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3 Day Fat Flush

Take off those holiday pounds in a hurry

By Robin Becker Coaching



Jump start your weight loss in 2018!

Highlights of our plan:

- *Eat every 2-4 hours*
- *Lose weight without being hungry*
- *Break off sugar addiction*
- *Thin up your waist*
- *Easy to follow and easy to prepare*

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Jump Start your 2018 weight loss

Did you gain weight during the holidays?

So many people have a difficult time maintaining their weight between Thanksgiving and the New Year due to family gatherings, parties and sugary holiday goodies in abundance. If your waistline has expanded in the last few weeks, Robin Becker Coaching has help for you!



Why Choose Robin Becker Coaching's 3 day Fat Flush plan?

There are many different quick weight loss plans out there. What are some of the drawbacks to these plans?

Some require a day of fasting first or a “cleanse” of juice fasting only.

Some are very calorie restricted.

Some have extensive shopping lists

Some have required meals containing ingredients you don't like.

Some require purchasing expensive products.

Some have wonderful, but time consuming gourmet recipes that must be made on a daily basis.

Some are difficult to fit into a busy work schedule and do not assist you in changing your eating habits to become permanently healthy.

The Robin Becker Coaching 3 Day Fat flush Plan has many benefits.

You will go to the grocery store once for this plan and purchase several different vegetable and protein sources. You will come home and do some meal prep that first day before you begin the program and from there the program is easy. No prepackaged diet foods, no fasting, no juicing, no starving, no difficult recipes, no detailed diet rules. You eat every 2-4 hours and drink lots of liquids to help metabolize fat & keep you full. It helps break sugar addiction. This short term low carb eating plan jump starts weight loss. Try out this fantastic plan as a springboard to a healthy lifestyle. Then continue on to permanent results with our proven online fitness nutrition coaching program. Only \$39. See website for details!

Shopping List:

3 heads of lettuce

A variety of low carb vegetables like:

Green beans, zucchini, celery, cucumber, colorful bell peppers, cabbage, broccoli, cauliflower, bok choy, onions, mushrooms, green onions.

Small packages of baby carrots, a jicama (if you like them)

Good salad dressing with no high fructose corn syrup

Lunch meat such as low fat turkey, ham or roast beef.

Canned tuna, shrimp or crab

Canned Chicken

Low fat mozzarella sticks

Eggs

Non fat plain yogurt

Chocolate or vanilla whey protein powder

Frozen strawberries or blueberries

Spaghetti squash

Lean ground beef, chicken breast,

Good spaghetti sauce with no high fructose corn syrup

Optional: turkey bacon, cheese.

Have on hand: parmesan cheese, olive oil, mustard and spices for roasting vegetables. Also lots of herbal tea you like.

Satisfying Lunches



Chicken Salad Variations

For lunch everyday of our 3 day fat flush, have a large plate of salad with at least 4 ounces of meat and 1—1 1/2 tablespoons of a good dressing with no high fructose corn syrup. Salad greens can be romaine, field greens, leaf lettuces, cabbage or spinach (avoid iceberg). Add low carb veggies like cucumbers, celery, red or green peppers. You can also add on a little carrot, tomato or even pomegranate as shown above

Meat choices to put on your salad:
 Low fat lunch meats
 Shrimp, crab
 Tuna
 Canned or grilled chicken,
 or other lean meats

Our Three Day Fat Flush Plan

The day before you begin, go shopping and stock up on vegetables you like and will eat. Prep a big salad, roast veggies and cut up fresh veggies to stock in the fridge. You want enough for salads at lunch for 3 days. Buy enough veggies for roasting or stir frying for 3 days and also for eating raw for snacks for 3 days. Each day will have similar menus to make it easy on you.

YOUR DAILY EATING PLAN:

Drink a glass of water upon rising.

Breakfast: 2 fried or scrambled eggs or Egg Beaters, one cup or more of stir fried or pre-roasted veggies, and a cup of tea or coffee-black or with milk only, no sugar or creamer.

Morning Snack: 1/2 cup of raw veggies, a mozzarella cheese stick and a mug of herbal tea (no sugar)

Lunch: Large mixed salad with at least 4 ounces of meat and 1-1 1/2 tablespoons dressing with no high fructose corn syrup. See Page 5. Drink a glass of water or herbal tea with this meal.

Afternoon Snack: two Lettuce Wraps. Wrap 1 ounce lunch meat with a smear of mayo and mustard on a large lettuce leaf. Add a couple thin slices of sweet bell pepper and a scallion, wrap and eat! Or you can use one ounce lunch meat and 1/2 ounce low fat cheese for each wrap. Drink a glass of water or tea with this snack

Dinner: 1 cup good spaghetti sauce (with natural ingredients & no high fructose corn syrup) Add 3-4 oz lean cooked hamburger. Put on top of 1-2 cups of cooked spaghetti squash. Also have one cup of cooked vegetables or 1-2 cups more salad. **Optional dinner: at least 4 ounces grilled meat or fish with either a big salad, grilled veggies or stir fried veggies.** Drink a glass of water, unsweetened ice tea or herbal tea with this meal.

Before Bed: 1/2 cup plain low fat yogurt mixed with 1/2 scoop of chocolate or vanilla whey protein powder. Top with 1/2 cup thawed frozen unsweetened fruit of your choice...think cheesecake dessert, only healthier! Raspberries, strawberries, blueberries, pineapple or mango are good choices.

Be sure to get 1 hour of exercise per day. Walk, jog, swim, gym, dance, weight lifting or a class, it all counts. Just get yourself moving!

Veggies: Roast or Stir Fry



Breakfast Variations

Example is 1/2 zucchini, 2 tablespoons chopped onion, and 3 chopped mushrooms. Spray small skillet with non stick spray, add 1 teaspoon olive oil and fry on medium high heat until veggies are sizzling. Add 1-2 tablespoons of water, cover skillet and cook 5 min until crisp tender. Put veggies on plate. Whisk 2 eggs with 1 tablespoon water and salt and pepper to taste and scramble eggs. Eat with your veggies. **Variations:** fry or poach your eggs. Add 1/2 piece of cooked bacon or 1 tablespoon finely grated cheese to the veggies or eggs.

Pan roasted vegetables

Roast up a big pan of vegetables the day before you start this fat flush. Cut up any combination of lower carb veggies and put in a large bowl. Salt, pepper and seasonings to taste, drizzle with olive oil and mix with your hands until veggies are coated. Put on large flat pan. Cook 20-25 min at 425 degrees. Cool and store in fridge. Heat in microwave for breakfasts, snack or dinners as desired.

Lettuce Roll ups



Lunch Meat Lettuce Rollups

These are easy to prepare and make a great snack. Take a large lettuce leaf and spread with a little mayo and mustard (perhaps 1 teas. each). Put a strip or two of sweet red pepper, one ounce (one slice) lunch meat and a scallion on the lettuce. Roll up and eat! You can add 1/2 ounce which is usually 1/2 slice of low fat cheese to each roll if you like. Women should have 2 lettuce rolls. Men can have 3 lettuce rolls.