

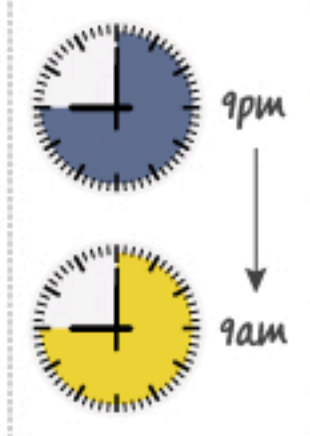


THE 28-DAY SHRINK YOUR STOMACH CHALLENGE



- ### WHAT TO ELIMINATE
- Sugar
 - Diet Soda & Artificial Sweeteners
 - Packaged & Processed Foods
 - Dairy
 - Alcohol

12-HOUR FASTING WINDOW



BREAKFAST

1/2 an Avocado

EGG IN AVOCADO AVOCADO TOAST AVOCADO CHOCOLATE SMOOTHIE

LUNCH

Fruit + Fiber Combo

SHREDDED BRUSSELS SPROUTS & APPLE SALAD RASPBERRY & CABBAGE SALAD

SNACKS

2 Snacks Per Day

2 TBSP OF NUT BUTTER 1 DOUNCE OF NUTS

DINNER

Pick a Whole Grain

1/2 CUP OF EITHER:

QUINOA BUCKWHEAT FARRO MILLET SOBA NOODLES

BARLEY

3 OZ LEAN MEAT OR 1/2 CUP BEANS

UNLIMITED NON-STARCHY VEGGIES

VEGGIE FLUSH TO DRINK ALL DAY LONG

2 CUPS SPINACH 2 CELERY STALKS
 2 CUPS WATER 1 PEAR WITH SKIN
 1 CUCUMBER JUICE OF 1 LEMON

Instructions

First: Blend 2 Cups Spinach & 2 Cups Of Water
 Next: Add 1 Cucumber & 2 Celery Stalks Together
 Add 1 Pear With The Skin On
 Lastly - Squeeze The Juice Of 1 Lemon

- ### 28-DAY PLANK CHALLENGE
- DAY 1 - 20 SEC
 - DAY 2 - 20 SEC
 - DAY 3 - 30 SEC
 - DAY 4 - 30 SEC
 - DAY 5 - 40 SEC
 - DAY 6 - REST
 - DAY 7 - 45 SEC
 - DAY 8 - 45 SEC
 - DAY 9 - 1 MIN
 - DAY 10 - 1 MIN
 - DAY 11 - 1 MIN
 - DAY 12 - 1.5 MIN
 - DAY 13 - REST
 - DAY 14 - 1.5 MIN
 - DAY 15 - 1.5 MIN
 - DAY 16 - 2 MIN
 - DAY 17 - 2 MIN
 - DAY 18 - 2.5 MIN
 - DAY 19 - REST
 - DAY 20 - 2.5 MIN
 - DAY 21 - 2.5 MIN
 - DAY 22 - 3 MIN
 - DAY 23 - 3 MIN
 - DAY 24 - 3.5 MIN
 - DAY 25 - 3.5 MIN
 - DAY 26 - REST
 - DAY 27 - 4 MIN
 - DAY 28 - 4 MIN

#28DAYSHRINK