

Lean **B@lls**



3 - DAY RAPID FAT LOSS

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Introduction

Welcome to the 3-Day Rapid Fat Loss Formula.

This guide has been designed to scare the bejeebers out of your fat cells and have them abandon ship sharpish. Well, something like that...



If you follow this guide to the letter, there's a bloody good chance you'll lose fat faster than you ever have before. However...

Some of these diet tricks inside are perhaps considered "extreme" by some, so I ask that you keep an open mind and give these methods your best shot for 3-days (or longer should you wish to).

These methods are perfect for when you've got a big event coming up that you need to look your best. Perhaps a wedding, milestone birthday and of course, your yearly beach holiday. Put the 3-Day Rapid Fat Loss Formula into action before any of these events and you'll see some amazing results. Plus...

If you've been eating and drinking all the wrongs things and your fitness mojo has taken a nosedive, then this might well be the kick up the ass you need physically and mentally. It'll help reset your sugar cravings and recalibrate your hormonal mojo in favour of fat loss.

Although the diet strategies used inside this guide are badass (and scientifically proven) they are not what I personally consider everyday tools, at least not over the long haul. While you can repeat the 3-day formula back to back for several rounds to help kickstart your fat loss journey and boost your mojo when things start heading south, I didn't design it to replace healthy eating (aka dodging shoddy grub). Setting yourself up with some strong diet foundations is essential to your long-term health, well-being and weight loss. If you ignore your foundations, then I'm afraid any chub that you lose will come back to haunt you sharpish. So, before we delve into what the 3-Day Rapid Fat Loss Formula

consists of, indulge me as I try to cement your diet foundations in the next chapter...

Your Diet Foundations

I don't want to bore you with the specifics, but if you want to keep the lard at bay over the long-haul, then it's a good idea to avoid the following food sources whenever possible. In doing so you'll give your body a fighting chance at losing fat and keeping it off for good. Not to mention all the health benefits that come with this!

Now, I've gotta point out that I'm not expecting you to be a complete saint when it comes to your diet, I'm certainly not, but if you can remove the following food sources or at least reduce them drastically then you will benefit immensely.

Processed Food: readymade meals, foods with hydrogenated oils, whacky ingredients, artificial sweeteners and other random gubbins.

Can lead to chronic inflammation and leave your hormones all over the shop.

Refined Sugars: cakes, biscuits, cookies, donuts, candy, fizzy drinks, Huge spikes in blood sugar leading to weight gain, chronic inflammation and the list goes on and on.

Wheat: bread, pasta, soy sauce, cakes, biscuits, cookies, pretzels. Spikes blood sugar, which can make fat loss difficult and fat storage easy. Plus, wheat is also renowned for causing belly bloat along with bowel complaints.

Cow's Milk: bottles, cartons and in drinks such as tea, coffee, hot chocolate.

Linked to breast cancer, diabetes, kidney stones, acne, heart disease, multiple sclerosis, stroke, rheumatoid arthritis and, bizarrely, osteoporosis even though cow's milk is supposedly a good source of calcium.

Caffeine: tea, filtered coffee, latte, cappuccino, etc.

Dehydrates your body and puts you on the energy rollercoaster, which can lead to huge sugar cravings.

Booze: beer, wine, spirits.

Adds unnecessary calories to your diet and spikes the stress hormone cortisol making it difficult to lose belly fat.

Okay, so that pretty much wraps up what to avoid and you might now be wondering what you can eat.

In a nutshell, **your diet foundations should consist largely of “real food” ...**

+ Vegetables

+ Fruit

+ Lean meats

+ Fish

+ Nuts and seeds

+ Eggs

+ Beans, lentils and pulses

It's simple, right?

Remember, I'm not expecting you to be a complete saint for the rest of your life when it comes to this stuff, yet it's important that you try to set yourself up with some solid foundations to help flatten your gut, boost your metabolism, heal your digestive system, and burn more fattimus from your assimus over the long-haul.

Before You Start

Before you get cracking with this rapid fat loss malarkey I want to go over some housekeeping...

- 1) Record your measurements and don't just rely on your scales to measure progress.
- 2) Take before and after photos (front, side and back) wearing a swimsuit or tight-fitting clothing.
- 3) Don't weigh yourself after a "Surge" day. Instead, wait another day or so and hop on the scales. The reason for this is that your body will retain a lot more water after an increase in calories and carbs.
- 4) It's not essential to keep tabs on your calories, carbs, fats, etc but if you find it helps, I recommend something like My Fitness Pal on Google Play/App Store.
- 5) Invest in some apple cider vinegar (with mother) to help cleanse, alkalize and reduce blood sugar spikes (extremely important for rapid fat loss).
- 6) Sleep. You need to sleep 7+ hours a night if you want to effectively tap into your excess belly fat.
- 7) You are more than welcome to exercise while you follow this plan. Although, I wouldn't recommend fasting and exercising at the same time if this is your first experience of using intermittent fasting. Instead it would be more sensible to exercise after you finish your fast later in the day.
- 8) This 3-day rapid fat loss formula is not a performance based diet, so if you need to lift heavy weights, run long distances or play competitive sports you should consider if/and when there might be an optimal time to use this formula.
- 9) It's okay to be hungry occasionally. People seem to have forgotten this in today's society. Let's face it, if you're 20+ pounds overweight, then a wee bit of hunger isn't going to do you any harm.
- 10) Be positive and stay focused on your goals.
- 11) Go get 'em, Tiger!

Rapid Fat Loss Tools

Righto, my little chickadee, let's delve into this rapid fat loss...

Over the next 3 days we'll be combining some kick-ass diet tricks to get your bod to give up its wobbly bits double quick.

These tricks include intermittent fasting, carb slashing, eating more fat (*What?!*) and "surges".

I can picture your eyebrows twitching already. LOL 😏

Okay, remember I said to keep an open mind about these diet tricks. I've used them personally, as well with my clients and thousands more people online to get incredible results. However...

I know you might be a tad sceptical, so before I lay down the structure let me explain why these diet tricks work so well.

Intermittent Fasting

Fasting is an awesome tool to help recalibrate your fat loss hormones. Especially, insulin and human growth hormone. These two cheeky monkeys are like yin and yang and often play off each other. To lose more fat we want to keep a lid on insulin and light a firecracker under human growth hormone. Guess what? By employing Intermittent fasting, we can achieve this easily.

In a nutshell, fasting simply means not eating for a specific period of time, which most people do during the night anyhow. We're just looking to extend this time frame further.

There are all sorts of intermittent fasting protocols ranging from 14 hours all the way up to 3 days. However, for this guide I recommend shooting for the 18-hour mark. That's short enough to not be a complete ball ache and long enough to experience the full benefits.

Speaking of benefits, there are many! Of course, fat loss is high on the list, but you'll also experience more energy, better

concentration/productivity, hormone recalibration, cleansing of your digestive system and so much more that I could write an entire book on the subject.

Carb Slashing

Let me start by saying that carbs are NOT evil...well, not all carbs. I love potatoes, rice and oats, but I also love cookies and cake. Guess which ones have a nasty habit of making people lardy? Here's the thing...

You can still get away with eating cookies and cake, that's not a problem. You've just gotta be strategic about it. If you're an active person, then you'll be able to get away with eating more carbs than someone who sits on their ass all day. That's common sense! Unfortunately...

Most people have this balance way off the mark. They're eating so many carbs, good and bad, that their blood sugar sky rockets and when this happens, our insulin hormone has no other choice than to transport the excess energy to the fat cells and store it as plain old chub. Eek! So...

Whether it's maintaining your weight or trying to turbo charge your fat loss, we need to manipulate your carb intake to suit the goal. And...

Because we're interested in rapid fat loss here, we're going to slash the carbs, both good and bad, for a couple of days before bringing them back into play in all their heavenly glory.

If you're a numbers person and are familiar with carb grams, then I'd recommend keeping your carbs under the 50 grams for the specified day. However, don't worry if you're not, because you should be able to stay under the 50 grams by simply avoiding ALL sugars and starchy carbs anyway.

More Fats

"Fats are the devil!" said the 1980's.

With a bit of luck, you now realise that not all fats are bad. Just like carbs, we've got good ones and bad ones.

The bad ones are mostly found in processed grub such as readymade meals and pre-packaged goods. If you've been eating this sort of food for several years, then it's a safe bet that your body most likely suffers from some sort of inflammation and your hormones are out of whack.

Good fats include: nuts and seeds, eggs, avocados, fish, coconuts, olives and oils such as avocado oil, coconut oil and olive oil. All of which can be extremely helpful when it comes to transforming your health and providing enough energy when slashing the carbs.

Surges

When using the techniques mentioned above your metabolic rate will be on overdrive. However...

Your body is a smart cookie and doesn't like change, so it will try to adapt and slow down your metabolism. Well...

We can't have that now, can we?! So to keep this fat loss ship sailing in the right direction, believe it or not, I want to flip your diet on its head with a spike in calories and carbs, also known as a "surge".

The surge is an important tool, because it keeps your metabolism healthy and prevents a hormone called leptin getting its knickers in a twist and bringing your metabolism to a snail pace. Plus...

These surges in calories and carbs help give you a mental break from following such a rigid approach, which is very helpful if you want to follow this formula for several rounds.

It's also worth mentioning that there are two routes you can take when "surging"...

- 1) **Dirty Surge:** up your calories and carbs by placing no restrictions on foods such as cake, candy, chocolate, etc.
- 2) **Clean Surge:** up your calories and carbs by using "clean" sources such as fruit, vegetables, oats and rice.

Now when I say, “up your calories and carbs”, I don’t mean that you go eating 3-4 times what you’d normally eat in a day, that’s just bloody daft. Instead I want you to eat until you’re satisfied and without going into the ball ache of calorie counting, I want you to reach a level that equates to roughly the same amount of food it takes to maintain your current weight. That make sense?

Oh and if you have a weak digestive system and often suffer from bloating, constipation or diarrhoea then I’d recommend you follow the “clean surge” to avoid any issues and give your digestive system a chance to repair.

Okay, it’s time to delve into the core of this 3-day rapid fat loss formula...

Your 3-Day Formula

The outline for this formula is relatively simple to follow and shouldn't give you too much trouble over the next few days...

Day 1) 18-hour fast followed by a 6- hour eating window. Start and end the day with apple cider vinegar and lemon water. Avoid ALL sugars and starchy carbs. Calorie consumption for the day should be in the region of 700-1200. Eat plenty of green veg during your main meal, as well as drinking lots of water throughout the day.

Also note that your fast should start the night before and technically begins once you've finished your last meal. For example, if I finished my dinner at 8pm the previous night, I then count 18-hours forward to 2pm when my eating windows opens for 6 hours.

Day 2) The same as day 1 😊

Day 3) 14 to 18-hour fast followed by 10 to 8-hour eating window. Start and finish the day with the apple cider vinegar and lemon water drink. Up your calories and carbs via the "clean surge" or "dirty surge". Calorie consumption for the day should be around the 1800-2200 mark.

There you have it, rapid fat loss here we come!

I know that's a lot to take in and I don't want you to have to think too hard about this, so below you'll find an example 3-day meal plan that works within these parameters.

Just remember that this is a guideline and you can adjust things if need be...

Example Meal Plan

<u>Day</u>		<u>Breakfast</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
1	Food	X	X	Cheesecake Smoothie	Rosemary Roasted Chicken & Sautéed Leafy Greens
	Fluids	ACV + lemon water drink (AM + PM) 3 litres+ of water			

<u>Day</u>		<u>Breakfast</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
2	Food	X	X	Spinach & Almond Smoothie	Grilled Salmon & Sautéed Leafy Greens
	Fluids	ACV + lemon water drink (AM + PM) 3 litres+ of water			

<u>Day</u>		<u>Breakfast</u>	<u>Lunch</u>	<u>Snack</u>	<u>Dinner</u>
3	Clean Surge	X	Chicken, Avocado & Mango Salad with Walnuts	Raspberry Kiss Smoothie	Herb Roasted Tenderloin with Potatoes & Leafy Greens
	Dirty Surge	X	Pancakes, bacon & Maple Syrup*	Cookies & Milk*	Pizza*
	Fluids	ACV + lemon water drink (AM + PM) 3 litres+ of water			

* Please note that these simply examples and no recipes have been included in this guide. You can choose whatever you'd like to eat if you're going the "Dirty Surge" route.

Meal Plan Recipes

Below you'll find the recipes used for the meal plan example I've outlined above...

ACV + Lemon Water Drink

Serves: 1



Ingredients:

- 1 cup of water
- 2 tsp raw apple cider vinegar (with Mother)
- 1.5 tbsp. fresh squeezed lemon juice
- 1/2 tsp ground cinnamon
- 1 pinch cayenne pepper (optional)
- 1-2 tsp honey or apple juice (optional)

Directions:

1. Mix ingredients into a glass
2. Take a deep breath and drink

Raspberry Kiss

Serves: 1



Preparation time: 5 minutes

Ingredients:

- 2 cups (475ml) filtered water
- 1 cup (120g) zucchini, roughly chopped
- 2 cups (70g) baby Romaine lettuce
- 2 pears, chopped
- ¼ cup (35g) almonds
- 2 tablespoons (15g) raspberries

Directions:

1. Combine all ingredients, except raspberries into food blender.
2. Blend on high until smooth.

3. Divide smoothie among bowls and top with raspberries.
4. Serve.

Spinach & Almond Smoothie

Serves: 4



Preparation time: 5 minutes

Ingredients:

- 2 cups (475ml) almond milk
- 2 cups (60g) packed spinach
- 1 avocado, peeled, stoned
- 1 pear, cored, sliced
- 2 teaspoons (8g) Chia seeds
- ½ cup (115ml) water

Directions:

1. In a food blender, combine all ingredients.
2. If you have smaller blender, blend the ingredients in few batches or you can place all in one larger blender.
3. Pulse until the ingredients are smooth and blended thoroughly.
4. Serve immediately in chilled glasses.

Cheesecake Smoothie

Serves: 2



Preparation time: 10 minutes

Ingredients:

- 1 cup (235ml) unsweetened almond milk
- 8 ice cubes
- 2 tablespoons (10g) coconut cream
- 2 tablespoons (30ml) key lime juice
- ¼ teaspoon vanilla extract
- ½ teaspoon (2g) cinnamon
- ½ avocado, sliced
- ½ frozen banana (slice before freezing)
- ½ cup (15g) spinach
- 1 teaspoon (5ml) maple syrup

Directions:

1. Combine all ingredients in a food blender.

2. Blend on high until smooth.
3. Divide among two serving glasses.
4. Sprinkle with some additional cinnamon.

Chicken, Avocado & Mango Salad

Servings: 1



Ingredients:

- 2 cups spring greens, packed
- 2 tablespoons coarsely chopped walnuts
- ¼ ripe avocado, pitted and sliced
- ¼ ripe mango, pitted and sliced
- 1 tablespoon olive oil
- ½ tablespoons red wine vinegar
- Pinch dry mustard powder
- Salt and pepper to taste

Instructions:

1. Toss the spring greens with the walnuts then top the salad with the avocado and mango.
2. Throw in a grilled chicken breast.
3. Whisk together the remaining ingredients and drizzle over the salads to serve.

Rosemary Roasted Chicken

Servings: 1



Ingredients:

- 1 teaspoon coconut oil
- 1 chicken thigh, skin removed
- 1 chicken drumstick, skin removed
- Salt and pepper to taste
- 2 thin slices yellow onion
- 1 teaspoon dried rosemary
- 2 to 3 tablespoons vegetable or chicken broth

Instructions:

1. Preheat the oven to 400°F/200°C.
2. Heat the oil in a medium skillet/frying pan over medium-high heat and season the chicken with salt and pepper to taste.

3. Add the chicken to the skillet and cook for 2 to 3 minutes on each side until lightly browned.
4. Place the onions in a small glass baking dish and place the chicken on top.
5. Sprinkle with rosemary then drizzle with broth.
6. Roast for 30 minutes then turn the chicken and roast for another 20 to 30 minutes until the juices run clear.

Grilled Salmon & Greens

Servings: 1



Ingredients:

- 1 ½ tablespoons balsamic vinegar
- 1 ½ tablespoons cooking sherry
- 1 teaspoon fresh lemon juice
- 1 (6-ounce) boneless salmon fillets
- ½ teaspoon olive oil
- Salt and pepper to taste

Instructions:

1. Whisk together the balsamic vinegar, cooking sherry, and lemon juice in a small saucepan.
2. Bring the mixture to a steady boil and cook for 15 minutes or so until reduced by half.

3. Preheat the grill to medium-high heat and brush the grates with olive oil.
4. Brush the fillets with oil then season with salt and pepper to taste.
5. Cook the fillets for 5 minutes on each side until just opaque in the centre.
6. Serve the fillets hot drizzled with balsamic glaze.
7. Add sautéed leafy greens.

Herb-Roasted Pork Tenderloin

Servings: 2



Ingredients:

- 1 lbs. boneless pork tenderloin
- Salt and pepper to taste
- 1 teaspoon olive oil
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh chopped thyme
- 1 teaspoon fresh chopped sage
- 1 teaspoon minced garlic

Instructions:

1. Preheat the oven to 350°F/180°C and season the tenderloin with salt and pepper to taste.

2. Heat the oil in a large roasting pan over medium-high heat.
3. Add the tenderloin and cook for 2 to 3 minutes on each side until lightly browned.
4. Combine the rosemary, thyme, sage, and garlic in a bowl and stir well then spoon over the tenderloin.
5. Add sautéed leafy greens and potatoes for your calories and carb surge.

Sautéed Leafy Greens

Serves: 1



Ingredients:

- 4 tablespoons unsalted butter or ghee
- 1 large red onion, minced
- 2 bunches leafy greens (chard, broccoli, kale, collard greens, etc.), chopped
- 2 generous pinches of salt
- 2 tablespoons creme fraiche (optional)
- Freshly ground black pepper

Instructions:

- 1) Melt butter in a large sauté pan over medium heat.
- 2) Add onion and sauté until just beginning to caramelize, about 10 minutes.

- 3) Meanwhile, bring a large pot of water to boil.
- 4) Add chopped greens to the boiling water and cook for 3 minutes.
- 5) Drain and squeeze excess water out of greens.
- 6) Add greens and sea salt to onion mixture and toss until hot.
- 7) Stir in creme fraiche.
- 8) Season to taste with salt and pepper. Serve.

Final Thoughts

Are you ready for rapid fat loss? I hope so...

This formula is very powerful, but at the same time, easy to use. Follow this formula as it's laid out and I've no doubt you'll look better in your undercrackers.

Use it to kickstart your fat loss or in emergencies when you need to look your best pronto. However...

Don't forget that you need to get those foundations locked down to avoid bad habits taking hold and putting back on all the fat you've lost using these diet tricks. Those foundations I mentioned at the start of this guide are the key to long-term health and well-being.

Good luck and let me know how everything goes.

Toodle-pip,

A handwritten signature in black ink that reads "Gavin". The signature is written in a cursive, flowing style.