

5-Day Plateau Buster

Welcome to the 5-Day Plateau Buster!

This is a great plan if you're looking to lose 2-10 pounds VERY quickly...

Or maybe you're stuck and the number on the scale just doesn't seem to go down no matter what...

Or maybe you're just looking to switch things up and try something new.

Now, this isn't like most "diet plans" because you're actually going to be eating real food.

This isn't about starving yourself, or going on some juice cleanse.

Nope, this is about eating in a way that lowers inflammation in your body, keeps your fat-storing hormones as low as possible, which rapidly increasing your fat-burning hormones like glucagon and growth hormone.

Because once you do that, the extra weight and the extra fat naturally comes off.

The instructions for the program are below.

Let's get started!

Derek Wahler, CTT

Rules Before You Get Started

There are just a few simple rules to follow in this program.

Rule #1 – No Snacking Between Meals

Here's something you need to understand...

You only burn fat when you're not eating.

Because when you're eating, your body is releasing storage hormones, and it's also burning the calories from your food for energy.

That's fine, but when your body is burning the calories from your food for energy, it's not burning your stored body fat – which is what we want!

That's why we won't be snacking between meals.

Even “healthy” snacks can slow down your results.

Instead, eat a little more at your meals to make sure you're full.

Rule #2 – Start Your Day With the “Morning Flush” Drink

- 8-12 ounces of lukewarm water
- 1 tbsp. apple cider vinegar
- Juice from ¼ of a lemon
- Dash of salt (sea salt or pink Himalayan salt)

Rule #3 – Have Apple Cider Vinegar 20 Minutes BEFORE Each Meal

- 6-8 ounces of lukewarm water
- 1 tbsp. apple cider vinegar
- It's best to drink it through a straw so you don't harm the enamel on your teeth

Rule #4 – Your Eating Window

- All your meals will be between noon and 6 pm

That means you're essentially going to fast in the morning, have your first meal around noon, and then have your second meal around 4-5 pm.

At each meal, eat enough so that you're full but not stuffed.

This take a little trial and error. Which means you may not eat enough the first day, and then overeat and eat too much the second.

After a few days, you'll find what works best for you.

What Should You Eat?

I'm not going to give you a specific meal plan because what a 68 year old woman should eat is different than a 36 year old man.

What's important here are the foods you're eating.

And this can be really simple and fun.

Below you'll find a list of approved foods.

You can mix and match them any way you'd like (I've provided some examples below).

However, it's best to just keep things simple for the 5 days.

Each meal, focus on eating healthy protein, good fats, and veggies.

If you're eating something that doesn't fall into one of those three groups, it's got to go :)

Here's the List of Approved Foods

- Ground beef
- Steak
- Pork
- Fish
- Shrimp
- Chicken
- Lamb
- Broccoli
- Cauliflower
- Brussel sprouts
- Spinach
- Romaine lettuce
- Spring greens salad mix
- Green beans
- Peppers
- Tomato
- Cheese (hard cheeses are better, don't get the processed cheese like Kraft singles)
- Olives
- Plain Greek yogurt (high fat)
- High-fat cottage cheese
- Seafood

- Heavy whipping cream
- Butter
- Coconut oil
- Avocado
- Avocado oil
- Raw nuts (not seasoned or roasted)
- Eggs
- Bacon
- Sausage
- Cream cheese
- Zucchini
- Canadian bacon
- Ground turkey
- Asparagus
- Pepperoni

Here Are Some Examples of Meals You Can Make

Scrambled Eggs (Great for your first meal of the day around noon)

- 1 egg + 2 egg yolks scrambled
- 2 slices bacon
- ½ avocado

Giant Cobb Salad

- Greens (spring salad mix, spinach or romaine lettuce)
- 2 hard-boiled eggs (chopped)
- 6-8 oz chicken (thighs or breast)
- ½ avocado
- 1 ounce blue cheese crumbles (or other hard cheese of your choice)
- Salad dressing options:

- 2 tbsp. avocado oil mixed w/ ½ tsp. sea salt
- Or any from this page:
<https://www.healthline.com/nutrition/keto-salad-dressing#section6>

Bunless burgers

- 1-4 burger patties
- Optional toppings
 - Full-fat cheese
 - Mustard
 - Avocado
 - Fried egg
 - Bacon
 - Tomato
 - Lettuce
 - Sauerkraut
 - Mushrooms
 - Onion
- 2 cups cooked cauliflower (*you can cook in butter or coconut oil*)
 - You can obviously eat more than 2 cups if you'd like :)

Personally, I like to keep things simple.

So some of my favorite meals are really basic, like steak with broccoli and asparagus cooked in butter.

Or a taco salad with ground beef, chopped lettuce, tomato, black olives, shredded cheese, and guacamole.

Simply stick to the foods from the list above, mix and match them however you'd like, and eat until you're satisfied but not stuffed.

After the 5 days are over, you can either stick with this (it's generally how I've eaten for the past 2 years now)...

Or if you don't enjoy fasting, you can start adding breakfast back in.

Just remember, if you simply stick to the foods above, you can lose as much weight as you want.

It's just a matter of time :)

You Got This!

Derek Wahler, CTT