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# Introduction: What's and Why's

We're going to kick this boot camp off with a 3-day flush with protein and fruit! This will make cleansing and detoxifying the body fairly quick, pleasant and easy compared to traditional cleanses. It also doesn't require a doctor's supervision or interfere with any health conditions except perhaps diabetes, for which it is not recommended without his/her permission.

With 3 days of flushing per week we'll purge the body of toxins, revitalizing all cells, tissues and organs, and even the mind.

Here are some benefits you can look forward to:

- Dropping 3 to 13 pounds, and several inches
- Reducing gas and constipation
- Having more energy
- Fewer cravings for sweets
- Feeling more lively and less toxic
- Reduced under-eye bags and discoloration
- Feeling more happy and positive
- Less fluid retention and bloating, less cellulite



Very often people toxify their bodies with foods that are obviously unhealthy. It's also common for people to ingest things they don't realize they are sensitive to. I mean foods that are actually considered healthy, and probably *are* healthy for some people, but *not* good for others.

Many of these foods, like dairy and whole grains, eggs and soy, certainly do have health benefits, but they cause problems in sensitive individuals immediately or gradually, and often without them knowing the problem is food-related.

I'm a good example. For years I had what I thought were "seasonal allergies", only they lasted throughout the year. I stopped eating products with gluten and low and behold, I rarely blow my nose anymore. No more sneezing and runny eyes either; colds are a memory.

Normally when we think of food side effects, we think of stomach upset, indigestion, nausea, cramping, bloating, diarrhea, etc. I had none of those, so it's no surprise it took me years to figure out that eating wheat makes my nose run, my eyes itch, and mucus to build up in my throat.

Sensitivities are not as strong as allergies. When we're allergic to a food we know it right away thanks to clear reactions like those listed above, plus headache, irritable bowel, vomiting, hives, even anaphylactic shock and possibly death if the allergy is severe.

If we are merely sensitive to a food, eating it can cause small problems that over time become big ones, without realizing that a food item or group is the culprit.

#### HOW DO PEOPLE TOXIFY THEMSELVES?

##### 1. Ingesting obvious offenders:

- Diet soda, regular cola, alcoholic beverages, fruit juice
- Refined 'white' foods, sugar, pastries, ice cream, candy, etc.
- Eating only certain food groups like meat and potatoes - lack of produce, little variety
- Smoking, chewing tobacco, inhaling secondhand smoke
- Not drinking enough water or eating enough produce
- Regular use of recreational or prescription drugs
- Exposure to toxins at work and in everyday life (pumping gas, cleaning fluids, etc.)
- Eating foods we know we're sensitive or allergic to
- Too much alcohol, drinking the wrong types of alcohol

##### 2. Eating foods we don't know we're sensitive to, that contain nutrients and seem healthy:

- Whole grains – wheat, corn, rice, oats, etc.
- Dairy from cows – milk, cheese, yogurt, etc.
- Coffee, tea
- Eggs, shellfish, other proteins
- Citrus fruits, nightshade plants, soy, nuts, etc.

#### WHAT ARE SIGNS OF TOXIFICATION?

- Depression, anxiety, weariness, moodiness, irritability, racing thoughts
- Trouble falling and/or staying asleep
- Waking up groggy and unrested
- Cravings, junk food addiction, eating an offender perks you up
- Lack of motivation, ADD, ADHD, trouble focusing, poor memory, feeling foggy
- Sex drive is suffering or gone
- Constipation, bloating, indigestion, nausea
- Poor eyesight, failing vision, bloodshot eyes
- Low or no energy, chronic fatigue syndrome (CFS)

- Overweight, underweight
- Low body temperature
- Bowel movements are uncomfortable, messy, hard and/or rare
- Coated tongue, dark bags under eyes, lackluster skin and hair, red ears
- Type II diabetes, hypoglycemia
- Bulging abdomen with little fat between skin and muscle

Flushing the system helps purge unwanted debris from your mind and body. Yes, the two are intricately connected. If your body is toxic, so are your thoughts. If your body is polluted with wastes and by-products, your thoughts reflect this toxicity.

Have you noticed that people who are toxic share certain characteristics? They are often self-centered and experiencing some mental and/or physical pain. It is also not uncommon for them to swear and speak negatively. Their glass is usually half empty. They think the world is out to get them.

Luckily, there is one food group that *most* people are not allergic or sensitive to. Of course there are exceptions, but generally speaking fruit is healthy and safe for the majority.

Fruit can help us super-clean our system and lead to a lean trim body brimming with vital energy and free from toxic overload.

Fruit is a wonderful cleansing food. Its water content is high, as is fiber, low-glycemic sugars and life-sustaining antioxidants that rate high for disease prevention. The water and fiber help flush away body toxins that the nutrients have helped to release.

Fructose – the sugar found in fruit - is unique among sugars. It breaks down slowly into glucose after liver conversion. It can take an hour and a half for fructose to convert to glucose in the bloodstream. Plus, fructose is favored by the liver for replenishing the all-important muscle and liver glycogen!

Fruit also cleanses the lymph system, dilutes excess sodium, cleanses the cells and tissues, boosts energy, flushes the digestive system and colon, supplies vitamin C, carotenoids, polyphenols, and much more.

# How Do the Next Three Weeks Work?

Here's a quick overview.

Each week will be an exact replica of the first. You can continue this plan for two additional weeks if you like, and then return to a healthy plan like Skinny Cheater.

**Sundays** are a modified Play Day. Follow the rules listed under "Play Day Cheat Day Guidelines".

However for the Fruit Fat-Flush there are three minor Play Day differences. In short:

1) Have just one glass of red wine (if you wish, not required). No other alcohol is allowed;

2) Eat only until you are 80% full;

3) Stick with "healthier" cheats, like...

- Veggie pizza vs. meat and cheese
- Fruit juice vs. soda
- Raw nuts and dark chocolate with dried fruit vs. a candy bar
- Whole wheat English muffin with butter vs. white bagel with cream cheese

4) If you must eat a greasy cheat, make it small, no bigger than your fist for the entire meal.

With these guidelines you can still have a fun Play Day that prevents deprivation.

**Mondays, Tuesdays and Wednesdays** for three weeks you will follow the Priming Pre-Fruit Boost and Fruit Fat-Flush plan exactly as written.

**Thursdays, Fridays and Saturdays** for three weeks you'll follow the menus as closely as possible. These days allow additional foods and recipes.

## In Brief: the Logic Behind the Structure

**On Day 1 (Sunday)**, we prepare ourselves both mentally and physically for the fat-flush...

**Mentally**, most people naturally gravitate toward indulgence just before they diet.

**Physically**, eating extra healthy carbs and good fats increases liver and muscle hormones and chemicals that prevent starvation and deprivation.

**On Day 2 (Monday)**, protein drinks raise your metabolism, lower your glycogen levels (if you've been eating too many carbs), and force your body to burn fat as part of its energy needs.

**On Days 3 and 4 (Tuesday and Wednesday)**, fruit will power your body while cleansing and purifying the cells and organs. Plus, the protein drinks and fresh fruit are high in water content, which, in turn, will keep you hydrated.

**Note:** on Days 2, 3 and 4 of your Fruit Fat-Flush, you'll probably get hungry every 2 to 2½ hours, at which point you'll eat. This fuels your body and keeps you from being overly hungry. Just remember that next meal is not far off. Use water to fill you up if needed.

**Days 5, 6, and 7 (Thursday, Friday, and Saturday)**, we re-introduce macronutrient variety to prevent enthusiasm, glycogen and leptin from plummeting too far and thus causing deprivation, starvation mode and a halt to all fat-loss.

## Sunday: Let's Start with a Play Day

See ***Play Day ' Cheat Day Guidelines*** for structure. Remember our additional rules during FFF:

- 1) Have just one glass or red wine (if you wish), no other alcohol is allowed;
- 2) Eat only until you are 80% full;
- 3) Choose from two approaches to re-fueling on Play Day (a. is best):
  - a. Eat nothing but "healthier" cheats, like...
    - Lean organic steak with baked sweet potato vs. fatty steak with fries
    - Grilled salmon and pear on green salad with sunflower seeds, cherry tomatoes, goat cheese and vinaigrette vs. fried fish & chips
    - Homemade chocolate-coconut protein shake vs. fast-food shake

Do your best to eliminate empty carbs, sugar, and unhealthy fats and proteins. With this first approach, you may eat larger quantities than with approach b...

b. Eat meals that have a mixture of healthy and unhealthy items, like a grilled chicken sandwich on whole grain bread with cheese and mayo, and a small OJ with a candy bar, versus a meatball grinder and large sweet tea with a candy bar.

Or, for example, have a small meat grinder with an orange and diet green tea. I.e., mix good with bad and keep portions small, no bigger than your fist altogether.

So, no foods are truly off-limits on Play Day, just be smart about quantity and throw some quality in to boot. We want to satisfy ourselves and still get nourishment, not stuff ourselves with garbage that doesn't provide fat-loss fuel or help us recover from FastFit training.

## Primer Monday: the Pre-Fruit Boost

Before we start with a fruit flush, we're going to prime the body every Monday to nourish our muscles and raise our metabolism with a high-quality protein infusion.

Mix 1½ cups of whey protein or egg white protein powder (your choice of flavor) with 1 quart (32 oz.) of pure water. Your mix should contain 120 to 125 grams of protein, which will give you 24-25 grams of protein per 6-ounce shake. Read the label on the brand you choose, they are all a little different.

Shake, blend or stir, and store in a sealed container in a refrigerator. Before pouring a glass, shake or stir to re-mix the powder. You may also make each shake when feeding time comes, if you have the time and supplies available.

After each shake or meal, have 6-10 ounces of pure water, and more if you like.

For our last meal of the day, we'll shoot for lean protein, veggies and healthy oils; see 7:30pm, below.

Here's a **sample schedule for Mondays**. Certainly make one that fits your day.

- 7am: 6 oz of protein shake
- 9:30am: 6 oz of protein shake
- NOON: 6 oz of protein shake
- 2:30pm: 6 oz of protein shake. Take your supplements with this shake (Tip #5 below).
- 4pm or 5:45pm: 6 oz of protein shake
- 7:30pm: 3 to 6 cups of raw vegetable salad, topped with 1-2 tablespoons of Udo's Choice oil or flax seed oil, and the juice of ½ a lemon or lime, OR ½ an avocado. Also have 3 to 6 ounces of lean organic chicken, fish, turkey or beef, OR scramble 4-8 egg whites in 2 teaspoons coconut oil (have less protein if you're small, more if you're tall). In addition, have one small pink grapefruit.

**Vegetables that are fair game on all Fruit Fat-Flush meals that include veggies/salad:**

asparagus, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chives, collard greens, cucumber, eggplant, fennel, garlic, green onion, kale, leek, lettuce, mushroom, okra, onion, peppers, radish, snow peas, spinach, sprouts, tomato.

That's it for Primer Mondays. It should be one of your easiest days, tactically speaking.

**Important Tips:**

1) Avoid bargain shake and supplement brands. I highly recommend shakes from Prograde Nutrition: [www.nefastfit.getprograde.com](http://www.nefastfit.getprograde.com).

2) Use organic produce whenever possible throughout the 21 days.

3) Strive to eat at least one ruby red or pink grapefruit every day of the flush, which speeds cleansing.

4) Men under 175 pounds may add 25% more food to the serving sizes of all meals throughout this plan. Men over 175 pounds, add 50% more.

5) At a bare minimum, healthy adults should take these **supplements** daily: 1,000 IUs of Vitamin D3, 2,400mg fish oil, and a one-a-day multivitamin/mineral. Remember if you supplement with amino acids too, you may have them with each meal, or whichever meals are most convenient for you.

## Tuesday & Wednesday: Fruit-Flush Days

For the purposes of the FFF eating plan only, "1 serving of fruit" consists of 1 of the following:

- 2 medium apples
- 6 medium apricots
- 1 medium banana
- 1.5 cups fresh blackberries, or 1 cup thawed from frozen
- 1.5 cups fresh blueberries, or 1 cup thawed from frozen
- 1 cup fresh cherries, or ¾ cup thawed from frozen
- 2 large grapefruits
- 1 cup grapes
- 2 medium kiwifruit



- 1 large or 2 small mangoes
- 2 cups melon (cantaloupe, honeydew, watermelon, etc.)
- 2 small nectarines
- 2 medium oranges
- 3 medium peaches
- 1 medium pear
- 1 cup fresh pineapple
- 3 medium plums
- 2 cups fresh raspberries, or 1.25 cup thawed from frozen
- 2 cups fresh strawberries, or 1.25 cups thawed from frozen
- 4 medium tomatoes

You may mix fruits as long as you do the math. Examples of “1 serving of fruit” are:

- ½ cup grapes + 1 medium orange
- 1 small nectarine + ¾ cup raspberries
- 2 medium tomatoes + 1 cup strawberries
- 1 large grapefruit + ½ cup fresh cherries
- 3 medium apricots + ½ medium banana
- ½ medium pear + 1 kiwifruit

Keeping these serving sizes in mind, here is a **sample fruit-flush day for Tuesdays and Wednesdays**, plus the dinner you’ll have:

- 7:00am: 1 serving fresh fruit
- 9:30am: 1 serving fresh fruit
- NOON: 1 serving fresh fruit
- 2:30pm: 1 serving fresh fruit. Take your supplements with this meal.
- 4:00pm (if take 5pm FastFit) OR 5pm (if take 6pm FastFit): 1 serving fresh fruit
- 7:30pm: 3 to 6 cups of raw vegetable salad, topped with 1-2 tablespoons of Udo’s Choice oil or flax seed oil and 2 tablespoons flavored vinegar, OR ½ an avocado, and the juice of ½ a lemon or lime; one small pink grapefruit. Also have 10-12 ounces pure water with 5 tablespoons protein powder or egg white protein powder, stirred. Drink slowly with meal.

After each fruit meal, have 6-10 ounces of pure water; more if you like.

**If desired:** On days you do FastFit training, you're smart to include **branched chain amino acids** with each fruit meal: 900-1,200mg each if you're under 150 pounds, 1,800-2,100mg if over 150 pounds. Buy 300mg soft gels online at Vitacost or Prograde, or from GNC.

**If desired:** On days you do *not* train, you may have **essential amino acids** with each fruit meal. Aim for 2 to 6 grams of protein per meal in total. For example, one brand contains 5 grams of protein in 4 tablets; if you're under 150 pounds take 2-3 grams (2-3 tablets); if you're over 150 take 4-6 grams (5-7 tablets).

If you're training every day and wish to supplement with amino acids, **alternate** essential with branched chain.

Don't worry about getting it perfect; roughly follow the above schedule and it will help you greatly with recovery and healing of not just sore muscles but wounds and much more.

### **Meal ideas for Tuesdays and Wednesdays**

- 7:00am: 2 cups of cubed melon – cantaloupe, honeydew, and/or watermelon
- 9:30am: 1 medium apple + ½ cup fresh cherries
- NOON: 1 medium orange + 1 large grapefruit
- 2:30pm: 1 cup fresh pineapple. Take your supplements with this meal.
- 4:00pm or 5:00pm: 1 medium banana
- 7:30pm: See protein/veggie/oil meal above

**You should know:** Unless you already have a flat stomach and have been following a very healthy eating plan centered on produce, you will probably experience some bloating the first few days of eating extra fruit. If you stick with the plan, and avoid going overboard on Play Day, it'll go away in less than a week. If you have been eating a lot of unhealthy foods lately and have many pounds of excess waste built up in the intestines, it could take up to 10 days for bloating to subside.

### **Important Tips:**

- 1) Eat as much of each piece of fruit as is safely possible. Do not remove apple skins, for example. Eat your grapefruit like an orange, in segments; you'll get far more fiber. Skip seeds, inedible rind, stems, etc.
- 2) You may **swap** (not replace) any meal on Thursday, Friday or Saturday for any other meal. If you prefer to have breakfast for lunch or vice versa, that's fine. If you want to swap the Asian

steak and the Charbroiled Salmon, feel free. For variety's sake, however, don't have the steak twice and skip the salmon altogether. Try to eat each meal; order is not essential here but getting a wide range of nutrients in your body is wise.

## Thursday: Regular Food

**Breakfast:** Garden Veggie Omelet (see TCC Recipes)

**Snack:** ½ cup cottage cheese, 8 baby carrots, 1 medium apple

**Lunch:** Creamy Ricotta Pita with Spinach Salad and Almonds (see Recipes)

Take your supplements with this meal.

**Snack:** 1 tablespoon organic peanut butter, 8 rice chips, unlimited cucumber slices

**Dinner:** Asian BBQ Steak (see Recipes) OR 3 oz. broiled tenderloin pork chops with rosemary and pinch sea salt. Also have a large green salad and 1 kiwi OR 1 medium grapefruit.

## Friday: Regular Food

**Breakfast:** ½ cup plain Greek yogurt mixed with 8 raw hazelnuts or cashews and ½ cup blueberries, 6 oz. coffee with almond milk only

**Snack:** 1 serving Scrumptious Apple Salad (see Recipes)

**Lunch:** Charbroiled Salmon (see Recipes) OR...

Salmon sandwich:

- 3oz salmon (from vacuum bag, not canned)
- Small celery stalk, washed and chopped
- 1 tablespoon vegetarian or lite mayo
- 2 slices tomato
- 1 rice wrap, OR 1 medium apple or orange
- Lettuce or spinach
- Cumin and/or curry to taste

Mix salmon, celery, spices and mayo, and enjoy on wrap with lettuce and tomato. OR mix all ingredients except lettuce and fruit in a bowl to eat; have lettuce & fruit on the side.

*On the go:* transport salmon mixture in a plastic container and mix with wrap when ready.

Take your supplements with this meal.

**Snack:** 1 small skinless rotisserie chicken breast, 1 small grapefruit, red pepper slices as desired

**Dinner:** 1/3 small pizza: whole wheat Boboli thin crust with red sauce, ¾ cup shredded mozzarella, unlimited fresh pineapple, red peppers, turkey bacon (4 slices pre-cooked and added at end of cooking cycle), 2 tbsp. chopped olives if desired. Have a small green salad on the side, tomatoes, onions, peppers, olives, no dressing.

## Saturday: Regular Food

**Breakfast:** Heat ½ cup frozen broccoli, kale and onions in 2 tsp coconut oil, then add 1 egg + 1 egg white scrambled with 1 tbsp shredded low-fat mozzarella and 1 tsp cumin. Also have ½ cup fresh or frozen cherries.

**Snack:** 1 serving leftover Scrumptious Apple Salad, plus 1 hard-boiled or fried egg white

**Lunch:** 1 grilled chicken snack wrap from McDonald's, no sauce, tap water, 1 medium apple

Take your supplements with this meal. This is your only fast food meal for the week.

You may swap this meal for another during the day or week. No exceptions or straying!

**Snack:** 1 large grapefruit, 1 stick low-fat string cheese

**Dinner:** Faux Fried Chicken (see Recipes), OR 1 medium rotisserie chicken breast with 1 single-serve convenience-size container of unsweetened applesauce topped with a dash of nutmeg and cinnamon, if desired.

## What to Drink Every Day

Though FFF allows for just two **(2)** types of drinks, **water** and **tea** (plain hot or plain iced). No sweeteners or flavors may be added, real or fake. No milk or cream. You may sprinkle in cinnamon and/or nutmeg if you like, and nothing else.

There is still room for plenty of variety. Definitely use different herbal teas daily. Do not stick with just one type all day. Peppermint, chamomile, and white, red, green and black teas are common in the grocery store. They will do just fine.

To spice it up, head to a health food store where you can get any number of herbal teas that do double time to protect your health. For example...

- Bilberry (eyes)
- Licorice (stomach, intestines, reproductive issues, rosacea)
- Ginseng, tangerine peel, bupleurum (immune system)
- Nettle and ginger (hayfever)
- Red clover, dong quai, black cohosh (hot flashes)
- Astragalus (colds and flu)

Try Googling “herbal tea for \_\_\_\_\_”, inserting your particular health issue. You may discover something that brings real relief.

As for water, have as much as you desire. Generally one glass per meal will do. If you forget now and then, don't worry...fruit is loaded with water and helps prevent dehydration.

## Fruit Substitutions for Cool People

Eating a lot of fruit is known to cool the body. This can be a godsend in summer, and for those who run hot, whether genetically or due to life changes.

As an aside, if your ears tend to be redder than your face, it's *one* indication of toxicity and a lot of heat (i.e. inflammation) in the body. The color will even out with this plan.

Some people run pretty cold naturally and therefore may need to make a couple of food substitutions to keep their temperature up if following this in winter. Here's what to do **if you're one of those people**. (Skip this section if you are not. Also, in summer this is not necessary.)

On the heaviest fruit days – Tuesday and Wednesday only – you're going to have hot soup at noon instead of fruit. Do not change anything else on the plan!

The most important part is that the soup is organic, loaded with veggies, and contains some lean protein.

If you're an on-the-go type, or don't cook much, you may use organic soup brands like Wolfgang Puck, Muir Glen, Full Circle, Cascadian Farm, Amy's Kitchen, Pacific Naturals, etc.

I like to cook up at least a couple of cups of frozen organic veggies in about 1 tbsp of coconut oil and then add a can of an abovementioned soup. At the end of cooking I often add leftover protein like cubed chicken, fish, faux crab, and even lean organic pork or steak from the night before.

I'm not picky about mixing certain proteins only with certain veggies and soups. For example I just might put leftover tilapia into chicken noodle soup, no kidding 😊. You can do the same or be more choosy if you like.

The goal is to shoot for about **300 calories** worth of soup in the form of **extra veggies, organic soup**, and some additional **lean protein**, organic if possible.

Remember this is **only for Tuesday and Wednesday at noon instead of fruit, if you feel you need it to stay warm** during a winter Fruit Fat-Flush.

Another way to keep temperature up is to have 1 cup of hot tea (with cinnamon/nutmeg only) with each meal all week.

## How Easy Was That

You now have at your fingertips a simple way to detoxify and lose a good amount of weight in just a few weeks, without too much discomfort. The recipes and concepts are easy to follow and the foods moderately priced, plus deprivation shouldn't be an issue unless you're used to frequently overeating.

Enjoy the new body and outlook you're about to earn. Don't hesitate to ask any question by calling or emailing me (calling is usually faster):



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