



JillFit 3-Day De-Bloat System

Introduction:

The first thing to understand is that this program is NOT a weight loss system. Losing fat and shedding water (de-bloating) are two very different things. Losing fat requires a more customized approach that keeps sustainability in mind, while shedding water is a pretty straightforward and predictable formula.

Though this program is not nearly as rigid and depriving as other “detoxes” and crash diets, this is not meant to be used for more than 3 days, and even then, only use it every once in a while (say 3-4x/year). This is not a weight loss management tool.

The great thing about this system is that it is 100% natural, no crazy supplements or special foods required, you can get everything you need at a regular ol’ grocery store ☺ If you stay 100% compliant on this plan, you will lose 2-5 lbs of water in 3 days.

Once you shed that initial water, you can begin burning fat using a more varied approach that incorporates your unique metabolic tendencies, personal preferences and individual sensitivities. Metabolic Effect’s 8 Week Female Fat Loss Program or 8 Week Male Metabolic Blueprint both offer great sustainable approaches to eating and exercise that can help you transition out of this. More at <http://www.metaboliceffect.com>

Important thing to remember: The more you feel deprived, the more you will tend to crave, which is why this program is only 3 days. In my experience, anything longer and you are bound to experience compensatory eating due to increased hunger and cravings. The goal as you come out of these 3 days is to continue with your tight nutrition, just adding in a greater variety of foods and increasing starchy carbs based on you. After these 3 days, you will have to be a detective and figure out your Carbohydrate Tipping Point (the when, how many and what kind)—everyone is different. This blog gives you a start:

<http://www.metaboliceffect.com/carbohydrate-tipping-point/>

We recommend you weigh yourself and take your circumference measurements at the beginning and the end of this process. Your circumference measurements should be taken at the chest, waist (slimmest point), belly button, hips (widest point) and R thigh (widest point). Also, it will be useful to have a pair of pants that are just a tiny bit tight to try at the beginning and at the end to see how you do.

3-Day De-Bloat System

Part 1: Nutrition

Ground Rules:

- Daily, you will eat 4 meals (one of which will be after your workout) spaced out over 12 hours. Which means you can choose the time of day you'd like to have them, pacing throughout the day, according to your schedule,
- BUT you MUST do a 12-hour fast every night, which means if you have your last meal at 8pm, you don't eat again until 8am the next morning.
- The 3 meals that ARE NOT after your workout will contain 1 serving of lean protein and 2 servings of fibrous veggies. **These are your SHED MEALS.**

3 x Shed Meals = 1 serv. protein + 2 serv. fibrous veggies

See the food lists below for protein & veggie options

- Your post-workout meal will contain 1 serving of lean protein and 1 serving of fibrous veggies and 1 serving of clean starch. This can be any of the 4 meals of the day, just depends on your schedule when it will fall. **These are your SUSTAIN MEALS.**

1 x Sustain Meal = 1 serv. protein + 1 serv. fibrous veg + 1 serv. starch

See the food lists below for proteins, veggies and starches

- Dietary fats are going to be kept to a minimum during the 3 days, which means no supplemental fats (except an optional 3g of fish oil supplement if desired, not required), even healthy fats. The only fats in the diet will be the ones found naturally in the protein.
- You must drink 3L plain water each day
- You can drink as much unsweetened tea (like black, green, herbal, etc), black coffee and ME Cocoa drink (12 oz. = 1 TB unsweetened cocoa powder plus hot water) as you want on top of the plain water
- No other beverages, period. This includes ... all other beverages ☺ No exceptions.

No protein shakes, no protein bars, no sweeteners (even natural ones), no bread, no sweets/treats, no cereal, no chips or cookies, etc, no alcohol, no milk or juice (or any other beverages besides the above), no butter, ketchup, coconut milk, almond milk, gum, no sugar-free items, etc. If it is not on the food lists below, don't eat it. It's only 3 days; you can do it! 😊

Most condiments, sauces, marinades and dips are going to be off-limits. The exceptions to include:

- Low-sodium mustard (no salt added variety is best) – 2TB/day
- Low sodium salsa – 2TB/day. Low sodium is less than 200mg per serving
- 1 TB balsamic vinegar or red wine vinegar (up to 2 servings/day)
- All salt-free seasonings are good to use, such as Mrs. Dash varieties, and any/all fresh herbs and spices, like cinnamon, garlic, etc.
- Pick up a zero-cal, olive oil cooking spray like PAM to pan-sauté veggies and ground meats, to spray on baking sheets if you are baking/broiling potatoes, veggies or meats

Fibrous Vegetable Choices (if it's not on this list, you don't eat it):

- Asparagus (serving size: 8 spears)
- Artichokes, broccoli, peppers, onions, mushrooms, cauliflower, celery, cabbage, cucumber, Brussels sprouts (all serving size: 1 cup)
- Green beans (serving size: 10-15 beans)
- Spinach and dark green leafy veggies like kale, arugula, collards, turnip greens, mustard greens, lettuces, etc. (serving size 3 cups)

Protein Choices (if it's not on this list, you don't eat it):

Serving size = 5-6 oz (about 30g protein)

- Chicken or turkey breasts
- Lean ground turkey (at least 93%)
- Ground chicken
- White fishes like tuna, cod, bass, halibut, trout, etc. Tuna should not be from the can)
- Salmon
- Shrimp
- Egg whites (serving = 5 whites), no yolks for these 3 days

Clean Carb Choices (if it's not on this list, you don't eat it), post-workout only:

- Oat bran (serving size ¼ cup dry cooked in water)
- Oatmeal (plain, ½ cup dry cooked in water)
- Sweet potatoes (serving size ½ medium-sized)

- Brown rice or quinoa (serving size ½ cup cooked)
- Beans (serving size ½ cup cooked)
- Starchy veggies: eggplant, squash, zucchini, pumpkin (serving size = 1 cup)
- Fruit: 1 apple, 2/3 cup berries (any kind), 1 pear, 1 grapefruit

There are no required supplements as part of this program. If you'd like to incorporate an omega-3 fish oil, that would be fine.

This is a high vegetable diet! You will be eating several servings of veggies every day. This is intentional and by design – we use veggies and fiber as our “secret weapon” to balance blood sugar, keep cravings at bay, and as an aid to help shed water. All of the minerals and electrolytes in veggies help the body shed excess water, which is exactly what we want while in fat burning mode. Use frozen options or fresh, you can buy pre-washed and packaged, just skip canned as they usually have additional additives that can interfere with results.

Sample Meal Plan:

Note, this meal plan tries to offer as much variety as possible, but you might find that to make things easy on yourself, you just eat the same thing every day. That's fine. Just pick a sample day and do it all 3 days. These are for you to understand how to mix and match foods and how the Shed and Sustain Meals look.

Day 1:

- Wake-up & drink black coffee pre-workout
- **Sustain Meal (post-workout):** 5-egg white omelet w/ 1 cup chopped spinach and mushrooms, plus 1/3 cup oat bran (dry) made with water, cinnamon on top
- **Shed Meal #1:** Large mixed greens salad (3 cups), plus 1 cup onions/peppers on top, 1 serving of plain, grilled chicken + 1 TB balsamic vinegar
- **Shed Meal #2:** 5 hard-boiled egg whites, 12-15 asparagus spears
- **Mid-afternoon:** Large green tea
- **Shed Meal #3:** 6 oz. salmon filet w/ fresh lemon squeezed on top, 2 cups broccoli & cauliflower
- **After dinner:** Yogi Bedtime Tea
- Bed by 10pm

Day 2:

- Wake-up & drink black coffee pre-workout
- **Sustain Meal (post-workout):** 5 scrambled egg whites w/ pepper on top, 8 asparagus spears, 2/3 cup mixed frozen berries
- **Shed Meal #1:** Clean mahi-mahi "taco" salad: 1 cup chopped onions/peppers, 1 cup cabbage, 1 serving of grilled mahi-mahi + 2TB low-sodium salsa
- **Shed Meal #2:** Homemade turkey burger (~5-6 oz), 2 servings green beans
- **Mid-afternoon:** ME Cocoa drink
- **Shed Meal #3:** 6 oz. shrimp on top of 3 cups mixed greens, 1 cup cucumber slices + 1 TB red wine vinegar
- **After dinner:** Yogi Bedtime Tea
- Bed by 10pm

Day 3:

- Wake-up & drink black coffee pre-workout
- **Sustain Meal (post-workout):** 5-egg white omelet w/ 1 cup chopped onions/peppers, plus 1 cup plain pumpkin w/ dash of cinnamon/nutmeg on top
- **Shed Meal #1:** Large mixed greens salad (3 cups), 8 asparagus spears, 1 serving of ground chicken on top + 1 TB balsamic vinegar
- **Shed Meal #2:** 5 oz plain turkey breast, 2 cups Brussels sprouts
- **Mid-afternoon:** Large black tea
- **Shed Meal #3:** 6 oz. seared ahi tuna filet, 1 cup sautéed mushrooms, small side salad w/ freshly squeezed lemon on top
- **After dinner:** Yogi Bedtime Tea
- Bed by 10pm

Part 2: Lifestyle

Couple Lifestyle Rules:

- Incorporate a 12 hour fast every night (coffee and tea don't count, and you can have them anytime)
- Manage hunger and cravings as best you can: Use tea, coffee and ME cocoa drink as much as needed to battle boredom eating and in between meals
- Stress management – OPTIONAL, but recommended – incorporate a daily 30-60 minute leisure walk every day. This is NOT part of the workout portion of the plan. This is not power walking, this should be relaxing & lower stress.

A word on Sleep: Sleep is absolutely crucial for fat loss. Inadequate sleep puts an enormous stress on the body and can have detrimental effects on your muscle mass: if you don't get enough sleep your body will break down your lean muscle mass. And, of course, the whole point is to keep that lean mass and burn fat 😊 So we here at JillFit recommend that you get at least 7 hours of sleep per night. Make this happen however you need to, even if it means going to bed an hour or two earlier than you are used to. This is quite important!

Part 3: Exercise

See other PDF for outlined workout schedule and actual workouts