- Corn syrup
- Evaporate cane juice
- High fructose corn syrup
- Malt syrup
- Raw sugar
- Brown sugar
- Beet sugar
- Cane juice
- Dates
- Glucose
- Grape sugar
- Honey
- Coconut palm sugar
- Coconut sugar
- Maple syrup
- Palm sugar
- Powdered sugar
- Rice syrup
- Sucrose
- Xylose

Look, this is one of the most **POWERFUL** fat-burning strategy there is, so I know this may seem hard for you, but remember that you're changing your body and your health for the better, so simply take it one step at a time.

Will it be perfect?

No.

Will you slip up sometimes?

Maybe :)

But just stay focused on one day at a time, one meal at a time, and all I can ask is you do your best.

And don't worry, you're not cutting out ice cream, cookies, and pizza for the rest of your life :)

This is just for the next 10 days, and then I'll show you how you can eventually add those foods back in your diet on occasion without ruining your results.

Step #2 :

CUT OUT GRAINS

The next step is cutting out grains from your diet. Here's why:

99% of grains are processed to the point where they contain no nutritional value

Your body turns them into sugar through the digestion process

They cause a blood sugar spike that can last for HOURS, putting you in fat-storage mode instead of fat-burning mode

They slow down your results BIG TIME

They cause your body to release insulin, which is the #1 fat storage hormone

They can cause inflammation in your body

The last point is the most important.

You see, for the longest time, people thought that high cholesterol is what caused heart attacks, however...

What REALLY causes heart attacks is plaque.

WHAT CAUSES PLAQUE BUILD UP IN YOUR BODY?

Inflammation.

And what causes
inflammation?

Eating too many grains.

Now, I'm sure you've heard
that you need these carbs
for energy...

Again, it's not true if you become
"fat-adapted"...

Which is where your body runs on
fat instead of carbs...

It not only helps you burn fat
FASTER, it's also what your brain
prefers. Your brain would rather
run on fat than sugars and carbs.

It's why your mental clarity
improves so much once you switch
to a healthy, high-fat diet...

So, here's a list of the most
common grains that we're going to
eliminate...

If you want the FASTEST results
possible, go cold turkey and cut
them all out starting today.

If you don't think you can do it all
at once, take small steps and start
removing these foods from your
diet.

KEEP MAKING PROGRESS EVERYDAY UNTIL ALL HAVE BEEN REMOVED

- Pasta
- Rice (white and brown)
- Bread (all kinds)
- Crackers
- Chips
- Quinoa
- Corn
- Cereal
- Bagels
- Wheat
- Flour (almond& cocout flour is okay)
- Granola bars
- Pastries
- Oats/Oatmeal
- Barley
- Breaded foods
- Tortillas

I think you get the picture.

Now, don't worry...

It's not like you'll NEVER get to eat these foods EVER again.

These are the foods that cause weight gain, so it's important to cut them out immediately.

However, in the future, when you get closer to your goal weight...

You can start adding some of these foods back in, in moderation.

The key is making them a side dish and NOT the entire meal.

Most grains are served as the main course, and...

They spike your insulin levels, then get turned into sugar in your body and stored as fat in your cells.

So that's why we want to avoid them now, and only eat them in moderation in the future.

When you cut out the grains and sugar, while eating more healthy fats that fill you up and never you leave you feeling hungry or unsatisfied...

You'll start losing A LOT of weight.

EAT A HIGH-FAT DIET

Now, I know dietary fat has been demonized in the media and online for decades.

However...

Eating more healthy fat is one of the BEST things you can do to not only burn more fat and lose weight FASTER...

But also for improving your overall health in general.

So when I say high-fat foods, I'm NOT talking about fast food, fried foods, or anything like that.

I'm talking about:

- Eggs (yolk included)
- Bacon
- Sausage
- Avocado
- Black olives
- Steak
- Fish
- Lamb
- Pork
- Coconut oil
- Butter
- Cheese
- Avocado oil
- Extra virgin olive oil
- Ground beef
- Pepperoni
- Raw nuts
- Full fat plain yogurt
- Heavy whipping cream (GREAT to mix in w/ coffee or tea)
- Cream cheese
- Dark chocolate (85% cocoa or higher)



WHEN YOU EAT THIS WAY AND RELY LESS ON CARBS, YOU'RE BODY BECOMES WHAT'S KNOWN AS BEING "FAT-ADAPTED"...

And that basically means your body uses your stored fat for energy, instead of relying on carbs and sugar.

If you're eating a ton of carbs everyday, then your body burns that up for energy. Which is fine, except then your body NEVER burns off your stored fat...

Which is what you REALLY want, right?

Simply eat until you're satisfied, NOT stuffed.

You don't have to count calories...

Or measure portions...

Unlike breads, pasta, and other processed carbs, these foods actually fill you up, so you're not snacking every few hours, and...

They help kill your cravings.

Start getting more healthy fats in your diet...

Stay off the sugar...

STAY OFF THE GRAINS...



And watch the weight fall off week after week :)

Now, there are a handful of other foods that aren't considered grains, that should be avoided for the next 10 days. They include:

- White potatoes
- Beans (unless you're a vegetarian)
- Pastries
- Ice cream
- Pie
- Cookies
- Peanuts and Peanut Butter
- Vegetable Oils (Canola, Safflower, Sunflower)
- Artificial sweeteners mainly found in:
 - Diet Soda
 - Low-fat foods
 - Light Yogurt
 - Diet drinks like Crystal Light
 - Sports Drinks: Gatorade, Powerade, Powerade Zero

Step #4 :

BONUS TRICK TO LOSE MORE WEIGHT



If you want to get even faster results, you can add in Intermittent Fasting.

Now, before I explain exactly what it is, just know this...

This step is completely OPTIONAL.

You don't have to do it. You can still get amazing results without fasting.

However, it can speed things up and it's extremely healthy.

Intermittent Fasting is basically when you decide not to eat for a certain period of time, usually between 12-18 hours.

When you do this, your body burns through the stored sugar in your body, and your insulin levels (insulin is your fat-storing hormone) are at an all time low.

So when your body burns through all your stored sugar for energy, it then turns to your body fat.

The extra fat on your body is just energy waiting to be used. The problem is,

if you eat a lot of sugar and carbs, your body can never burn up all the sugar/carbs, which means it never gets to burning your body fat.

When you fast, it finally burns through your stored sugars and then turns to your fat.

If you go back to the download page of this program, you'll see a video on Intermittent Fasting, where I go into more detail.

Please watch that if you'd like to get started with fasting.

If you've never fasted before, I recommend a simple 12 hour fast.

The easiest way to do this is to stop eating at 7 pm, then don't eat anything until 7 am the next morning.



THERE'S YOUR 12 HOUR FAST :)

And the best part is, you're sleeping most of the time, so you're not even hungry.

You can obviously switch up the times based on your schedule, but a 12 hour fast is the easiest way to get started.

Then as your body adapts, you can push it back to a 14 hour fast, then a 16 hour fast.

As your body gets used to burning fat for energy, while you continue to eat a healthy high-fat diet, you will realize you can go a LONG time without eating or even feeling hungry.

That's because these foods actually fill you up, so you don't need to eat and snack every few hours.

If you're doing a longer fast, 14-16 hours, then you'll likely be skipping breakfast.

That's what I've been doing for almost 2 years now and it works wonders.

So with the meal plan below, don't worry about the breakfast option if you're skipping it.

And when it comes to liquids, the best when you're fasting are:

- Water
- Sparkling water
- Tea
- Coffee (plain)
- Apple Cider Vinegar
- Lemon water

Experiment, have some fun with it, try different things and see what works best for your body.

Experiment, have some fun with it, try different things and see what works best for your body.



BELOW IS YOUR MEAL PLAN FOR THE NEXT 10 DAYS

This can be REALLY simple.

Just focus on eating LOTS of veggies (I cook mine in grass fed butter, olive oil, or coconut oil to make them taste better. Along with sprinkling some sea salt or pink Himalayan salt on top)...

Some protein like steak, beef, chicken, fish, pork, sausage, Canadian bacon and lamb...

And plenty of healthy fats to fill you up, like butter, eggs, bacon, black olives, coconut oil, cream cheese, avocado, olive oil, full fat cheese, full fat yogurt, etc.)

Mix and match...

And have some fun with it!

Any questions on what to eat and what to avoid, just shoot me an email :)



10-DAY DIET Jumpstart

For the next 10 days, use the “meal plan” provided below.

Simply choose one protein, vegetable and healthy fat option to make up your meal.

BREAKFAST

Protein Choices:

Choose One

- 2-4 whole eggs (any style)
- Meat from the night before
- GreensEnergy Shake (see recipe below)

Vegetable Choices:

Choose One

- 1 cup cooked broccoli
- 1 cup cooked cauliflower
- 1 cup cooked spinach
- ½ cup chopped onions
- ½ cup chopped peppers



Healthy Fat Choices:

Choose 1 -2

- ½ avocado
- 1-3 slices of bacon
- 1 tbsp. coconut oil
- 1-2 sausage links
- 1 tbsp. grass fed butter
- Fat-Burning Coffee (recipe below)

Example:

- 3 whole eggs, scrambled
- 1 cup cooked broccoli
- ½ avocado

Note: Cooking your eggs and/or veggies in grass-fed butter or coconut oil is pretty amazing :)

I highly recommend it to get some more healthy fats in, which fill you up and stop you from snacking all day long.

Plus, it helps you burn more fat.

If you still feel a little hungry after eating, wait at least 20 minutes.

Then listen to your body.

If you're still hungry, eat a little more.

However, usually you'll find that the healthy fats in the eggs, bacon, butter, fat-burning coffee, etc. fill you up pretty well.

Simply eat until you're satisfied and NOT stuffed.



GREENS ENERGY SHAKE RECIPE

- 2 handfuls baby spinach or kale
- ½ avocado
- 1 scoop protein powder (optional)
- 1 tbsp. heavy whipping cream
- 1 tsp. cinnamon
- 2 tbsp. chia seeds
- 1 ½ cups water
- Ice (optional)



LUNCH & DINNER

Protein Choices:

Choose One

- Chicken Breast
- Chicken Thighs
- Turkey
- Salmon
- Tuna
- 2-4 whole eggs, any style
- Ground Beef
- Ground Turkey
- Steak (fattier cut the better)
- Pork
- Fish
- Lamb

Vegetable Choices:

Choose 1-2 and eat as much as you'd like

- Broccoli
- Romaine lettuce or spinach for a salad
- Asparagus
- Cauliflower
- Cauliflower rice
- Green beans
- Brussel Sprouts
- Kale
- Peppers
- Cucumbers
- Zucchini or Zoodles (Zucchini Noodles)



Healthy Fat Choices:

Choose 1-2 Options Here

- 1 tbsp. coconut oil
- ½ avocado or avocado oil
- 1 tbsp. grass fed butter
- Black olives
- Full-fat cheese
- 1 cup cottage cheese (high fat version)

SALAD DRESSING OPTIONS:

- 1 Apple Cider Vinegar + 2 tsp Extra Virgin Olive Oil
- 2 1 tbsp. avocado oil
- 3 Juice from 1-2 lemon wedges (tastes GREAT)

Lunch Example:

- Cheeseburger (no bun, no sauces) w/ avocado
- Cauliflower cooked in coconut oil + sea salt

Dinner Example :

- Steak (the fattier cuts are better)
- Asparagus cooked in grass fed butter w/ salt
- ½ avocado



SNACKS

One thing you'll likely find as you start eating a high-fat diet, is that you won't be hungry so often during the day.

In fact, you may not even want to snack at all. The main goal here is to eat enough during breakfast, lunch, and dinner so you don't need to rely on snacks during the day.

- Hard boiled eggs
- 1-2 slices of cheese (full-fat)
- Small handful of raw nuts
 - Macadamia
 - Almonds
 - Walnuts
 - Brazil nuts
- Veggies (I love dipping mine in guacamole or cooking them in butter w/ sea salt on top)
- Olives
- Pumpkin seeds
- Pepperoni slices
- Salami
- Pickles
- Avocado w/ sea salt
- Coconut oil
- Smoked turkey or ham slices
- 1 cup high-fat plain Greek yogurt w/ cinnamon and cream cheese
- 1-2 pork sausage or chicken sausage links



BEVERAGES

In order to get the best results possible, stick with these for the next 7 days:

- Water (you can add in lemon if you'd like)
- Sparkling Water
- La Croix
- Coffee (no sugar, milk, creamer or half and half)
- Black or Green Tea (unsweetened)

If you're a coffee drinker, here's something you can do that might fill you up enough to skip breakfast altogether.





FAT-BURNING COFFEE

- Coffee
- Choose ONE from the list below
- 1 tbsp. heavy whipping cream (not creamer or half and half)
- 1 tbsp. butter
- 1 tbsp. coconut oil

Again, just choose ONE from the list above.

My 40-year-old wife starting drinking a cup of coffee w/ 1 tbsp. heavy whipping cream in the morning and quickly found out she wasn't hungry for breakfast anymore.

A few months later, she was down 25 pounds after having 2 kids.





DESSERT

If you have a sweet tooth, one of my favorite desserts is 1-2 squares of dark chocolate (85% cocoa or higher), with some full-fat cream cheese or raw almond butter on top.

Another great option is ½ cup high-fat plain Greek yogurt w/ cinnamon and 1 tbsp. of almond or sunflower butter (no sugar added).

You CAN Do This!

I believe in YOU....

Now let's make it happen!

Derek Wahler, CTT