This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.
Are You In A Bind To Fit Into Your Favorite “Skinny Jeans,” By Monday Morning?

Then you are definitely in the right place, because this “48 Hour Fat Flush,” will jumpstart you metabolic engine by utilizing a century old technique, with a modern flare.

What century old technique am I talking about...?

**Intermittent fasting, also know as IF.**

IF has been used for decades by the elite athletes, fitness gurus and everyday dieters to shed fat fast. I even observed the locals in Panama using this trick ... But how exactly does it work?

Intermittent fasting is NOT a diet, but more of an eating pattern that you can use to consume food in specific windows of time while opting out of eating in other windows of time...

I know it sounds easy, and guess what it really is!

**Back To The Science:**

IF operates on the basis that your body is either “feasting” or “fasting.” In the **feasting state**, your body is being pumped with nutrients and it effectively uses those nutrients for energy, storing the unused food as fat to your “trouble zones” 😊.

In the **fasting state** your body does not have sufficient fuel, in the form of a recent meal, so it is forced to pull energy from the stored fat in your body.

**Using Stored Fat From You Body For Energy = Burning Fat From Your Love Handles, Thighs And BELLY!**

IF also interacts with your insulin levels in an interesting way...
According to a study published in the American Journal of Clinical Nutrition, among the tested patients participating in intermittent fasting, blood levels of insulin dropped significantly in the IF group. A significant drop in insulin levels is linked to facilitating the process of fat burning.

So in short: **IF can help train your body to be a FAT BURNER**

**The Modern Twist On An Old Trick**

So how does the 48-Hour Fat Flush differ from a normal IF routine...?

**The Rapid Fast Technique™**

The RFT™ is unique in the fact that it takes the principles of traditional intermittent fasting, while only using 1-16 hour fasting period.

**Why Expedited The Fast?**

While there is a ton of evidence that support the use of IF for weight loss, there is also a ton of evidence that suggest that prolonged usage of IF has some limiting effects for women... especially women over 40.

It has been found that women have a particular sensitivity to “starvation signals.” This is a built in protection mechanism to safeguard a potential fetus... even if not you’re pregnant!

What does that mean for you? If you using IF protocols for a prolonged period of time, your body will start to store fat instead of burn it!

So with that in mind, the **RFT™** is designed to give you all the benefits of IF without prolonging the process.
Rapid Fast Technique™ Guidelines:

Day 1 is a Pre-RFT™ day, that preps your body for optimum fat burning. The first day is filled with nutrient dense foods and rich antioxidants... all designed to ready your system for the rapid fast.

**Day 1: PRE-RFT™**

**Breakfast: Colorful Egg Scramble**

Serves: 1

**Ingredients:**

- 3 egg whites
- 2 cups spinach
- ½ cup cauliflower
- ½ cup broccoli
- ½ cup carrots

**Instructions:**

- Steam vegetables (until al-dente NOT mushy)
- Cook eggs as desired (scrambled, over easy, etc...)
  - Use cooking spray on non-stick pan

**Lunch: Green Machine**

Serves: 1

**Ingredients:**

- 1 cup spinach
- ½ cup raspberries (frozen or fresh)
- ½ cup blueberries (fresh or frozen)
- ½ banana (fresh or frozen)
- ½ cup mango (fresh or frozen)
• ¼ cup unsweetened almond milk
• ½ cup non-fat plain Greek yogurt
• (Add ½-¼ cup more of chilled water if too thick)

Instructions:

• Blend until smooth.

**Dinner: Turkey & Arugula**

Serves: 1

**Ingredients:**

• 5oz. ground turkey
• 2 cups arugula
• ¼ bell pepper (color of your choice, diced)
• ¼ head of broccoli (chopped)
• ¼ head cauliflower
• ¼ cup carrots

Instructions:

• Steam vegetables (until al dente NOT mushy)
• Cook turkey meat until browned (5-10 minutes on medium-high heat, constantly stirring)
  o Use cooking spray or not stick pan

**Evening Elixir**

**Ingredients:**

• ¼ cup warm water
• 1 tbsp. honey
• 1 tsp. lemon or lime juice
• 1 tsp. ginger (ground or fresh)

Instructions:

• Combine all ingredients and drink
Pre-Sleep Snack: Cottage & Yogi

****Your RFT™ will begin after the pre-sleep snack****

Ingredients:

- ¼ cup non-fat cottage cheese
- ¼ cup non-fat plain Greek yogurt

Day 2: RFT™

Guidelines:

- Fast For 16 hours (for MEALS)
  - So if you eat your “pre-sleep snack” at 8pm then you would have your first meal at 12pm.
  - Meal window is 10 hours (so if you have your first meal at 12pm then you should have your last meal before 10pm).
- 2 meals during the RFT™
- Drink at least 6, 8oz. glasses of water throughout the day
- Tea and coffee are OK (but no added cream, milk or sugar).

Pre-Meal 1: Morning Kicker

(Upon waking)

- ¼ cup warm water
- 1 tsp. honey
- 1 tbsp. apple cider vinegar
- 1 pinch turmeric
- 1 pinch cayenne pepper

Meal 1: Turkey & Avo wraps

(16 hours after pre-sleep snack)

Serves: 1

Ingredients:

- 5-6oz. sliced deli turkey
• 1 hard boiled egg, sliced
• 3 leaves of romaine lettuce
• ½ apple, sliced
• 3 tbsp. non-fat cottage cheese
• ½ avocado
• 1 tbsp. mustard
• Salt & pepper

Instructions:

• Lay the romaine leaves open on a plate
• Divide the hard-boiled egg, apple, cottage cheese, avocado and mustard on each romaine leaf
• Do the same with the sliced turkey
• Add desired salt and pepper
• Roll and enjoy!

Meal 2: Lemon Grilled Chicken & Veggies + Berry Lean Smoothie
(Within the 10 hours of your first meal)

Serves: 4

Ingredients:

• 4 (4-ounce) skinless, boneless chicken breast halves
• 1 ½ tsp. grated lemon rind, divided
• 2 tbsp. honey mustard
• 1 (14-ounce) can fat-free, less-sodium chicken broth
• 1 head of broccoli (chopped)
• 2 bell peppers (chopped)
• ¼ cup sliced pimiento-stuffed olives (chopped)
• ¼ cup sliced pitted kalamata olives (chopped)
• 2 tbsp. chopped fresh basil
• ¼ tsp. pepper

Instructions

• Pre-heat grill
• Spray grill with non-stick cooking spray.
• Place chicken on grill. Cook about 5 minutes per side or until chicken is cooked through.
• Combine 1 tsp. lemon rind with mustard; brush over chicken while cooking.
• In a medium sauté pan, add broccoli, bell pepper olives.
• Remove the chicken from the grill and top with vegie mixture
• Garnish with basil, pepper and remaining lemon rind.

**Berry Lean Smoothie**

Serves: 1

**Ingredients:**

• 1 cup spinach
• ¼ cup blueberries (fresh or frozen)
• ¼ cup raspberries (fresh or frozen)
• ¼ cup strawberries (fresh or frozen)
• ¼ banana
• 2 dates (pitted and chopped)

**Instructions:**

• Blend until smooth.

**Evening Elixir**

*(Before bed)*

**Ingredients:**

• ¼ cup warm water
• 1 tbsp. honey
• 1 tsp. lemon or lime juice
• 1 tsp. ginger (ground or fresh)

**Instructions:**

• Combine all ingredients and drink
**A Word of Caution**

RFT™ is NOT something that I suggest doing every week!

This is an aggressive protocol that is meant to help your body re-regulate, reset and get you back to burning fat.

**Only attempt to workout, during the RFT™, if you are experienced with intermittent fasting. If you are inexperienced, it is always best to test new methods of dieting on their own, before adding exercise.**
References:


