



**48 HOUR CHALLENGE  
FAT LOSS DIET**

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## 48 Hour Challenge Fat Loss Diet

# Legal Disclaimer

The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

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## Welcome!

This is the **48 Hour Challenge Fat Loss Diet Plan**, designed to be used in conjunction with the Challenge Fat Loss program.

You're motivated and dedicated and these traits will pay off BIG time.

This plan, along with the workout plan, are based on scientific principles. Successful fat loss becomes simplified when you understand the science behind it.

There are specific guidelines laid out for you in this plan. All you need to do is follow them.

In a nutshell, the plan is to be executed over 14 days. You will do the **48 Hour Paleo Fast** followed by the **24 Hour Paleo Plan** (low glycemic carbohydrates, quality protein and healthy fats). This will allow for a five day Paleo Fast with every seven-day cycle. You are ENCOURAGED to have a cheat meal once per week.

This is a fast, effective plan for fat loss that can be repeated several times per year.

In addition to weight loss during the 14 day plan, you will learn healthy eating habits that you can incorporate into your lifestyle to help you maintain and continue to lose fat.

Remember that its small healthy changes over time that literally melts fat off your body. This program is intended to JUMP START your fat loss. We all need some positive reinforcement. Getting a jumpstart is a great way to get your head in the game and KEEP it in the game as the scale drops and your waistband gets looser.

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To be clear though, this is **NOT** a 'quick fix' diet plan that will have you losing weight one week and gaining it the next. We've all seen how that happens and the detrimental effects that has on metabolism. Instead, this plan is backed by science and will actually help 'build' metabolism so that once you're through the 14 days, you'll not only lose fat, but your metabolism won't have taken a beating. You'll get back into regular healthy eating, which will hopefully incorporate the scientific principles learned in the plan, so you'll maintain your fat loss and in fact, continue to lose fat. No one wants rebound fat gain, this fat loss will be permanent as you apply the healthy eating skills you learn.

Let's face it. Nutrition plays a huge part of how you look and when challenge workouts are involved, nutrition also plays a large part in how you perform. You'll be less likely to be able to rock your workouts when you have excess weight hanging around. As you drop the flub, your performance on challenging workouts will improve and dare I say, your attitude and performance in ALL aspects of your life will be enhanced.

Please consider this: SMALL changes over time add up to long lasting results. If you drop a single pound in one week, but do this for an entire year by making healthy nutritional changes, you'll have dropped 52 pounds (while most people are gaining weight yearly).

While I'm a big fan of following solid eating habits year round, without the need for a strict 'diet' that starts and stops, I understand the need to kick your eating habits into over drive with a short program to get you going. This is such a plan. Use it to learn. Listen to your body 's cues so that you'll feel more comfortable and confident to feed it what it needs to perform and look it's best.

Let's get started...

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Here's what your week will look like:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Paleo Fast	Paleo Fast	Paleo Plan	Paleo Fast	Paleo Fast	Paleo Plan CHEAT MEAL	Paleo Fast
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Paleo Fast	Paleo Plan	Paleo Fast	Paleo Fast	Paleo Plan CHEAT MEAL	Paleo Fast	Paleo Fast

## Part ONE – The 48 Hour Paleo Fast

This portion of the program marries two winning nutritional plans: intermittent fasting and Paleo eating.

First up: intermittent fasting.

One of the main advantages of IF or intermittent fasting is that you'll have hard and fast rules as to when and what you can eat. For those that have portion control issues, this takes away that issue immediately.

There's nothing wrong with eating 5–6 'small meals' a day, but the word 'small' is often overlooked. Many folks eat 5–6 meals a day, but tend to OVEREAT each meal. It's easy to add an extra 100 calories with a handful of this or that and when you're eating six times a day, that's an additional 600 calories...Stop eating so often and it's more likely that you won't have those extra calories. Period.

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Compelling research suggests that appetite is actually increased with meal frequency. That means that you can be *hungrier* when you eat more often. Research also shows that meal frequency has no relation to increased metabolic levels either. So you will NOT be tanking your metabolism if you employ IF as long as total caloric and nutrient intake is reasonable.

There is something called the ‘thermic effect of food’. What this means is that simply eating raises your metabolism. However, the total thermic effect is no different by *how many times* you eat, as long as you eat about the same amount of food. Also, if you want to take advantage of the thermic effect of eating, it will be totally negated when your total caloric intake is increased due to *over* eating.

By reducing temptation to over eat, in addition to the time it saves preparing and eating food multiple times a day, IF can be a winning formula for fat loss.

Basically, you’ll just be delaying your breakfast and cutting back evening calories in the 48 Hour Paleo Fast portion of the plan. You’ll be following a Paleo Plan for about 8 hours each of the days in the 48 hour Paleo Fast plan. So when you eat, you’ll follow Paleo guidelines.

Read on to learn about the Paleo guidelines.

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## Part TWO – The 24 Paleo Plan

'Paleo' is also known as the Paleolithic or the cave man diet. It's based on the presumed ancient diet of the Stone Age hunter-gatherers consisting of unprocessed plants and animals prior to the development of grain based diets that are common today.

The Paleo diet consists mainly of fish, grass-fed pasture raised meats, eggs, vegetables, fruit, roots, nuts and excludes grains, legumes, dairy, refined salt and sugars and processed oils.

It's not rocket science to make the leap that reducing processed foods will reduce over all caloric consumption. Typically cutting back on processed foods will also increase nutritional density of any nutrition plan.

The key to success to this plan then is to avoid processed foods and increase nutritionally dense foods.

This is NOT a NO-Carb or Gluten Free plan. However, you will be increasing the QUALITY of the carbohydrates you ingest. If you 'fall off the wagon' so to speak, you haven't sabotaged everything, simply get back on the plan with the next meal.

You'll want to ensure that your protein requirements are met. In today's typical North American diet, dietary protein ingestion is reduced and replaced with carbohydrates. At first glance, this plan may seem to include more protein than you're used to eating.

Protein is included in the plan for a variety of reasons. Yes, it's required for muscle production and repair, but just as importantly, it's included to moderate blood sugar levels.

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When you ingest carbohydrate, your body's response is to release insulin to lower the resulting blood sugar. By ingesting protein at the same time as carbohydrate, you will slow down the break down of carbohydrate and then lower the amount of insulin released to the blood. Your goal is to avoid insulin spikes, since insulin is the body's primary 'storage' hormone.

A deadly combination for fat gain/storage is when you eat carbohydrate and fats together. The carbohydrate will spike insulin and the fat eaten will be available for immediate storage. This is really a recipe to store fat. You will NEVER be able to lose your stored fat when you have an abundance of insulin in the blood.

You'll be avoiding carbohydrates that 'spike' insulin (these are typically high glycemic carbs from processed foods), you'll eat protein with your carbs and you'll also include necessary healthy fats in each meal.

Maintaining lean muscle tissue is also very important in helping you achieve the end result you desire. When you lose the weight, you want to look toned and defined NOT "skinny fat" (where your weight loss leaves you looking skinny and really the same shape as before).

Including branched chain amino acids (BCAA's) during these 48 hours will be extremely beneficial. To put it in simple terms, BCAAs are the "best part" of protein. So, if you were to consume 10 grams of BCAAs, you're essentially consuming 10 grams of protein, only it's "super protein".

The guidelines for BCAA intake on this day are as follows:



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**Consume 0.15 grams per pound of body weight split over 6 doses taken throughout the day.**

So, for a 200 lb individual, they'd require 30 grams of BCAAs, split over 6 doses, or six 5-gram doses taken throughout the day.

For a 150 lb individual, 22.5 grams of BCAAs, or six doses of approximately 4 grams each taken throughout the day.

You get the point -  $0.15 \times \text{Body Weight}$  split evenly over 6 doses throughout the day.

Now, the 0.15 g per pound of body weight calculation only applies to BioTrust BCAA Matrix (the kind I use) as it is literally more than TWICE as absorbable as any other BCAA product due to its use of 3 distinct forms of BCAAs that target 3 different absorption pathways.

BCAA Matrix is the highest quality BCAA supplement available anywhere...period.

Read more about quality amino acids [here](#).

If you need a healthy protein supplement, my favorite Biotrust protein can be found [here](#).

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## Part THREE – The Cheat Meal

This may sound too good to be true, but you NEED to cheat. You will enjoy ONE meal on this day, not an entire 24 hours of reckless eating. This is proven scientifically and is tied into an important fat loss hormone called LEPTIN.

Your body depends on two things to burn fat and they are high levels of leptin and sensitive leptin receptors.

When you ‘diet’ or significantly lower your caloric intake, leptin levels drop and your fat burning potential is reduced. This is due to the fact that our bodies were designed to ‘survive’ in times of famine. The reptilian brain of ours thinks that we’re actually starving when we ‘diet’ and so in an effort to ‘survive’ the body preserves fat stores. Leptin is the hormone whose main function is to protect the body against starvation. We need to manipulate leptin in order to keep losing fat.

Research shows that leptin levels can plummet by 50% after just 7 days of dieting. Each passing day of dieting has your leptin levels sinking even more.

In addition, many people suffer from *leptin resistance* due to high body fat levels and a highly processed diet. This means that even though you may have adequate leptin levels, receptor sites are damaged and your body is unable to tap into leptin’s fat burning effects, which further decreases your ability to drop the flub.

The solution is two fold.

First of all, by having a cheat meal, you’ll ‘trick’ your body into believing it’s not starving and leptin levels will return back to normal. For those that do not suffer from leptin resistance, this is an effective strategy to gain the benefits of leptin’s fat burning properties.

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As well, you'll get the mental break that you can eat what ever your heart and belly desires, making adherence to the program easier.

A second strategy is to take supplements to increase leptin and leptin sensitivity. There are six herbs that together have shown to do just that. They are:

**#1. Irvingia Gabonensis**, a powerful extract from the African mango that has been shown to **support leptin sensitivity** by inhibiting the production of *C-reactive protein* (CRP), a chemical in the body that has been linked with the development of leptin resistance, by up to 52%.

To further support this extracts dramatic effect on weight loss, in one double-blind study, 102 otherwise-healthy overweight volunteers received either 150 mg of Irvingia extract or a placebo, twice daily prior to meals, for a period of 10 weeks.

At the end of 10 weeks, the Irvingia group lost an average of **28 pounds** (13.1% decrease in body weight), shed **6.7 inches** from their waistline, and had reduced their total body fat by an average of **18.4%**!

Furthermore, it was found that those who supplemented with Irvingia experienced a 26% decrease in total cholesterol, and blood sugar levels dropped from an unhealthy fasting blood level of 85.5 to a much healthier 66.3.

As expected, those receiving the placebo experienced no measurable difference in scale weight, girth measurements, body fat percentage, or health markers

**#2. Oleonic Acid**. This compound extracted from olive tree leaves has a stimulatory effect on a specific gut peptide called Glucagon-like Peptide-1 (GLP-1). Research shows that an oral dose of this extract can increase GLP-1 by 48%, which has in turn been closely linked to **increased leptin production**.

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**#3. Modifilan®**, a potent seaweed extract harvested from pristine Arctic waters off the coast of Iceland, has been shown to stimulate increased leptin production in fat cells by up to 18% through its ability to stimulate Thyroid Stimulating Hormone (TSH) in the adrenals. Stimulation of TSH in turn stimulates the **production of leptin** in fat cells.

**#4. Panax Notoginseng**, a well-known and commonly used traditional Chinese herb called “Shan Qi” by master herbalists was recently shown to also have unique metabolic properties, including naturally suppressing appetite and **increasing leptin sensitivity**.

**#5 & 6. YerbaX™**, a potent blend of a rare green tea extract and South American yerba mate extract which together have been shown to synergistically increase resting metabolic rate and **mobilize fatty acids from fat cells to be burned**, all while suppressing appetite and increasing energy and alertness.

Now, while you *could* try to locate all of the above ingredients individually, the good news is that it’s already be done for you at BioTrust Nutrition and put it in to one scientifically-backed, lab-tested, ultra-convenient product called [LeptiBurn™](#).

Just take 2 capsules in the morning and 2 capsules in the afternoon and let SCIENCE do the rest.

[LeptiBurn™](#) is the ONLY scientifically-backed dietary supplement created specifically to solve your body’s BIGGEST fat-loss problem: your body’s production of, and sensitivity to, the ONE solitary hormone that literally controls *everything* related to fat loss.

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## What to Eat

### 48 Hour Paleo Fast

Here's a ballpark formula on how many calories you should be consuming....

First you will need to determine your *BASAL METABOLIC RATE* or BMR. Your BMR is the number of calories your body needs to maintain your current weight while it performs basic functions, including circulating blood, digesting food and breathing. A ballpark number can be established using the following formula:

**Female BMR** =  $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

**Male BMR** =  $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

For example, if you are a 35 year old, five foot five, 150 lb woman, your BMR would be 1448 calories a day. This is the approximate number of calories that this woman would need to consume just to perform basic functions while maintaining her current weight.

Next, you can use the *Harris Benedict Formula* to determine your daily caloric needs. This is a formula that uses your BMR and applies an activity factor to determine your total energy expenditure or calories. For those individuals that fit into the general population, the formula will be quite accurate. However, the formula will probably underestimate caloric needs for very lean people, and overestimate calories for the obese. It should also be noted that a factor omitted by the Harris Benedict Formula is the amount of lean body mass a person has. Lean mass or muscle tissue increases metabolism. Therefore, more muscular bodies generally have higher caloric demands.

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To determine your total daily calorie needs, multiply your BMR by the appropriate activity factor, as follows:

1. If you are sedentary (little or no exercise) : Calorie-Calculation =  $BMR \times 1.2$
2. If you are lightly active (light exercise/sports 1-3 days/week) : Calorie-Calculation =  $BMR \times 1.375$
3. If you are moderately active (moderate exercise/sports 3-5 days/week) : Calorie-Calculation =  $BMR \times 1.55$
4. If you are very active (hard exercise/sports 6-7 days a week) : Calorie-Calculation =  $BMR \times 1.725$
5. If you are extremely active (very hard exercise/sports & physical job): Calorie-Calculation =  $BMR \times 1.9$

In order to lose weight, there needs to be a calorie deficit. There is approximately 3500 calories in a pound of stored body fat. So, if you create a 3500-calorie deficit through diet, exercise or a combination of both, you will lose one pound of body weight.

A safety guide set out by the American College of Sports Medicine (ACSM) recommends that caloric intake never drops below 1200 calories per day for women or 1800 calories per day for men. These low calorie levels, for extended periods, can be dangerous to your health as well as low caloric intake will sabotage weight loss from a hormonal perspective.

*A safe way to calculate caloric intake for weight reduction is to reduce calories by 20% below your calculated daily calorie maintenance needs. This will take place on your fasting day. You may increase or decrease this slightly, depending on your weight loss goals.*

My main focus is NOT on calorie counting per se. It's important to listen to your body, but a basic guideline is sometimes needed so I felt it necessary to include this.

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Your **BEST** method of calorie counting or determining how **MUCH** you should be eating is to **LISTEN** to your body's cues. As a rule of thumb, eat before you're starving and stop eating before you're stuffed. This applies to the 8 hour eating window on your fast days as well as your Paleo Plan days. Simply following these guidelines and by cutting out the junk and processed foods in your plan will allow for noticeable changes in your belly fat.

Avoid liquid calories period. Unsweetened coffee, green tea and other teas are acceptable. The rule of thumb as far as liquids go: if it has calories, avoid it.

Allow for an 8 hour window each day of the 48 Hour Paleo Fast to eat. Keep your meals within those 8 hours and within the Paleo guidelines.

### **Suggestions for the 48 Hour Paleo Fast days:**

- Include [BCAA's](#). The guidelines for BCAA intake on this day are as follows:

**Consume 0.15 grams per pound of body weight split over 6 doses taken throughout the day.**

- Eat a ton of protein and vegetables, clean, whole food.
- Train on an empty stomach in a fasted state.
- *Eat the largest meal after training.* If you're going to eat 'starchy' carbs (quinoa, rice, sprouted grain bread, etc) and fruit, now is the time.
- Eat protein and carbs after your workout, focus on protein and fat (and low glycemic veggies) for the other two meals
- Eat 2-3 meals within the 8 hour window

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Here's a sample schedule:

8 am – wake up, drink 2 cups water

9 am – drink 1L water and 1 cup green tea (add a Greens supplement)

11 am – 1 cup green tea

noon – workout session with BCAA's

1 pm – eat first large meal (protein and moderately higher glycemic carbs)

4 pm – eat second moderate sized meal (protein and low glycemic carbs/veggies and fat)

8 pm – eat third moderate sized meal (protein and low glycemic carbs/veggies and fat)

Here are foods that you can choose from...

## Carbohydrate Choices

These are for AFTER your training session:

Fruit: apples, oranges, bananas, apricots, peaches, pears, grapes, kiwi, mango, watermelon, honeydew, cantaloupe, rhubarb, plum, pineapple, papaya, grapefruit, grapes, blueberries, strawberries, blackberries, raspberries, cranberries, cherries

Plain Greek Yogurt (this is not strictly Paleo, but this is a good nutritional choice for those that can eat dairy)

Sprouted grain bread (Ezekiel bread), rice bread, spelt bread)

Other Grains: barley, basmati, quinoa, sprouted grain tortilla wraps (Ezekiel wraps), Oatmeal, oat bran, Wild rice, brown rice, Pasta – Spelt pasta, rice pasta, or sprouted grain pasta (Ezekiel brand)



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## Protein

Eat these through the day for any meal:

Beef (steak, ground beef, jerky, etc), Plain Greek Yogurt (this is not strictly Paleo, but this is a good nutritional choice for those that can eat dairy), Deer/Venison, Eggs (whole or whites), Fish (salmon, tilapia, haddock, mackerel, tuna, bluefish, herring), Ham, Lamb, Pork (tenderloin, chop, etc), Shellfish (scallops, shrimp, clams, oysters, crab, lobster, etc), Skinless Chicken (breast, thigh, wing, etc), Turkey breast

[Protein powder](#)

## Fat Sources

Focus these in the second and third meals on the 48 hour Paleo Fast days:

Oils: Coconut Oil, Extra Virgin Olive oil, Flax-seed oil, Marine/Fish oils, Udo's Choice Oil Blend, Hemp Oil

Raw Nuts: Almonds, Brazil Nuts, Hazelnuts, Peanuts (in moderation), Pecans, Walnuts

Other: All Natural Peanut Butter (in moderation), Almond Butter, Avocado/Guacamole, Flax seeds (ground)

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## Vegetables

This is not an exhaustive list. Do NOT overthink your vegetable choices. If you're eating veggies, you're doing something right! Keep the variety as high as possible, prepare with the healthy fats listed, include in as many meals as possible. All vegetables have carbohydrates, but they are typically low carb options.

Asparagus, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Cucumber, Eggplant, Fennel, Green Onion, Leek, Lettuce – any type, Okra, Onion, Pepper, Bell, Radish, Snow Peas, Spinach, Tomato, Zucchini

## 24 Hour Paleo Plan

It's important to include a variety of foods on the days when you do NOT do intermittent fasting. Your calorie count will be slightly higher and you want to ensure that your nutrition is top notch.

You'll likely fall somewhere between 1200–1900 calories for your fat loss plan, therefore I've included 4 days of sample menus from holistic nutritionist, Lori Kennedy in these caloric ranges.

These are sample plans. Feel free to make suitable substitutions. For example, if you don't have broccoli, you could substitute another coniferous vegetable in its place. Substitute a protein for a protein, a fat for a fat, etc. (Obviously you wouldn't substitute butter for broccoli.)

These plans are basic guidelines for you:

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## Day 1 - 1200 Calorie Plan

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Omelet with Peppers</b>						
1	tablespoon	Coconut Oil	0.00	0.00	13.60	117.00
3	Large	Eggs, organic	18.00	0.00	15.00	210.00
1	cup, chopped	Peppers, sweet, red, raw	1.28	6.91	0.45	29.80
<b>Totals:</b>			<b>20.76</b>	<b>15.90</b>	<b>29.30</b>	<b>395.54</b>
<b>AM Snack - Almond Butter &amp; Celery</b>						
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
5	each	Celery, raw stalk trimmed	2.50	10.00	0.00	50.00
<b>Totals:</b>			<b>4.90</b>	<b>13.40</b>	<b>9.50</b>	<b>151.00</b>
<b>Lunch - Lettuce Tuna Wrap</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	cup	Broccoli, steamed	5.70	9.84	0.22	51.52
3	leaves, outer	Lettuce, cos or romaine, raw	1.03	2.76	0.25	14.28
1	tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
4	ounce(s)	Tuna, in water	20.00	0.00	1.33	120.00
<b>Totals:</b>			<b>29.14</b>	<b>22.00</b>	<b>19.41</b>	<b>374.80</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Steak, Mushrooms &amp; Spinach Salad with Oil &amp; Balsamic</b>						
3	ounce(s)	Beef, top sirloin, lean only	25.81	0.00	6.80	171.70
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	cup, sliced	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
2	cups	Spinach, raw	1.72	2.18	0.23	13.80
1	small	Tomato, sm. sliced	1.00	5.70	0.40	26.00
2	teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
<b>Totals:</b>			<b>33.25</b>	<b>16.85</b>	<b>21.79</b>	<b>392.91</b>
<b>Actual Totals for Day 1</b>			<b>80.66</b>	<b>60.19</b>	<b>74.65</b>	<b>1209.98</b>

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## Day 1 - 1900 Calorie Plan

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Omelet with Peppers</b>						
1	cup	Blackberries, raw	2.00	13.84	0.71	61.92
1	1/2 tablespoon	Coconut oil	0.00	0.00	20.40	175.50
3	large	Eggs, organic	18.00	0.00	15.00	210.00
1	cup, sliced	Mushrooms, white, stir-fried	3.87	4.36	0.36	28.08
1	cup, chopped	Peppers, sweet, green, raw	1.28	6.91	0.25	29.80
1	cup, chopped	Peppers, sweet, red, raw	1.48	8.98	0.45	38.74
<b>Totals:</b>			<b>26.62</b>	<b>34.10</b>	<b>37.16</b>	<b>544.04</b>
<b>AM Snack - Apple, Almond Butter &amp; Celery</b>						
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
5	each	Celery, raw stalk trimmed	2.50	10.00	0.00	50.00
<b>Totals:</b>			<b>5.20</b>	<b>34.40</b>	<b>10.00</b>	<b>232.00</b>
<b>Lunch - Lettuce Tuna Wrap</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	cup	Broccoli, steamed	5.70	9.84	0.22	51.52
4	leaves, outer	Lettuce, cos or romaine, raw	1.38	3.67	0.34	19.04
1	tablespoon	Onion, chopped	0.10	0.90	0.00	4.00
6	ounce(s)	Tuna, in water	30.00	0.00	2.00	180.00
<b>Totals:</b>			<b>39.48</b>	<b>22.92</b>	<b>20.16</b>	<b>439.56</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Steak, Mushrooms &amp; Spinach Salad with Oil &amp; Balsamic</b>						
6	ounce(s)	Beef, top sirloin, lean only, 1/4" trim, choice, broiled	51.63	0.00	13.60	343.40
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1/2	cup, sliced	Mushrooms, white, stir-fried	1.93	2.18	0.18	14.04
2	tablespoons	Olive oil, pure	0.00	0.00	28.00	260.00
2	cups	Spinach, raw	1.72	2.18	0.23	13.80
1	small	Tomato, sm. sliced	1.00	5.70	0.40	26.00
2	teaspoons	Vinegar, balsamic	0.05	1.81	0.00	9.33
<b>Totals:</b>			<b>57.13</b>	<b>14.66</b>	<b>42.41</b>	<b>680.57</b>
<b>Actual Totals for Day 1</b>			<b>128.44</b>	<b>106.08</b>	<b>109.73</b>	<b>1896.17</b>

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## Day 2 - 1200 Calorie Plan

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Smoked Salmon Eggs &amp; Onions</b>						
2	large	Eggs, organic	12.00	0.00	10.00	140.00
2	ounce(s)	Fish, salmon, smoked, (lox), regular	10.24	0.00	2.42	65.52
1	tablespoon, chopped	Onions, spring or scallions	0.11	0.44	0.01	1.92
<b>Totals:</b>			<b>22.35</b>	<b>0.44</b>	<b>12.43</b>	<b>207.44</b>
<b>AM Snack - Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Lunch - Chicken, Avocado, Coleslaw &amp; Seeds</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
4	ounce(s)	Chicken Breast / White Meat	24.00	0.00	0.00	124.00
1	cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1	ounce	Seeds, pumpkin, raw	9.35	3.81	11.94	147.99
<b>Totals:</b>			<b>37.19</b>	<b>27.20</b>	<b>32.68</b>	<b>539.79</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Turkey Vegetable Meatballs (see recipe)</b>						
3	ounce(s)	Ground Turkey, lean	21.67	0.00	29.01	354.45
1/2	cup	Broccoli, steamed	2.85	4.92	0.11	25.76
<b>Totals:</b>			<b>24.52</b>	<b>4.92</b>	<b>29.12</b>	<b>380.21</b>
<b>Actual Totals for Day 4</b>			<b>84.36</b>	<b>53.56</b>	<b>74.73</b>	<b>1208.44</b>

# 48 Hour Challenge Fat Loss Diet

## Day 2 - 1900 Calorie Plan

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Smoked Salmon Eggs &amp; Onions</b>						
3	large	Eggs, organic	18.00	0.00	15.00	210.00
3	ounce(s)	Fish, salmon, smoked, (lox), regular	15.36	0.00	3.63	98.28
1	tablespoon, chopped	Onions, spring or scallions, raw	0.11	0.44	0.01	1.92
1	cup, slices	Peaches, raw	1.55	16.22	0.42	66.30
2	cups	Spinach, steamed	10.80	13.60	0.80	84.00
<b>Totals:</b>			<b>45.81</b>	<b>30.26</b>	<b>19.87</b>	<b>460.50</b>
<b>AM Snack - Apple, Almond Butter &amp; Cucumber</b>						
1	tablespoon	Almond butter, raw	2.40	3.40	9.50	101.00
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
<b>Totals:</b>			<b>3.50</b>	<b>27.20</b>	<b>10.00</b>	<b>196.00</b>
<b>Lunch - Chicken, Avocado, Coleslaw &amp; Seeds</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
5	ounce(s)	Chicken breast / white meat	30.00	0.00	0.00	155.00
1	cup	Coleslaw, home-prepared	1.55	14.89	3.13	82.80
1/2	tablespoon	Olive oil, extra virgin	0.00	0.00	7.00	60.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	ounce	Seeds, pumpkin, raw	9.35	3.81	11.94	147.99
1	tablespoon	Vinegar, apple cider	0.00	0.14	0.00	3.15
<b>Totals:</b>			<b>45.79</b>	<b>46.34</b>	<b>40.48</b>	<b>731.94</b>
<b>PM Snack - Green Tea &amp; Watermelon</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	cup, diced	Watermelon, raw	0.93	11.48	0.23	45.60
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.93</b>	<b>11.48</b>	<b>0.23</b>	<b>45.60</b>
<b>Dinner - Turkey Vegetable Meatballs (see recipe)</b>						
1	serving (5 fl oz)	Alcoholic Beverage, wine, red, Cabernet Sauvignon	0.10	3.82	0.00	123.48
3	ounce(s)	Ground Turkey, lean	21.67	0.00	29.01	354.45
<b>Totals:</b>			<b>21.77</b>	<b>3.82</b>	<b>29.01</b>	<b>477.93</b>
<b>Actual Totals for Day 4</b>			<b>117.80</b>	<b>119.10</b>	<b>99.58</b>	<b>1911.97</b>

# 48 Hour Challenge Fat Loss Diet

## Day 3 - 1200 Calorie Plan

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Mixed Berry Smoothie</b>						
1	cup, unthawed	Blackberries, frozen, unsweetened	1.78	23.66	0.65	96.64
1/2	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
2	tablespoons	Hemp seeds	6.00	2.00	8.00	112.00
1	cup	Spinach, raw	0.86	1.09	0.12	6.90
1	cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>10.90</b>	<b>44.20</b>	<b>13.36</b>	<b>317.66</b>
<b>AM Snack - Cucumber &amp; Almonds</b>						
1	ounce(s)	Almonds, raw	6.00	6.10	14.00	163.00
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
<b>Totals:</b>			<b>6.80</b>	<b>8.90</b>	<b>14.00</b>	<b>177.00</b>
<b>Lunch - Salmon &amp; Broccoli with Coconut Oil</b>						
1	cup, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
3	ounce(s)	Salmon, broiled	18.81	0.00	10.50	174.00
<b>Totals:</b>			<b>22.52</b>	<b>11.20</b>	<b>24.74</b>	<b>345.60</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Fish &amp; Zucchini</b>						
5	ounce(s)	Halibut, broiled	37.50	0.00	5.00	200.00
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	cup, sliced	Zucchini, baked	1.15	7.07	0.09	28.80
<b>Totals:</b>			<b>38.65</b>	<b>7.07</b>	<b>19.09</b>	<b>348.80</b>
<b>Actual Totals for Day 6</b>			<b>78.88</b>	<b>71.37</b>	<b>71.19</b>	<b>1189.06</b>

# 48 Hour Challenge Fat Loss Diet

## Day 3 - 1900 Calorie Plan

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Mixed Berry Smoothie</b>						
1	cup, unthawed	Blackberries, frozen, unsweetened	1.78	23.66	0.65	96.64
1/2	teaspoon	Cinnamon	0.15	2.70	0.10	9.00
3	tablespoons	Hemp seeds	9.00	3.00	12.00	168.00
2	cups	Spinach, raw	1.72	2.18	0.23	13.80
1	cup, sliced	Strawberries, raw	1.11	12.75	0.50	53.12
1	cup	Unsweetened Almond Milk	1.00	2.00	4.00	40.00
<b>Totals:</b>			<b>14.76</b>	<b>46.29</b>	<b>17.48</b>	<b>380.56</b>
<b>AM Snack - Hard-Boiled Egg, Cucumber &amp; Almonds</b>						
1	ounce(s)	Almonds, raw	6.00	6.10	14.00	163.00
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
1	large	Eggs, organic, hard-boiled	6.00	0.00	5.00	70.00
<b>Totals:</b>			<b>12.80</b>	<b>8.90</b>	<b>19.00</b>	<b>247.00</b>
<b>Lunch - Salmon &amp; Broccoli with Coconut Oil</b>						
1	cup, chopped	Broccoli, steamed	3.71	11.20	0.64	54.60
1	tablespoon	Coconut oil	0.00	0.00	13.60	117.00
1	tablespoon	Olive oil, pure	0.00	0.00	14.00	130.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
6	ounce(s)	Salmon, broiled	37.62	0.00	21.00	348.00
<b>Totals:</b>			<b>43.93</b>	<b>30.20</b>	<b>50.04</b>	<b>747.60</b>
<b>PM Snack - Green Tea &amp; Apple</b>						
1	each	Apple, medium with peel	0.30	21.00	0.50	81.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.30</b>	<b>21.00</b>	<b>0.50</b>	<b>81.00</b>
<b>Dinner - Fish &amp; Green Beans</b>						
1	cup	Green beans, steamed	2.01	8.71	0.23	37.80
6	ounce(s)	Halibut, broiled	45.00	0.00	6.00	240.00
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
8	large	Olives, ripe, (small-extra large)	0.27	2.00	3.42	36.80
1	cup, sliced	Zucchini, baked	1.15	7.07	0.09	28.80
<b>Totals:</b>			<b>48.43</b>	<b>17.78</b>	<b>23.74</b>	<b>463.40</b>
<b>Actual Totals for Day 6</b>			<b>120.23</b>	<b>124.17</b>	<b>110.76</b>	<b>1919.56</b>



# 48 Hour Challenge Fat Loss Diet

## Day 4 - 1200 Calorie Plan

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Bacon, Eggs &amp; Grapefruit</b>						
2	large	Eggs, organic	12.00	0.00	10.00	140.00
1	each	Grapefruit, pink or red 4" diam.	1.20	23.80	0.20	92.00
2	slices, cooked	Pork, cured, bacon	5.93	0.23	6.68	86.56
<b>Totals:</b>			<b>19.13</b>	<b>24.03</b>	<b>16.88</b>	<b>318.56</b>
<b>AM Snack - Avocado &amp; Peppers</b>						
1/4	cup	Avocado - pureed	1.15	4.25	8.80	92.50
1	each	Pepper, red or green	2.80	19.20	0.40	80.00
<b>Totals:</b>			<b>3.95</b>	<b>23.45</b>	<b>9.20</b>	<b>172.50</b>
<b>Lunch - Curried Fish &amp; Vegetables (see recipe)</b>						
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
3	ounce(s)	Fish, wild, cooked	21.62	0.00	6.91	154.70
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
<b>Totals:</b>			<b>25.05</b>	<b>22.70</b>	<b>21.71</b>	<b>391.36</b>
<b>PM Snack - Green Tea</b>						
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Dinner - Sausage &amp; Tomatoes (see recipe)</b>						
1/2	cup, chopped	Broccoli, steamed	1.86	5.60	0.32	27.30
1	cup	Tomatoes, chopped	3.17	18.08	0.49	90.28
3	each	Sausage (see recipe)	20.00	8.00	8.00	200.00
<b>Totals:</b>			<b>26.05</b>	<b>41.69</b>	<b>9.21</b>	<b>359.43</b>
<b>Actual Totals for Day 9</b>			<b>74.18</b>	<b>111.88</b>	<b>57.01</b>	<b>1241.85</b>

# 48 Hour Challenge Fat Loss Diet

## Day 4 - 1900 Calorie Plan

Qty	Measure	Description	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
<b>Breakfast - Bacon, Eggs &amp; Grapefruit</b>						
3	large	Eggs, organic	18.00	0.00	15.00	210.00
1	each	Grapefruit, pink or red 4" diam.	1.20	23.80	0.20	92.00
1/2	tablespoon	Olive oil, pure	0.00	0.00	7.00	65.00
3	slices, cooked	Pork, cured, bacon, broiled, pan-fried or roasted	8.89	0.34	10.03	129.84
4	slices	Tomato, sliced, organic	0.00	0.00	0.00	16.00
<b>Totals:</b>			<b>28.09</b>	<b>24.14</b>	<b>32.23</b>	<b>512.84</b>
<b>AM Snack - Avocado, Peppers &amp; Pear</b>						
1/2	cup	Avocado, pureed	2.30	8.50	17.60	185.00
1	each	Pear, medium w/peel	0.70	25.10	0.00	98.00
1	each	Pepper, red or green	2.80	19.20	0.40	80.00
<b>Totals:</b>			<b>5.80</b>	<b>52.80</b>	<b>18.00</b>	<b>363.00</b>
<b>Lunch - Curried Fish &amp; Vegetables (see recipe)</b>						
1	cup	Cucumber, raw, slices	0.80	2.80	0.00	14.00
5	ounce(s)	Fish, wild, cooked	35.00	0.00	10.00	257.83
1	tablespoon	Olive oil, extra virgin	0.00	0.00	14.00	120.00
1	large	Salad, lrg. garden w/tomato & onion	2.60	19.00	0.80	98.00
1	teaspoon	Vinegar, balsamic	0.03	0.90	0.00	4.66
<b>Totals:</b>			<b>38.43</b>	<b>22.70</b>	<b>24.80</b>	<b>494.50</b>
<b>PM Snack - Green Tea &amp; Apple</b>						
1	each	Apple, medium w/peel	0.70	25.10	0.00	98.00
1	cup	Water, bottled, generic	0.00	0.00	0.00	0.00
1	bag	Tea, green	0.00	0.00	0.00	0.00
<b>Totals:</b>			<b>0.70</b>	<b>25.10</b>	<b>0.00</b>	<b>98.00</b>
<b>Dinner - Sausage &amp; Tomatoes (see recipe)</b>						
1/2	cup, chopped	Broccoli, steamed	1.86	5.60	0.32	27.30
1	cup	Squash, spaghetti, baked, no salt	1.02	10.01	0.40	41.85
1	cup	Tomato sauce, no salt added	3.17	18.08	0.49	90.28
4	each	Sausage	30.00	12.00	12.00	300.00
<b>Totals:</b>			<b>36.05</b>	<b>45.69</b>	<b>13.21</b>	<b>459.43</b>
<b>Actual Totals for Day 9</b>			<b>109.07</b>	<b>170.44</b>	<b>88.24</b>	<b>1927.77</b>

# 48 Hour Challenge Fat Loss Diet

## In conclusion

This nutrition plan is not over the top crazy or rocket science. Use common sense in your food choices. If it's real fresh food that doesn't come from a box with a list of ingredients you can't pronounce, chances are it's a healthier choice.

The key to lasting fat loss and maintenance is learning to listen to your body. The IF days help you limit calories by keeping your intake to an 8 hour window. The Paleo eating day help you make healthy choices to increase the nutritional density of your food.

You wouldn't expect a high performance car to run on faulty fuel, your body is no different. Eating healthy food to fuel your body will increase your performance in your challenging workouts.

A food journal of what you eat and how it affects your workouts is very helpful as well. Journaling your food intake creates automatic accountability. It allows you to pause so you don't give in to mindless eating. As well, it allows you to connect the dots on how nutritional fuel generally will produce more energy for more intense workouts.

I know you're the kind of person that isn't looking for a 'magic bullet' nutritionally. If you're willing to do the kind of workouts that I suggest, you know that proper nutrition takes thought and effort too.

These are great guidelines to help you to that end. Let me know how you make out.

Good luck.

Shawna K