



FASTSLIM

3 DAYS DIET

THE 3 DAY

WELCOME TO THE 3 DAY DIET

THIS IS A SIMPLE GUIDE TO LOSE A FEW POUNDS QUICKLY

[WWW.FASTSLIM.CO.UK](http://www.fastslim.co.uk)

3 DAY DIET PLAN

Dear Dieter.

Welcome and congratulations on starting your personal weight loss journey! This 3 day diet plan is a good way to kick-start any weight loss program. If you plan to lose 5, 10, 20 or even 50 pounds or more, then our 14 day diet, that is easy to follow, will encourage you to get started on the road to losing weight.

GET OUR 14-DAY DIET PROGRAM!

Our 14-day plan will encourage you to keep going with your weight loss efforts because you will see results fast.

We made this a healthy diet that will help cleanse your system of toxic wastes, as well as help you lose both water and fat weight. By following this diet you should soon start to see your belly flatten out and slim down. This will show you that you are on the right track to losing those stubborn extra pounds.

NO JUNK FOOD IS ALLOWED ON THIS DIET, ONLY HEALTHY AND NATURAL INGREDIENTS ARE INCLUDED.

Try to follow the diet exactly the way it is written and, importantly, do not nibble on other foods in between meals or you will ruin the diet.

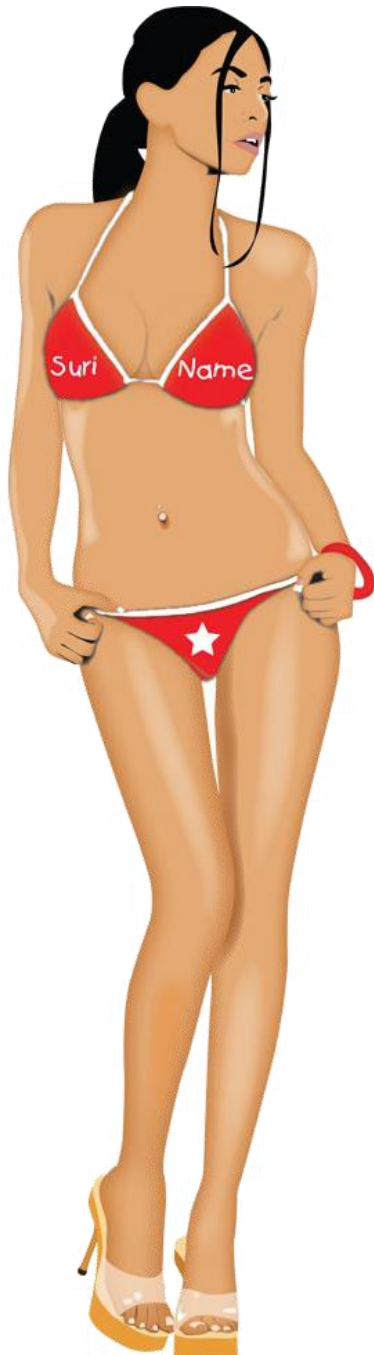
Remember, there is only so much one can safely do in 3 days to slim down. To really shed calories, burn fat, build muscle, and achieve longer lasting results, you will have to adopt some bigger dietary and lifestyle changes.

BEFORE YOU GET STARTED!

To achieve good results, you need to commit to healthy lifestyle changes, including regular exercise and making balanced, healthy food choices. When you reach your goal weight, your calorie needs for weight maintenance will most likely be lower than they were at your starting weight. At that point, experiment with your calorie target until you find a range that helps you to maintain your weight. Consult with your doctor before starting a weight loss or exercise plan, particularly if you have a diet-related illness or a history of heart problems.

If you are pregnant, nursing, taking medication, or have a medical condition, please take special consideration to these provisions.

THE 3 DAY DIET FACTS



IT TAKES 3 DAYS FOR THE LINING OF YOUR STOMACH TO HEAL/CHANGE. WHAT THIS MEANS IS THAT IF YOU HAVE ANY STOMACH ISSUES, BY USING THIS DIET YOU MAY START TO NOTICE THESE ISSUES EASING-AFTER ONLY 3 DAYS.

THIS 3-DAY DIET PLAN WILL ALSO PUT YOU ON THE TRACK TO LOWERING YOUR CHOLESTEROL, AND IF YOU CONTINUE ON A SIMILAR DIET YOU MAY ALSO START TO NOTICE BETTER CHOLESTEROL TEST RESULTS AT YOUR NEXT DOCTOR VISIT.

MANY HEALTH ISSUES CAN BE CAUSED BY WHAT YOU EAT. BECAUSE IT IS 100% NATURAL, THIS DIET WILL BE EASY ON YOUR BODY AND HELP IT TO HEAL AND RECOVER.

AND, THERE IS VERY LITTLE FAT AND FEW CALORIES IN THIS DIET PROGRAM, SO, OF COURSE IT IS ALSO A GREAT WEIGHT LOSS DIET.

AS THIS DIET CUTS OUT DAIRY AND MEATS, IT COULD ALSO BE CONSIDERED A VEGAN DIET PLAN, ALTHOUGH OUR MAIN INTENTION HERE IS TO OFFER A HEALTHY 3-DAY WEIGHT LOSS DIET PROGRAM.

DAY 1

THE 3 DAY DIET MENU

BREAKFAST



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1 OUNCE OR ONE SMALL HANDFUL OF
RAISINS
1 TBSP. OF GROUND UP FLAX SEEDS



1 CUP OF COOKED OATMEAL

1 MEDIUM-SIZED BANANA

1 CUP OF SOYA MILK

LUNCH



ADD



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1 MEDIUM-SIZED GREEN SALAD

1 CUP OF CHICKPEAS OR FROZEN PEAS

USE CHARD, SPINACH, OR OTHER LEAFY GREENS LIKE ROMAINE LETTUCE -NOT ICEBERG BECAUSE IT DOES NOT OFFER UP AS MANY NUTRIENTS AS ROMAINE.
TOP THE SALAD WITH A LOW-FAT, BALSAMIC VINAIGRETTE, PEPPER AND 1 TSP. OF VIRGIN OLIVE OIL.

DINNER



&



DRINK 1 SMALL
GLASS OF ORANGE
JUICE



1 CUP DICED CHICKEN BREAST (OR TOFU)

SERVE IT WITH STEAMED GREEN BEANS AND MUSHROOMS

STEAM GREEN BEANS TOGETHER MUSHROOMS, ONIONS AND TOSS WITH OLIVE OIL. SERVE THE STEAMED BEANS WITH 1 CUP OF DICED, GRILLED CHICKEN OR (1 CUP OF SCRAMBLED TOFU).

SNACKS



2 APPLES



1 BOWL OF VEGETABLE SOUP ([GET OUR SUPER FAT BURNING RECIPES](#))

DRINK
PLENTY OF
WATER



DAY 2



ADD



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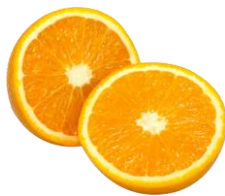
SCRAMBLED EGG WITH SPINACH AND TOFU

MIX 2 SCRAMBLED EGGS MIXED WITH 1/2 CUP RAW SPINACH AND 5 CUBES OF TOFU. COOK UNTIL EGGS ARE NO LONGER RUNNY..

BREAKFAST



ADD



SERVE WITH 10 ROASTED ALMONDS



KALE SALAD WITH ORANGE

1 SLICED ORANGE

LUNCH

MIX 2 CUPS OF CHOPPED KALE LEAVES WITH SLICED ORANGES AND TOSS IT WITH BALSAMIC VINEGAR. SEASON IT WITH SEA SALT AND BLACK PEPPER. SPRINKLE SUNFLOWER SEEDS, TOP WITH A FEW ORANGE PIECES AND 1/2 GRINDED CARROTS TO SERVE.



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SERVE WITH 1 CUP TOMATO SALAD



STEAMED COD FILET WITH BROCCOLI

TOMATO SALAD

DINNER

LAY THE 150G FISH FILET ON THE STEAMER'S RACK. MAKE SURE THE RACK IS ELEVATED ABOVE THE WATER, AND COVER. STEAM 4 TO 8 MINUTES OR UNTIL THE FISH IS DONE, SEASON WITH APPLE VINEGAR, SEA SALT AND PEPPER.



&



DRINK PLENTY OF WATER



1 BOWL OF STRAWBERRY

1 GRAPEFRUIT

SNACKS

DAY 3

BREAKFAST



&



DRINK
GREEN TEA



1 SLICED PEAR WITH DRIED FRUITS

SLICE A FRESH PEAR AND MIX IT WITH, 5 IN SOAKED IN WARM WATER TO SOFTEN APRICOTS OR DRIED PRUNES.

LUNCH



&



ADD LEMON
JUICE



MIXED BEAN SALAD

CELERY

MIX ONE TIN RINSED, DRAINED 5 BEAN SALAD, WITH CHOPPED CELERY, 1/2 ONION, PARSLEY, AND ROSEMARY. WHISK TOGETHER 1 TBSP VINEGAR, 1 TBSP LEMON JUICE, 1 TBSP OLIVE OIL, SALT, AND PEPPER. TOSS TO COAT.

DINNER



WITH
FRESH DILL



DRINK 1
SMALL
GLASS OF
ORANGE



HERBED GREEN BEANS AND CARROTS

STEAM GREEN BEANS TOGETHER WITH CHOPPED CARROTS, SEASON IT WITH SEA SALT, PEPPER AND TOSS WITH OLIVE OIL. SERVE IT WITH FRESH CHOPPED DILL AND 1 SMALL GLASS OF ORANGE JUICE.

SNACKS



GREEN DETOX JUICE

(GET OUR SUPER FAT
BURNING RECIPES)



1 APPLE

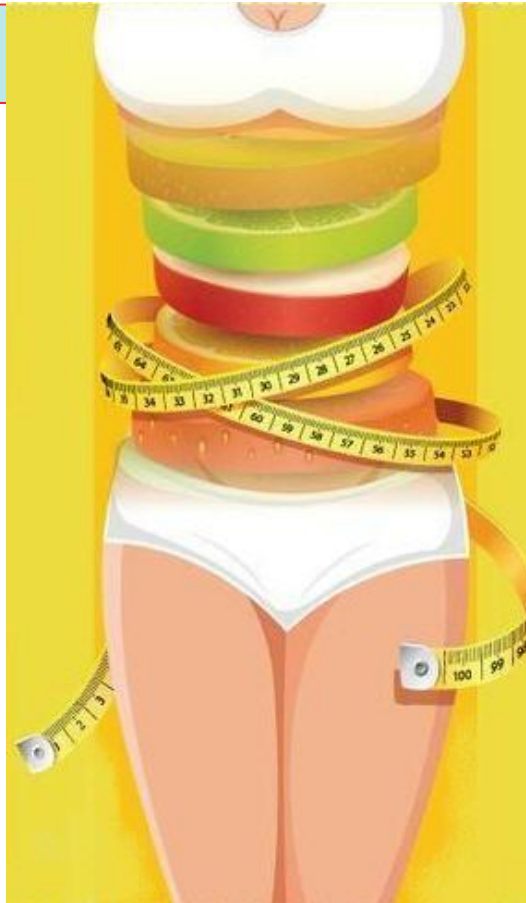
START YOUR DIET TODAY!

FOODS THAT FLATTEN YOUR BELLY

The best way to achieve a flat stomach is through a healthy, low-calorie diet and plenty of exercise. But if you want to speed the process along, try incorporating some of these foods into your meals. Not only do they relieve water retention, but they also help to stave off cravings, boost your metabolism and keep you feeling fuller for longer. Bonus!

ALMONDS

Not only are almonds packed full of skin-boosting vitamin E and protein, but their high fibre content stops you feeling hungry. Although they are relatively high in calories – almonds themselves do not contribute to belly fat. Swap out your usual mid-morning snack for a handful and see if it makes a difference.



BEANS

Swapping animal proteins in your diet for vegetarian proteins such as beans may not only help your heart, they are also effective at blasting belly fat and stimulating weight loss in general. A bean diet burned also helps to burn deep (visceral) abdominal fat, as well as that extra layer just under the skin.

LEAFY GREENS

What is the quickest way to flatten a stubborn stomach? Include a portion of leafy green vegetables at every meal. Kale, spinach and romaine lettuce are all extremely low in calories, full of fibre and offer several vital vitamins and minerals that help to ease water retention without causing the bloating and discomfort that some other vegetables might do.

SUNFLOWER SEEDS

Sunflower seeds contain a bountiful supply of dietary fibre, which could fill you up for longer and keep those sweet cravings at bay, while aiding digestion at the same time! They are packed full of antioxidant vitamin E, too, (which is essential for skin) health, as well as protein and complex carbs.

GREEN TEA

Green tea assists the body by flushing out excess fluids, helping to calm bloating around the stomach caused by water retention. Also it speeds up the metabolism, which can aid the burning of excess fat in the body.

CONGRATULATION! YOU MADE IT!

WE HOPE YOU DID ENJOY THIS 3 DAY DIET AND IT HELPED YOU TO LOSE A FEW POUNDS.

IF YOU WANT MORE THAN JUST A 3 DAY DIET, WHY NOT START THE 14 DAY 900-1200 CALORIE DIET. (OR EVEN LONGER) 4 LB AND UP TO 2 INCHES IN THE WAIST IN ONLY 14 DAYS, WITHOUT STARVING YOURSELF OR GIVING UP YOUR FAVORITE FOODS. YOU CAN STILL ENJOY WHAT YOU LIKE, BUT YOU NEED TO CHANGE SOMETHING, WITHOUT ANY CHANGE, YOU WOULD NOT LOSE ANY WEIGH

SHARE YOUR STORY

WHAT IS INCLUDED IN THE 2 WEEK

14 DAY STEP BY STEP COLORFUL ILLUSTRATED MANUAL

LIST OF FAT BURNING SUPER FOODS

62 DELICIOUS FAT MELTING RECIPES

14 DAY FULL BODY WORKOUT

BELLY FAT EXERCISES & EXPRESS 3 DAY DIET

SUBLIMINAL HYPNOSIS WEIGHT LOSS TUNE (AUDIO)

SHOPPING LIST

NUTRITION & CALORIE CALCULATOR

WEIGHT LOSS TRACKER APP

BEFORE & AFTER



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