



FASTER WAY
T O F A T L O S S[®]

3 DAY MEAL PLAN AND BELLY FAT CHECKLIST



Wanting to whittle your middle isn't about vanity - it's about saving your life. Visceral belly fat, deep inside your abdominal cavity, surrounds your organs and fuels inflammation, which can lead to an increased risk of heart disease, high blood pressure, Type 2 diabetes, and reduced cognitive function.

If you've tried to burn belly fat following all the popular strategies, you're probably convinced that you can't do it. There's good news! The problem isn't you, the problem is all the bad advice out there!

You CAN burn belly fat and keep it off for good, and it all starts with small, easy-to-do steps you can start implementing today.

Simple daily strategies to help you banish belly fat:

■ Get physical! - Exercise helps burn fat by reducing the body's level of insulin (which tells the body to hang on to fat) and causing the liver to use up fat deposits instead.

- Aim for at least 20 minutes of exercise every day
- Take walking breaks throughout the day, even for 5 minutes at a time
- Bump up your weights to the next heaviest set
- Change up your workout routine

■ Catch some Zzz's - Sleeping 7-9 hours per night is critical to burning fat, boosting your metabolism, and feeling your absolute best.

- Keep your bedroom cool
- Go screen-free at least an hour before bed
- Block out light during sleeping hours

■ Stick to a healthy eating plan - Balanced whole foods will fuel your body, help you burn fat, and give you plenty of natural energy.

- Try intermittent fasting
- Focus on consuming foods that “come from the ground or have a mother”
- Be sure you are eating the proper balance of macronutrients - fats, proteins, carbohydrates - to fuel your body
- Limit your alcohol intake
- Cut the junk - sugar, processed foods, trans fats

■ Relax! - Change your mindset and your habits to optimize your body's ability to burn fat efficiently.

- Keep emotions in check when dealing with stress by taking deep breaths and utilizing a positive mantra
- Absorb the sun's rays for critical Vitamin D
- Express gratitude morning and night
- Carve out time to do something that brings you joy
- Surround yourself with a community who champions your goals and supports you!



3 DAY

BELLY FAT
MEAL PLAN

3 DAY BELLY FAT MEAL PLAN

DAY 1

- BERRY SMOOTHIE
 - STEAK CHIMICHURRI COBB SALAD
 - MEXICAN SPICED TOFU WITH CAULIFLOWER RICE
-

DAY 2

- OVERNIGHT VANILLA OATS
 - MEDITERRANEAN BOWL
 - LEMON CHICKEN KABOBS
-

DAY 3

- APPLE PIE SMOOTHIE
- SALMON NIÇOISE SALAD
- EGG ROLL IN A BOWL



BERRY SMOOTHIE

1 serving

INGREDIENTS

1 cup water
1 Tbsp flaxseed
1 cup raspberries
1 banana
Handful of spinach
1 Tbsp almond butter
2 tsp lemon juice

INSTRUCTIONS

BLEND all ingredients and enjoy!

STEAK CHIMICHURRI COBB SALAD

1 serving

SALAD INGREDIENTS

- 2 cups romaine lettuce
- 2 slices bacon
- 1 hard boiled egg
- 4 oz grilled sirloin
- ¼ cup corn
- ½ cup grape tomatoes
- ½ cup chopped orange pepper
- ¼ cup green onion chopped
- ½ avocado, sliced

DRESSING INGREDIENTS

- ¼ cup chopped parsley
- ½ garlic clove, chopped
- One squeeze of lemon juice
- 1 tsp oregano or Italian Seasoning
- ¼ cup olive oil
- 1-2 Tbsp red or white wine vinegar
- Salt and pepper to taste

INSTRUCTIONS

LAYER the lettuce on the bottom of a plate or bowl and line the remaining ingredients side-by-side over the top.

DRIZZLE with dressing.

ENJOY!

MEXICAN SPICED TOFU WITH CAULIFLOWER RICE

6 servings

INGREDIENTS

1 ⅞ lbs tofu, extra firm, drained and cubed
1 ½ tsp avocado oil
½ tsp cumin
½ tsp chili powder
½ tsp smoked paprika
½ tsp garlic powder
½ tsp sea salt, divided
4 cups cauliflower rice
2 avocados
1 Tbsp red onion, finely diced
1 garlic clove, minced
1 lime, juiced, divided, plus additional slices for garnish
3 stalks celery, roughly chopped
¼ cup cilantro, roughly chopped, for garnish

INSTRUCTIONS

PREHEAT the oven to 400°F (204°C) and line a baking sheet with parchment paper.

TOSS the tofu with oil, cumin, chili powder, smoked paprika, garlic powder, and half the salt.

BAKE in the oven for 15 minutes, remove, flip the tofu and bake for 10 to 12 minutes more.

REMOVE and set aside.

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MEXICAN SPICED TOFU WITH CAULIFLOWER RICE

6 servings

INSTRUCTIONS

Meanwhile, in a non-stick skillet over medium-low heat, add the cauliflower rice and stir often.

COOK for 5 minutes or until the cauliflower is cooked through.

In a small bowl, add the avocado and mash with a fork.

ADD the red onion, garlic, 1/4 of the lime juice and the remaining salt.

DIVIDE the cauliflower rice into bowls and top with tofu, guacamole, celery and cilantro.

SQUEEZE the remaining lime juice on top of each bowl and serve with lime slices, if using.

ENJOY!

OVERNIGHT VANILLA OATS

1 serving

INGREDIENTS

½ cup oats (quick or traditional)
1½ tsp chia seeds
⅔ cup unsweetened almond milk
½ serving collagen peptides
2 tablespoon raspberries
2 tablespoon blueberries
1½ tsp almond butter

INSTRUCTIONS

COMBINE the oats, chia seeds, and milk in a large bowl or container.

STIR to combine.

PLACE in the fridge for 8 hours, or overnight.

REMOVE from the fridge after the oats have set, and add the protein powder.

MIX well. (Add extra almond milk 1 tbsp at a time if the oats are too thick.)

POUR the oats into a bowl or container and top with raspberries, blueberries, and almond butter.

ENJOY!

MEDITERRANEAN BOWL

2
servings

SALAD INGREDIENTS

½ cup quinoa, dry and uncooked
½ head romaine heart, chopped
½ cup canned chickpeas
½ cucumber, chopped
½ red bell pepper, chopped
¼ cup red onion, finely chopped
¼ cup hummus
¼ cup pitted Kalamata olives
2 Tbsp extra virgin olive oil
1 ½ Tbsp apple cider vinegar
¼ tsp Italian seasoning
Pinch of sea salt

INSTRUCTIONS

COOK quinoa according to package directions and set aside.

DIVIDE the chopped romaine equally between serving bowls or plates.

TOP with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus, and olives.

ADD the olive oil, apple cider vinegar, Italian seasoning, and sea salt to a jar.

SEAL and shake well to combine.

DRIZZLE the dressing over top of the assembled bowls and serve immediately.

ENJOY!

LEMON CHICKEN KABOBS

4 servings

INGREDIENTS

- 1 lemon, juiced
- 1 Tbsp red wine vinegar
- 1 Tbsp oregano, dried
- 2 Tbsp extra virgin olive oil, divided
- 1 lbs boneless, skinless chicken breast, diced into 1 inch cubes
- 1 large zucchini
- 1 yellow bell pepper
- 1 cups red onion
- 2 cups cherry tomatoes
- 10 barbeque skewers

INSTRUCTIONS

COMBINE the lemon juice, red wine vinegar, oregano, and half the olive oil in a mixing bowl.

ADD in the cubed chicken breast and mix well.

PLACE in the refrigerator and let marinate while you prep the vegetables.

DICE the zucchini, yellow bell pepper, and red onion into large chunks.

TOSS veggies in remaining olive oil.

PREHEAT the grill to medium heat.

SLIDE the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.

GRILL the kabobs for 8 to 10 minutes per side or until chicken is cooked through.

REMOVE the kabobs from the grill and divide onto plates.

ENJOY!

APPLE PIE SMOOTHIE

1 serving

INGREDIENTS

- 1 medium apple, peeled and chopped
- ½ banana, frozen
- 4 ice cubes
- 1 serving collagen powder or protein powder
- ⅛ cup oats (quick or traditional)
- 1 tsp cinnamon
- 1 tablespoon almond butter
- 1 cup unsweetened almond milk

INSTRUCTIONS

BLEND all ingredients and enjoy!

SALMON NIÇOISE SALAD

4 servings

SALAD INGREDIENTS

5 hard boiled eggs, peeled and sliced into quarters
5 cups mini potatoes, halved
5 cups green beans, trimmed
1 lbs salmon fillet
1 tablespoon Dijon mustard
 $\frac{1}{3}$ cup extra virgin olive oil
 $\frac{1}{3}$ cup apple cider vinegar
2 garlic cloves, minced
1 tablespoon Italian seasoning
Sea salt & black pepper (to taste)
2 cups cherry tomatoes, halved
1 cups pitted Kalamata olives

INSTRUCTIONS

PREHEAT oven to 400°F (204°C) and line a baking sheet with parchment paper.

TOSS mini potatoes with a little olive oil, and season with salt and pepper.

SPREAD onto baking sheet and bake for 20 minutes.

While the potatoes are roasting, bring a medium saucepan of water to a boil and add the green beans.

BOIL for about 5 minutes, then drain and transfer the beans to a bowl of ice water to cool. Once cooled, drain and pat dry.

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SALMON NIÇOISE SALAD

After cooking the potatoes for 20 minutes, **REMOVE** the baking sheet from the oven and move the potatoes to one side.

ADD the salmon fillets to the other side.

RETURN to the oven for 15 to 20 more minutes, or until the salmon is cooked and the potatoes are tender.

SALAD DRESSING

COMBINE the dijon mustard, olive oil, apple cider vinegar, garlic, Italian seasoning, sea salt, and black pepper in a small jar.

SEAL and shake well to combine.

To serve, divide the roasted potatoes, quartered eggs, green beans, cherry tomatoes and olives between plates.

TOP with salmon and drizzle with desired amount of dressing.

ENJOY!!

EGG ROLL IN A BOWL

1 serving

SALAD INGREDIENTS

½ lb ground beef
¼ cup diced onion
1 teaspoon sesame oil
1 teaspoon rice vinegar
½ teaspoon minced garlic
¼ teaspoon ground ginger
1 tablespoon gluten-free soy sauce
1 cup coleslaw mix
¼ cup grated carrots
salt and pepper, to taste

INSTRUCTIONS

HEAT large skillet over medium-high heat.

ADD ground beef and cook until no longer pink. Drain and return to skillet.

ADD onion, sesame oil, and rice vinegar to skillet. Cook until onion is tender.

ADD garlic, ginger, soy sauce, coleslaw mix, and carrots. Cook until cabbage is wilted, about 5 minutes.

REMOVE skillet from heat and season with salt and pepper to taste.

ENJOY!

Tip: Coconut aminos may be used as an alternative to gluten-free soy sauce.

HOW TO GET STARTED

If you're excited about implementing healthy new habits like intermittent fasting and balanced macros but you're not sure where to start, we've got you! The FASTER Way to Fat Loss is a comprehensive fat loss program based on simple healthy habits that will help you burn fat, increase your metabolism, and feel better than ever.

We'll walk you through six weeks of daily habits that build over time so you'll avoid the overwhelm and find lasting success. You CAN do it and we'll guide you every step of the way to a healthy lifestyle you love!

"I had done every single program on the market over the years, only to succeed for a short time before falling off the wagon because I was straight up hangry, I did not like the food I was eating or, heaven forbid, I ate a carb.

That all changed a little over one year ago when I finally found the FASTER Way - a program that allowed me the freedom to enjoy the foods I love, with science-backed nutrition of why I was doing things.

A program that not only told me what to do, but why we were doing it. A program that encouraged you to eat more food than ever before because it was needed to fuel your body.

I will never go back to a life of deprivation, counting calories, starving myself, over exercising, or just being plain miserable with no carbs."



REGISTER TODAY

OUR NEXT ROUND IS STARTING SOON!

Don't wait to register! When you join the FASTER Way you'll receive:

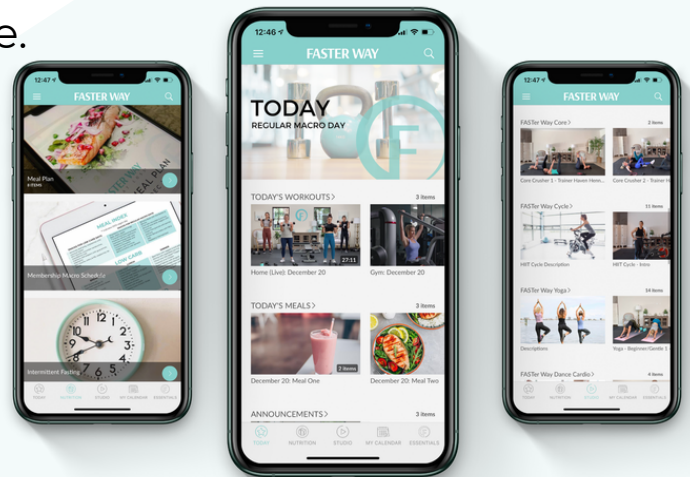
- Comprehensive training by a Certified Coach
- Daily accountability and unparalleled community support
- Our highly-rated app
- Daily 30-minute workouts with modifications for all fitness levels
- Weekly meal guides with simple recipes (and no crazy ingredients!)

But the best part? You'll have the energy to play with your kids, the confidence you didn't realize was gone, and the health to live the life you deserve.

Join today and receive immediate access to the app!

Try the workouts and meal guide BEFORE our next round officially launches.

We'll see you on the inside!



REGISTER TODAY