WAKE UP
1 POUND LIGHTER

24-HOUR FAT FLUSHING PROTOCOL

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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.

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In the Next **24 Hours** This Is **Exactly What You Need to Do**, in Order to Wake Up Tomorrow Feeling:

Fresh, Energetic & Lean

Kick-starting your metabolism into becoming a fat burning machine all has to do with choosing the right foods! There are so many conflicting pieces of advice floating around the health and fitness world about what to eat to get lean FAST…

… but guess what, they don't work ☹.

The good news is I want to show you exactly what to do for the next **24 Hours** to jump start your slim success.

In this blueprint, you will be eating a combination of antioxidant-rich fruits, belly tightening veggies, and savory lean meats.

24-Hour Wake Up Lean Blueprint

As soon as you wake up:

- Drink 6oz. cold water
- Drink 6 oz. black coffee or tea (no sweetener or milk!) If you do not normally consume caffeine, then disregard this step.

Metabolic Tonic

Ingredients

- 3oz. warm water
- 1 tbsp. honey
- 1 tbsp. lemon juice
- 1 tsp. ginger (ground or fresh)
- 1 pinch cayenne pepper

Combine and drink

Breakfast

(30 Minutes After Your Metabolic Tonic)

Slim Down Smoothie

Ingredients

- ½ cup cold water
- 2 handfuls spinach
- ½ cup blueberries (frozen or fresh)
- ¼ cup cherries (frozen or fresh)
- ½ banana (frozen or fresh)
- 1 tbsp. non-fat plain Greek yogurt
- ½ tbsp. chia seed

Blend and enjoy!

****Notes:**

- Use frozen fruit to give the smoothie a thicker texture.
- Use more or less water for desired consistency.

Lunch

Between 11am & 1pm

OMG Omegas

Ingredients

- 2 cups or more baby spinach or mixed greens
- ½ cup steamed broccoli
- 3-4 oz. grilled salmon (wild-caught is best) OR 3-4 oz. baked or grilled lean meat (such as turkey or chicken)
- ¼ apple (diced atop salad)

Dressing

- Balsamic or red wine vinegar

Snack

Between 2pm & 3pm

- ½ cup blueberries
- ¼ cup almonds

Quick Afternoon Burn

- Perform 5 Minute Lean Body Burst **Svelte Flow Module.**
  *This workout can be found on your original download page

Dinner

Between 5:30pm & 6:30pm

Sweet Green Machine Smoothie

Ingredients:

- ¼ cup unsweetened almond or coconut milk
- Handful of baby spinach
- 3 tbsp. non-fat plain Greek yogurt
- ½ cup mango (frozen or fresh)
- 1 tsp. cinnamon

Blend and enjoy!

****Notes:**

- Use frozen fruit to give the smoothie a thicker texture.
- If you want the smoothie to be less thick, then add water (DO NOT add more almond or coconut milk)

Quick Evening Tighten Up

- Perform 5 Minute Lean Body Burst **Core Module**
  *This workout can be found on your original download page.

Pre-Bed Fat Burning Tonic

Ingredients

- 3oz. warm water
- 1 tbsp. honey
- 1 tsp. ginger (ground or fresh)
- 1tsp. lemon juice
- 2 mint leaves (optional)

Combine and drink**.**

Wake Up Lean Insider Tip

Take a shower after your **"Pre-Bed Fat Burning Tonic."**

Shower as usual; however, *end* your shower with **20-30 seconds of COLD water.**

This cold exposure has an influence on your body's fat cell activation.

There are 2 different kinds of fats: Brown fat and White fat.

White Fat builds up when we consume more calories than we expend. This leads to storage or white fat (BAD FAT) around out waist, hips, thighs and belly ☹ .

According to a Study done by Joslin Diabetes Center, a Harvard Medical School affiliate, *"Brown fat is the good fat, which generates heat to keep our bodies warm, and is activated when exposed to extreme cold."*

End your 24-hour Wake Up Lean Blueprint with a cold shower to activate your body's fat burning furnace!

Keys to Your 24-Hour Slim Down Success

- Drink 6-8, 8oz. glasses of water throughout the day.
- Go to bed before 11pm.
- Turn off your cell phone and computer **at least 30 minutes** before bed.
- Keep in mind that this is a low calorie, **BUT** an extremely satisfying 1-day protocol! If at any point you feel hungry drink 3-4oz. of warm water!

It's time to Slim Down in record time!

24 -Hour Wake Up Lean Shopping List

Veggies

- 3 handfuls spinach
- 2 cups or more baby spinach or mixed greens
- ½ cup steamed broccoli

Fruit

- ½ cup blueberries (frozen or fresh) + ½ cup fresh
- ¼ cup cherries (frozen or fresh)
- ½ banana (frozen or fresh)
- ¼ apple
- ½ cup mango (frozen or fresh)

Protein

- 3-4 oz. grilled salmon (wild-caught is best) OR 3-4 oz. baked or grilled lean meat (such as turkey or chicken)
- ¼ cup unsweetened almond or coconut milk
- 4 tbsp. non-fat plain Greek yogurt
- ¼ cup raw unsalted almonds

Miscellaneous

- Balsamic or red wine vinegar
- 2 tbsp. honey
- 1 tbsp. + 1 tsp. lemon juice
- 2 tsp. ginger (ground or fresh)
- 1 pinch cayenne pepper
- 2 mint leaves
- 1 tsp. cinnamon
- ½ tbsp. chia seeds