3-DAY QUICK FIX

1. Space your meals 2 hours apart.

2. Steamed veggie options: broccoli, asparagus, green beans, zucchini, cucumbers or bell peppers

3. Seasoning options: lemon & lime juice, vinegars, herbs and spices NO SALT!

4. Oatmeal flavorings: cinnamon, nutmeg, or 1/2 tsp of stevia

5. Drink AT LEAST one gallon of water a day - spread it out as much as possible. It will help flush out the toxins.

6. Drink extra-virgin coconut oil with meals. Microwave for 10-15 seconds to get it in liquid form.

7. Coffee or tea is ok - NO creamers or sweeteners. 1/2 tsp of stevia is ok.

8. Work out as normal. But only do this meal plan for 3 days.