



14-Day Fat Flush

Limited Space Available



Lose Weight and Inches In Only 14 Days

The aim of this plan is to flush out all the toxins in a detox like fashion and maximize the body's ability to burn fat by increasing metabolic functions.

This plan is by no means a diet, or something that should be followed for any longer than the 14-day period. Instead see it as a quick start or a turbo boost to faster fat loss.

You should consult with a doctor if you have any concerns about your health before under taking this or perhaps think again if your are or have any of the following :

- Pregnant
- Diabetic
- Low/high blood pressure
- Heart condition

Ok so lets begin, first of all our aim is to make the body burn fat as fuel. So we will be doing things that may seem bizarre or go against what you may have been told before.

Rest assure though all of the strategies in this plan are based firmly in scientific research/studies and have been personally tested by my favourite guinea pig (me) .

The first day of the plan involves a fast period where for a 24 hour period all you will consume is water (again please see above do not try this if list)

Intermittent fasting has had something of resurgence in the fitness world lately. There has in my view always been great benefits to once in a while throwing in a fast period.

- Self discipline/control
- Appetite reset
- De toxification
- Blood sugar regulation

The list of benefits could go on but you get the idea, another benefit is that having one day/night with zero calorific intake will help with weight loss, however remember there is a massive difference between weight loss and fat loss.

When you think about it logically weight is:

- Muscle
- Water
- Bone
- Fat

And stepping on a set of scales basically gives you the total of all of the above. Typically the weight loss industry diets promote extremely low calories plans sending the body into a panic like state often referred to as “Starvation mode” which means it perceives a massive problem (energy expenditure increasing & calories decreasing) the result of which makes the body hold onto as much stored energy as possible (body fat) to keep us alive! Resulting “weight loss” on such plans are often mostly muscle mass and water. Not a nice thought especially as such plans are extremely hard to follow.

The end result is a slow down of metabolism (due to the loss of muscle) resulting in a plateau where more weight loss is next to impossible, followed closely by weight gain. The weight loss industries loves this by the way as you then blame yourself and buy more of their plans/products and repeat the cycle!

Makes sense doesn't it, to not focus on weight loss and instead target the fat!

In order to do that there are certain fundamentals we need to adhere to in order for the body to give up fat for fuel these are:

- Correct training (Cardio & resistance combine to tell the body we need our muscles)
- Enough Protein (To repair muscle and prevent muscle tissue being broken down as fuel)
- Carbohydrates (Just enough at the right times)
- Frequent meals (To keep the metabolic rate high to promote fat burning)

Day 1: The Fast

This is quite simple for 24-hour periods only consume water. I recommend doubling your intake (unless you already drink 2-3 litres per day)

You will feel hungry; you won't have as much energy. You should however be sensible do not exercise intensely if you do attend Bootcamp on the fast days consume a small glass of fruit juice 30 mins before the session.

Stop the fast if you feel dizzy or faint, or anything else out of the ordinary. It isn't a good idea to operate heavy machinery or drive long distances etc the golden rule here is to have a bit of common sense and listen to your body. 99.9% of the time all is good as we all have enough stored energy to sustain ourselves for actually much longer periods than a day. (In fact some of the research I've read involves fasts lasting up to 40 days) For our goal of fast fat loss (as much as possible within 14 days) this is not necessary and not recommended for any longer than 24 hours!

Day 2: Re introduction/Protein only

Following the fast day food needs to be re introduced to the body slowly. And in order to further deplete stored glycogen (what the body turns food into, like petrol in your car, but for our body) and tap into the stored energy (body fat) only protein based meals should be consumed in small amounts. On this day for simplicity and easy digestion I used protein shakes 6 to be exact every 3 hours.

The reason? A lot of energy is taken up by digestion and by this point you will be feeling a bit depleted. In my opinion I'd rather have more energy available for day-to-day tasks and my workout than waste what little I have on breaking down food on this day. Protein is basically liquid nutrition, which is rapidly used by the body. Aim to consume around 1g per lb of body weight on this day 1 & ½ -2 scoops of whey 3-6 times per day is enough for most people. Aim for a shake every 2-3 hours. I like True Whey by myprotein (www.myprotein.com)

Day 3: Moderate Protein/Carb day:

By this point your body has depleted completely stored glycogen and you have started to tap into the stored fat for energy, hooray! And not just burn off carbs you have eaten (remember the body likes to hold onto fat to keep us going) this plan is like playing a trick on the body to steal fat away!

However at this point we need to ensure we give the body just enough to stop muscle being broken down for energy (catabolism) kind of like running your car on fumes to ensure your body burns fat!

(Please see list of food groups and pick ones to suit on each meal choice stick to small portions as recommended)

Spread meals equally apart as recommended 3hours is perfect.

Meal 1: Protein/Carbs

Meal 2: Protein only

Meal 3: Protein/Carbs

Meal 4: Protein/Fat

Meal 5: Protein only

Day 4: Moderate Protein/Low Carb day

Basically the same as the previous day apart from meal 3 becomes Protein only

Meal 1: Protein/Carbs

Meal 2: Protein only

Meal 3: Protein only

Meal 4: Protein/Fat

Meal 5: Protein only

Day 5: Carbohydrate reload!

This is an awesome day that you will be thankful for! The aim is to stimulate the metabolism and fat burning hormone production by increasing carb intake for 24 hours.

Energy will increase and mental focus and mood will also elevate on this day.

However still keep your carb portions moderate (fist size) at each meal.

Meal 1: Protein/Carbs

Meal 2: Protein/Carbs

Meal 3: Protein/Carbs

Meal 4: Protein/Carbs

Meal 5: Protein only

Day 6: Pre & Post Workout Day

On this day Protein shakes/meals should only be consumed 1-2 hours before your workout and within 45-60 mins after so a total of two meals or shakes on this day.

Day 7: Moderate Protein/Low Carb day

Meal 1: Protein/Carbs

Meal 2: Protein only

Meal 3: Protein only

Meal 4: Protein/Fat

Meal 5: Protein only

Cycle then repeats for 2nd week

Below I've included the easiest and the best options for each macronutrient for this short term plan.

Food Guide:

Protein	Carbohydrate	Fats
Eggs	Oats	Avocados
Whey Protein	Brown Rice	Almonds
Chicken Breast	Wholegrain Pasta	Extra Virgin Olive Oil
Turkey Breast	Sweet Potatoes	Whole Earth Peanut Butter
Fish	Wholemeal Bread	Flaxseed
Quorn	Wholemeal Pitta	Coconut Oil
Tofu	Oat cakes	Fish Oils
Low Fat Protein Bar	Banana	Almond Butter
Cottage Cheese	Quinoa	Undo's Choice

There is no need to count calories, instead use this simple rule: For salads/veg as much as you can fit into both hands. Carbs a fist size is one serving. Protein palm size (female) hand size (male) Good fats should be around 1-2 thumb-sized measure.



If your using supplements such as whey protein 1 scoop (female) 2 scoops (male)



The reason of the varied protein portion amount is due to genetic deference's between male and female bodies.

Other Recommendations:

I would always take calcium, multi vitamin supplement during this 14-day period.

The only drinks to consume would be water 1-4 L (depending on weight). Black coffee/espresso this has a stimulant/fat burning benefit try adding cinnamon to sweeten and also raise thermogenic effects (fat burning) do not have more than 3 per day as this will then be counter productive as a diuretic (dehydration) will affect vitamin and mineral absorption and possibly negatively affect sleep patterns. Green tea, which has many fat burning and metabolic boosting benefits.

Plan and prepare your meals in advance to ensure you don't miss a meal or slip up.

Include lots of green vegetables as much as you like with any meals.

Only do this plan for 14 days.

Best of Luck!