



48-Hour

# *Nutrition Plan*

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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

# 48-Hour Nutrition Plan

## Drink This First Thing In the Morning

- 16 ounces of water (hot or cold)
- Juice from ½ of a lemon
- 1 tsp. apple cider vinegar

Drinking water first thing in the morning jumpstarts your metabolism, so you start burning fat and calories almost instantly after you wake up.

And the fresh lemon juice flushes out toxins and improves your digestion, so you can absorb all the vital nutrients in the 48-hour detox.

## Breakfast – Slimming Egg Scramble

- 2-3 whole eggs
- 1 handful spinach, chopped
- 1-2 slices of bacon
- 1/2 tbsp. butter

### Directions:

1. Add butter to skillet and place over medium heat
2. Crack eggs into mixing bowl, whisk briefly
3. Add sliced bacon and a pinch of salt, whisk again
4. Add spinach and mix until the spinach is coated
5. Add the mixture to the skillet
6. Let it cook for 2-3 minutes while stirring occasionally
7. Continue cooking until eggs are at the desired consistency
8. Serve and enjoy!



Do not force yourself to eat the entire scramble. Simply eat until you're satisfied and not overly stuffed.

You can always save the leftovers for lunch or dinner!

## Lunch – Bunless Burger

- 1 ground beef patty (80/20 is best)
- ½ avocado, sliced
- 1 cup cooked asparagus or broccoli
- 1 slice cheddar cheese (optional)
- 1 slice of tomato (optional)



### Directions:

1. Add butter to skillet and place over medium heat
2. Place the burger patty in the skillet
3. Cook until your desired preference
4. Melt the slice of cheese on top
5. Add sliced avocado, and tomato
6. Served with cooked asparagus or broccoli
7. You can also add mustard if you'd like
8. Enjoy!

## Dinner – Avocado Chicken Salad

- 1 chicken breast or thigh, cooked and diced
- Romaine lettuce
- Mozzarella cheese, cubed
- ¼ cup black olives, chopped
- ½ avocado, sliced
- 1 small handful baby tomatoes



### Directions:

1. Cook a medium chicken breast or chicken thigh over medium heat.
2. Let it cool, then cut into 1 inch chunks
3. Fill up a big salad bowl with romaine lettuce or baby spinach
4. Take your mozzarella cheese and cut into ½ inch chunks
5. Add the diced chicken
6. Add in the black olives, baby tomatoes, mozzarella cheese chunks, and sliced avocado
7. Squeeze lemon juice over the salad if desired.
8. Enjoy!

**Repeat this same plan tomorrow to finish out the 48-Hour Fat Flush**