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Disclaimer

You must get your physician's approval before beginning this exercise 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, including the 5-Day Extreme Fat Flush 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 5-Day Extreme Fat Flush program, please follow your doctor's orders.

Welcome to the 5-Day Extreme Fat Flush!

Hi, I'm Derek and wanted to be the first to congratulate you on making the wise decision to invest in yourself and the 5-Day Extreme Fat Flush program.

Over the next 5 days, our one and only goal is to start flushing fat straight from your body in the fastest and safest way possible :)

And I want to make this as simple and straight forward as possible for you, so here's how it all works...

You'll have THREE steps to complete each day, and for this to really work, what I want you to do is...

At the end of each night, write down (or use the Notepad on your phone) a 0, 1, 2, or a 3.

If you finished all three steps, then give yourself a 3.

If you finished two steps, then give yourself a 2.

And if you only finished one step, then give yourself a 1.

And if you did NONE of the steps, then give yourself a big fat 0.

This is your way of holding yourself accountable over the next 5 days, because the truth is...

You can lose as much weight as you desire by simply following these 3 steps every single day.

It's that easy...

Do NOT make this harder than it needs to be. Weight loss and burning fat is extremely simple when you know EXACTLY what to do.

And that's what this guide will show you.

So, here are the three daily steps, do these for the next 5 days...

Step #1 - Fat-Burning Coffee OR Tea for Breakfast

In the 5-Day Extreme Fat Flush you're essentially skipping breakfast for the entire 5 day program, and here's why...

It's a form of intermittent fasting that:

- Ramps up your fat-burning hormones
- FLOODS your body with said fat-burning hormones
- Gives your digestive system a break
- Keeps your insulin (fat-storage hormone) levels super low.
- Burns the stored fat around your belly, hips, thighs, butt (or wherever you store fat the most) for fuel and energy.

Why are you skipping breakfast?

This isn't about skipping a meal so you'll consume fewer calories. You see, when you fast for an extended period of time (12-18 hours), a few things happen.

First, your insulin levels are extremely low. This is what you want. Insulin is a hormone your body releases when you eat food, and the higher-carb foods you eat, the more insulin your body produces.

However, for most of us, our bodies produce WAY too much insulin, and it creates an environment in your body that stores more fat.

However, when you fast, your insulin levels are very low. And when you don't have the calories from food to rely on, your body will start burning your stored body fat for energy instead.

So no, you're not starving yourself. Look at this way, the fat you have on your body is simply energy waiting to be used. Your body will now use it as it's primary energy source as you fast and limit the sugars/carbs you consume later in the day.

Instead of eating breakfast, you're going to have a cup of fat-burning coffee. And if you don't like coffee, you can have tea instead.

Here's the recipe, simply have it when you start feeling hungry.

Fat-Burning Coffee Recipe

- 1 cup of coffee
- 1 tbsp. heavy whipping cream
- 1 tsp. coconut oil
- Stir together and enjoy!

The coconut oil and heavy whipping cream is made up of healthy fats that'll help control your hunger in the morning.

The first few days may be difficult because your body is adjusting, but after a few days, that hunger will fade and it'll become much easier.

Step #2 - Lean Lunch

Step #2 is to have a Lean Lunch that'll provide your body with the vitamins and nutrients it needs to drastically improve your health and burn more fat throughout the day.

And don't worry, I created an entire blueprint for you to follow below...

Where YOU get to pick and choose what you eat for lunch while burning fat around the clock, and...

You can eat AS MUCH as you want.

My simple rule of thumb is...

Eat until you're satisfied and NOT stuffed.

Plus, each meal is full of healthy fats that fill you up, so it's almost impossible to overeat.

So simply pick and choose from the Lean Lunch options below and you'll be reprogramming your body into a "fat-burner" instead of a "carb-burner".

Step #3 - Soup Detox Dinner

For dinner every night, all you have to do is pick one of the detox soup recipes listed below.

And don't worry...

These aren't those veggie soups that you have to eat on my detoxes which never fill you up and always leave you hungry.

These slimming soups are packed with flavor, and designed by a world class chef to help you burn more belly fat WITHOUT having to count calories or worry about portion control.

Simply eat until you're satisfied, and not stuffed, and you'll continue to lose weight week after week.

Now, if you don't have time to make the soup for dinner, you can use the Lean Lunch menu below for dinner as well.

That's it!

Simply follow the 3 steps above for the next 5 days. I can't wait to hear about your results.

Let's do this!

Derek, CTT

Certified Turbulence Trainer

Lean Lunch Options

For lunch on the Flat Belly Detox, simply choose one protein, vegetable and fat choice below.

It's time to get away from the "conventional" lunches and focus on eating what's BEST for your body and your health.

That's why I have scrambled eggs, bacon, and avocado for "lunch" nearly everyday (I don't eat breakfast).

Mix and match the foods...

Find your favorite combinations...

Stick with what works for YOU...

And you'll soon realize how easy this all really is :)

Protein Choices:

Choose One

6 ounces chicken breast or chicken thighs
6 ounces fish (salmon or tuna)
2-5 whole eggs, any style
4-6 ounces ground beef
6 ounces steak
6 ounces pork

Vegetable Choices:

Eat as much as you'd like

Broccoli
Cauliflower
Brussel sprouts
Zucchini
Kale
Spinach
Cucumbers

Healthy Fat Choices:

Choose 1-2

1 tbsp. coconut oil

1 tbsp. MCT oil
½ avocado
1-2 tbsp. grass fed butter
Black olives

Lean Lunch Example:

6 oz. hamburger patty
Broccoli cooked in grass fed butter
½ avocado

Beverages – In order to get the best results possible, stick with water as your main beverage for the 5 days. You can squeeze in some fresh lemon or lime for flavor.

Tea from a tea bag is also acceptable, but not the packaged brands that contain added sugar and other ingredients.

Snacks – Do your best to cut out the snacks for the next 5 days. The reason is...

Digesting food puts A LOT of stress and pressure on your digestive system, and yet we never realize that because we don't feel it.

However, if you're constantly eating and snacking all day long, you're piling up food in your belly and creating more work for your digestive organs.

And it leads to your body constantly pumping out more insulin, which leads to storing more fat.

Instead, eat a little more for lunch, especially the healthy fats because they will keep you full for HOURS and help kill your cravings.

Soup Detox Dinner Recipes

For your Soup Detox Dinner, simply pick one of the recipes below to have for dinner each night.

And with everything else in this program, the goal is to make this as simple and easy as possible for you.

So if you have leftovers from Dinner on Day #1, feel free to have them for Dinner on Day #2.

You don't need to have a new recipe every single day.

I'd recommend TRYING them all, and then stick with the ones you like the best.

And don't worry about serving size, or how many calories you're eating.

It's more about the QUALITY of food and NOT the number of calories.

You can also eat leftover soup for lunch if you'd like.

Whatever works best for YOU, that'll help you stick with this new style of eating long term.

Each night for dinner, simply pick one of the recipes below:

BACON CHILI

Preparation: 10 minutes | Cook: 35 minutes | Servings: 8 servings

INGREDIENTS

3 slices bacon, cut into 1/2" strips
1/4 medium yellow onion, chopped
2 celery stalks, chopped
1 green bell pepper, chopped
1/2 c. sliced baby Bellas
2 cloves garlic, minced
2 lb. ground beef
2 tbsp. chili powder
2 tsp. ground cumin
2 tsp. dried oregano
2 tbsp. smoked paprika
Kosher salt
Freshly ground black pepper
2 c. low-sodium beef broth
Sour cream, for garnish
Shredded cheddar, for garnish
Sliced green onions, for garnish
Sliced avocado, for garnish

DIRECTIONS:

1. In a large pot over medium heat, cook bacon. When bacon is crisp, remove from pot with a slotted spoon. Add onion, celery, pepper, and mushrooms to pot and cook until soft, 6 minutes. Add garlic and cook until fragrant, 1 minute more.
2. Push vegetables to one side of the pan and add beef. Cook, stirring occasionally, until no pink remains. Drain fat and return to heat.
3. Add chili powder, cumin, oregano, and paprika and season with salt and pepper. Stir to combine and cook 2 minutes more. Add broth and bring to a simmer. Let cook 10 to 15 more minutes, until most of the broth has evaporated.
4. Ladle into bowls and top with sour cream, reserved bacon, cheese, green onions, and avocado.

CHICKEN CAULIFLOWER RICE SOUP

Preparation: 5 minutes | Cook: 30 minutes | Servings: 6 servings

INGREDIENTS

2 tablespoons Ghee, or olive oil
1 small Onion, chopped
2 stalks Celery, diced
Salt and Pepper
1 teaspoon Fresh Thyme
4 cups Chicken Stock, or broth
1 Bay Leaf
1 Boneless Skinless Chicken Breast
2 cups Cauliflower Rice
2 cups Canned Coconut Milk, full fat
1/4 cup Fresh Flat-Leaf Parsley

DIRECTIONS

1. Melt the ghee in a large soup pot. Add the onion, carrot, and celery. Cook for 5-8 minutes, or until the vegetables begin to soften. Season with salt and pepper and stir in the thyme.
2. Pour in the chicken stock and add the bay leaf. Bring to a boil, then reduce to a low simmer. Add the whole chicken breast. Cover and simmer 15 minutes, or until the chicken is cooked through.
3. Remove the chicken from the pot and use two forks to separate it into shreds. Discard the bay leaf.
4. Return the shredded chicken to the pot, along with the cauliflower rice. Simmer 5 minutes, until the cauliflower is cooked. Stir in the coconut milk and parsley and cook until warmed through. Season with salt and pepper to taste.

SAUSAGE, PEPPER & SPINACH SOUP

Preparation: 40 minutes | Cook: 20 minutes | Servings: 6 servings

INGREDIENTS

2 tbsp. extra virgin olive oil
1 pound pork sausage
1 medium red pepper, diced
3 celery stalks, diced
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon dried rosemary
1 1/2 tsp. chili powder
1 teaspoon ground cumin
1/2 tsp. ground cinnamon
Sea salt and black pepper, to taste
6 cups organic sugar-free chicken stock
2 cups baby spinach
1 cups Cheddar Jack cheese, shredded

DIRECTIONS

1. In a Dutch oven or large soup pot, heat olive oil over medium-high heat. Add sausage. Cook for approximately 5 minutes, stirring occasionally, until the sausage is no longer pink inside. Break up the sausage into small pieces with a wooden spoon as it cooks.
2. Add the red pepper, celery, oregano, basil, rosemary, chili powder, cumin, and cinnamon into the pot. Season with salt and pepper to taste, and then stir to combine. Cook while stirring occasionally until the vegetables have softened (5-6 minutes).
3. Add chicken stock. Simmer for 20 minutes while stirring occasionally. Add spinach and cook until the spinach wilts (about 4-5 minutes).
4. Remove from heat. Serve immediately topped with cheese.