



3 Day Quick Fix Tips and Details {ALL Brackets} Ultimate Portion Fix | 21 Day Fix

1. Space meals 2 hours apart
2. Drink AT LEAST one gallon of water a day- start with a BIG glass first thing in the morning and spread it throughout the day
3. NO salt and NO sugar added to food or drink (exception: optional $\frac{1}{2}$ tsp stevia in coffee and/or oatmeal)
4. Other seasoning options: lemon & lime juice, vinegars, herbs, spices
5. Coffee or tea is ok to drink- NO creamers or sweeteners, $\frac{1}{2}$ tsp of stevia is ok
6. Extra virgin coconut oil is used as TSP- should drink with meals- warm in microwave 10-15 seconds
7. Work out as normal
8. Only do this plan for 3 days, then back to regular 21 Day Fix container plan