



48-Hour

Grocery Shopping

Guide



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Welcome to the 48-Hour Fat 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 Fat Flush :)

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 10-Day Fat Flush system and your amazing total body transformation will be underway :)

Keep pushing forward and NEVER give up!

Derek Wahler, CTT
Certified Turbulence Trainer

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Let's keep this short and simple. Here are the foods you'll need for the 48-Hour Fat Flush

- 6 eggs (organic if possible)
- 1 package of bacon
- 1 stick of butter (Kerrygold is a great brand)
- 1 bag of baby spinach
- 2-4 ground beef patties (80/20 lean are best)
- 2 avocado
- 1 bunch asparagus
- 1 head of broccoli
- 1-2 roma tomatoes (optional)
- Small brick of cheddar cheese
- 2 chicken breast or thighs
- Romaine lettuce
- 1 small brick of mozzarella cheese
- 1 can black olives
- 10 baby tomatoes (optional)
- 2 lemons
- 1 small bottle of apple cider vinegar