

Welcome to the 7-Day Challenge!

I'm going to keep this short and sweet, so you can get started ASAP.

Below is the meal plan for the next 7 days. What you'll do is follow Days 1-3, then repeat it for 7 days. It's that simple.

Day #1 consists of breakfast, lunch and dinner.

Day #2 you'll fast in the morning, followed by lunch and dinner.

And Day #3 is back to breakfast, lunch and dinner.

There is no snacking.

And there is no counting calories, simply eat until you're satisfied but not stuffed. A lot of this comes down to trial and error, so after a few days, you'll know how much to eat in order to hold you over until the next meal.

If you're not hungry, don't force yourself to eat.

If you're hungry between meals, that does not mean you're starving. Most of us have anywhere from 100,000 to 200,000 calories of fat on our body.

Your stored fat is simply energy waiting to be used. It's filled with nutrients and vitamins. Which means, as you go through this program, your body will start dipping into that stored fat to burn it for energy. That's how fat loss happens.

I'm not saying you should be starving between meals, but a little hunger isn't a bad thing. Plus, it'll make your next meal that much more enjoyable.

As for the meals below, everyone is different, so don't feel like you have to eat all the food. Again, just eat until you're satisfied but not stuffed.

And if you're still hungry after a meal, wait 20 minutes. If the hunger is still there, then eat a little more.

Day #1

Breakfast:

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

Lunch: 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>

Dinner: 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 :)

Day #2

Breakfast:

- Coffee or green tea
- 1 tbsp. heavy whipping cream or coconut oil (choose one or the other, not both)

Lunch: Taco Salad

- 6-8 ounces ground beef
- ½ avocado
- Shredded cheddar cheese (if possible, buy a brick of cheese and shred it)
- ¼ cup black olives (chopped)
- Other options:
 - Grilled peppers
 - 1-3 tbsp. sour cream
 - 1-3 tbsp. plain Greek yogurt (if you don't like sour cream)
 - Sugar-free salsa

Dinner:

- 4-8 oz steak or salmon
- 1-2 cups cooked broccoli (you can cook in 1 tbsp. butter or coconut oil if you like)
- 5-10 spears of asparagus (cooked in butter or coconut oil if you like)

Day #3:

Breakfast

- 2-4 eggs (any style)
- Bacon or sausage (2-4 strips/links)
- Coffee or green tea w/ 1 tbsp. heavy cream or coconut oil

Lunch: Stir Fry

- Choose chicken or ground beef
- Chop up any veggies below and add them in:
 - Celery
 - Peppers
 - Mushrooms
 - Broccoli
 - Brussel sprouts
- Eat on a bed of cauliflower rice
- Season to taste

Dinner:

- Choose steak, beef, or fish (cooked any way you'd like)
- Green beans cooked in butter or coconut oil (don't get canned green beans)
 - You can also substitute in here any of the following veggies
 - Broccoli
 - Cauliflower
 - Brussel Sprouts
 - Spinach
 - Grilled peppers (I like to cook mine in avocado oil)
 - Cucumbers
 - Zucchini

Other Notes:

20 Minutes Before Each Meal, Have Your ACV Drink:

- 1 tbsp. apple cider vinegar
- 8-12 ounces of lukewarm water
- Dash of salt
 - Best options are sea salt or pink Himalayan salt
- Drink through a straw (*ACV is acidic and can damage the enamel on your teeth over time*)

This drink helps with digestion and helps regulate your insulin levels.

Acceptable Drinks on the 7-Day Plan

- Water
- Sparkling water
- Coffee (unsweetened)
- Tea from a teabag
- Unsweetened iced tea

Best Supplements to Take:

- Fish oil
- Magnesium
- Vitamin D
- Daily Multivitamin

If you don't eat a lot of fish (like me), it's really important to take a quality fish oil to balance the Omega 3 and Omega 6 fatty acids in your body. This will help improve your brain health, and it helps with fat loss as well.

Here's the fish oil I personally use:

<https://tinyurl.com/vrmmzs2>

Magnesium and Vitamin D are two other vitamins that most people are deficient in.

Magnesium is one of the most important nutrients for maintaining good health. It's a co-factor in over 350 enzymatic reactions in the body, and is necessary for

muscular activity, heart function, temperature regulation, formation of healthy bones, and it also helps you sleep.

Vitamin D, also known as the sunshine vitamin, is essential for good health. It helps regulate your body's absorption of calcium, and it can even help with fat loss, while improving bone health.

So unless you're getting out in the sun every day, it's a good idea to take Vitamin D.

Here's what I personally use for my daily multi-vitamin, magnesium, and vitamin D:

<https://purevitaminclub.com/>

I don't get any financial compensation for recommending them, it's just what I've personally been using for over 2 years now.

That's it, keep it simple, follow the meal plan and remember to weigh yourself and take your measurements BEFORE you start the 7-day challenge.

That way you can measure your progress, and...

Keep me updated on how you're doing, ok?

You Got This!

Derek Wahler, CTT
Certified Turbulence Trainer