

4-DAY FLAT BELLY DETOX SOLUTION



MIKE WHITFIELD, MASTER CTT

Welcome to the 4-Day Detox Solution!

First, the TRUTH...

Most detoxes are too dangerous and too long. They require you to never eat or eat very little.

That's not happening with this one. Instead, we're going to use proven science to give your body a break, increase your energy, boost your circulation and allow you to digest food much better WITHOUT any "magic pills" or potions.

That means a flatter stomach. When you digest easier, you lose the "pooch". You lose that "bloated" feeling and much more.

The perfect time to do this is at the start of any health regimen or whenever you find yourself feeling tired, sluggish and unable to focus, as well as any time you are going through a plateau.

Do NOT do this more than once a month.

The next 4 days will be a challenge, but it's worth it to improve your health. A short, 4-day break is enough to "rejuvenate" your liver's filtration system.

Professor Humphrey Hodgson said it best... "The liver is actually adept at repairing and regenerating itself. If you give it a chance that is".

What are the benefits of doing a 4-day Detox?...

- ***Increased energy***
- ***Improved focus***
- ***Fat loss***
- ***Avoiding and breaking plateaus***
- ***Improved digestion***
- ***Feeling "refreshed"***

Get started,
Mike Whitfield, Master CTT

Disclaimer

You must get your physician or dietitian's approval before beginning this nutrition and exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with any diet program.

This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace a doctor's advice. Mike Whitfield or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits.

The dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional and exercise changes with your physician or a registered dietitian. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

What to Expect...

Here's just a quick outline at what you'll be doing for the next 4 days...

Day 1 – “Reset” Your Liver So You Burn Fat Easier

This will give your a liver a chance to do its job... burn fat. It also reduces the stress from your digestive system, especially any recent indulgences... (ha, just kidding. Let's call the indulgences what they are... junk).

You'll give your body ingredients through liquids, to give your liver a break from solid foods. You'll probably feel even fuller than a solid food diet!

Day 2 – “Rejuvenate” Your Digestive System

Now that you “reset” your liver, you'll introduce whole foods back into your diet. You'll give your body vital nutrients and vitamins to continue the detox, without starving yourself. Your liver will start to work more efficiently.

Day 3 – “Recharge” Your Fat Loss Ability

This day, you'll eat a variety of raw foods and easily digestible proteins like yogurt and fish (don't worry, you don't HAVE to eat fish!). This will give your body the boost it needs from the previous 2 days of detoxing. At the same time, your body will continue to detox.

Day 4 – Clean Sweep

On this day, you'll have a couple of options. Option 1 (which is preferred), is a 24-hour fast. If you're new to fasting, don't panic just yet. Remember, it's just a 24-hour fast. So you'll basically skip breakfast and lunch, then you're done. So if you ate at 6pm the night before, you'll get to eat again at 6pm on this day. If not, we have another option ;)

The Moves

Now this 4-day detox does come with simple bodyweight circuits and **they are optional** but...

... by combining the detox along with these circuits, you'll improve your circulation. When you improve your circulation, you increase your blood flow. When you increase your blood flow, your body has an easier time removing waste from your body.

They will also help you combat the energy slump you might feel on days 1 and 2.

The idea is to get your heart pumping and blood flowing so you can move waste out from your system much easier. The good news? They only take around 5 minutes.

Why?

That's all it takes.

The idea is to stimulate daily circulation. 5 minutes does the trick. Now if you're already on an exercise regimen, you can certainly stick to that as is and skip these circuits.

How It Works

This program comes with a done-for-you meal plan, however, we know that you may not like the foods in the meals. Don't worry. We'll also give you a list of foods to stick to during the 4-day detox if you choose to eat foods outside of the meal plans.

These foods are listed below the 4-day schedule...

Oh yeah... you WILL get recipes, too ;) Several of them serve more than one, so you'll have leftovers to keep you eating healthy.

With each day, you'll also get a specific bodyweight circuit to follow. Again, the bodyweight circuits are optional, but highly encouraged to get the maximum benefits of the 4-day program. C'mon... it's only 4 days (and we give you a break on Day 3)! You can do this at any time of day that is convenient for you.

The exercise photos & descriptions are at the bottom of this manual.

What do I do AFTER the 4-day Detox?

What do you think you should do? Yep, you guessed it. Go to a sensible diet you can stick to. That's it (sorry, there is no secret).

Of course, I recommend the Diet Free Weekends plan found at www.DietFreeWeekends.com, but I am biased ☺ After all, it fits perfectly if you start this on a Monday. Then Friday night, you get to crush your favorite foods.

That's really about it. Just follow the plan and give your liver a break.

Sooo... you ready to get started?

Cool. First, you'll get the day-to-day schedule. Then below that, you'll get a list of foods to avoid during the 3-day Detox as well as foods you can incorporate.

Let's do this!

Day 1 – Liver Reset

(Stick with liquids and smoothies)

Meal 1 (Drink this in the morning)

16 – 24 oz of warm water
Juice from ½ to 1 full lemon
A pinch of cayenne pepper

Lemon juice improves digestion and eliminates bacteria all while gently cleaning your system. It also aids the liver in getting rid of toxins.

Cayenne pepper stimulates your circulation and aids in digestion.

Meal 2 Flat Belly Smoothie

1 cup papaya
1 cup coconut milk (unsweetened)
Juice from ½ of a lime
1 tbsp raw honey or agave syrup

Blend and enjoy

This is packed with probiotics, which aids in digestion and improves your immune system.

Meal 3 – Antioxidant Smoothie

1-1/2 cups of Almond or non-dairy milk
1/2 cup of strawberries
½ tbsp. lemon juice
½ of a small orange
½ of a banana
¾ cup of loosely packed spinach

This is jam-packed full of antioxidants as well as anti-inflammatory nutrients.

Meal 4 – Flat Belly Berry Smoothie

½ cup frozen raspberries
1/3rd cup almond milk or non-dairy milk (I actually like cashew milk here)
1 tbsp honey
1 tsp grated fresh ginger
½ tsp ground flaxseed
1 tbsp fresh lemon juice

Blend and enjoy.

Ginger improves digestion while the berries help turn on your enzymes, which also aid in digestion.

Day 1 Bodyweight Circuit

Do the following circuit 3 times, resting for 30 seconds between circuits.

Alternating Prisoner Reverse Lunge (30 secs)
T Pushup (30 secs)
Total Body Extensions (30 secs)

Day 2 – Liver Rejuvenate

Meal 1 – Gut Health Check Yogurt

Serves 4

2 cups of vanilla Greek yogurt
1 cup of buckwheat groats (soaked overnight in cold water and rinsed)
1 pear, core removed, thinly sliced
A splash of agave syrup to taste
1 tsp of chopped mint

Serve yogurt in a bowl and garnish with pears, groats, syrup and mint

You'll heal your gut and improve your immune system

Meal 2 – Protein Power Rejuvenate

Serves 4

What you'll need:

1 tbsp coconut oil
1 large onion, chopped
3 gloves of garlic, minced
1 tsp fresh rosemary
1 pound of boneless, skinless chicken breast (organic if possible), cut into 1-inch pieces
1/4th tsp freshly ground black pepper
40 large cherry tomatoes, halved or 2 medium tomatoes, cut into 1/2 inch pieces

Directions:

Warm oil in a large nonstick skillet over medium-high heat. Add onion, garlic and rosemary and cook, stirring often, until tender and just starting to brown... about 3 to 4 minutes.

Add chicken, sprinkle with pepper and stir. Cook until it's no longer pink (around 6 minutes). Add olives and cook 1 minute. Stir in

tomatoes. Reduce heat to medium-low, cover and cook 4 to 5 minutes longer, until tomatoes are heated and juicy. Serve over steamed rice if desired.

Garlic improves your immune system, while the coconut oil improves your metabolism.

Meal 3 – Superfood Detox Stew

- 1 can low sodium diced tomatoes
- 2-1/2 cups low sodium chicken broth (or vegetable broth)
- 3/4th cup lentils, dried green
- 1 large sweet potato, cut into small cubes
- 1 yellow onion, diced
- 1 green or red pepper, diced
- 1 tbsp curry powder
- 1 -2 tsp coconut oil
- 3 cloves garlic
- 1 bunch kale, coarsely chopped
- 2 cups water (more or less, depending on if you want it soupier or stew)
- 1 small zucchini, quartered and diced (optional)

You'll sauté the onion in a small amount of coconut oil. Add sweet potato, garlic, and curry powder after 3 minutes. Sauté for about 5 more minutes, until everything is tender. Add can of tomatoes, lentils, broth, and water. Simmer on low heat for 45 minutes or until lentils are tender. Add kale and red pepper at the end, so they don't get soggy, and cook for about 10 more minutes!

You'll get fiber and improved digestion.

Meal 4 – Delicious Salmon Pesto

Ingredients:

4 (6-ounce) fresh salmon filets (aim for wild caught)
3/4 teaspoon kosher salt
1/3 cup chopped bottled roasted red bell peppers (yellow or red),
rinsed and drained
1 tablespoon tomato paste
2 teaspoons extra-virgin olive oil
7 whole blanched almonds
1 garlic clove

Directions:

Heat grill pan over medium-high heat. Sprinkle fish evenly with 1/2 teaspoon salt. Coat pan with olive oil. Arrange fish in pan; cook for 4 minutes on each side or until fish flakes.

While the fish cooks, combine remaining 1/4 teaspoon salt, bell peppers, and remaining ingredients in a blender or food processor, and process until smooth. Serve over the salmon.

This dish is packed with antioxidants and aids in digestion.

Day 2 Bodyweight Circuit

Do the following circuit as many times as possible in 5 minutes, resting only when needed.

Jump Squat or Bodyweight Squat (12)
Triple Stop Pushup or Regular Pushups (10)
Jumping Jacks (20)
Bodysaw (10)

Day 3 – Liver Recharge

Meal 1- Greek Yogurt Smoothie

1 Cup Unsweetened Almond Milk or any non-dairy milk
1 Cup Mixed Fresh or Frozen Berries
1/2 Cup Natural Plain Greek Yogurt
2 Tbsp Avocado
Handful of Ice Cubes
Dash of Stevia

Directions: Blend all the ingredients in the order listed.

Packed with fiber and antioxidants to refuel your body

Meal 2 – Easy Recharge Yogurt Bowl

1 teaspoon tandoori spice or curry powder
1 tbsp stevia
2 cups 2% plain Greek yogurt
1/2 cup all-natural granola
1 cup fresh berries
1 cup freeze-dried mango, pineapple and/or berries
Small sprigs fresh cilantro

Mix in a bowl and enjoy!

Packed with fiber and probiotics to aid in digestion

Meal 3 – Detox Curry

Ingredients:

- 1 tbsp coconut oil
- 1 small red onion
- 1 huge handful of fresh green beans
- 1 large carrot
- 1 green pepper
- 1 can coconut milk
- 3 tbsp thai red curry paste
- 3 tilapia fillets
- 1 tsp of diced cilantro
- 1 wedge of a lime
- 1 green onion
- pinch of salt

Instructions

Heat a large pan to medium heat.

Melt coconut oil in the pan, and saute onion until it starts to soften.

Add green beans and cook for about 5 minutes.

Add carrot and red pepper.

Add curry paste and coconut milk to the pan. Stir until the curry paste is fully dissolved into the coconut milk.

Cook for 5 minutes.

Add fish and cook for 5 to 6 minutes (until done).

Add salt to taste.

Serve on top of quinoa as desired

Garnish with cilantro, green onion, and a wedge of lime.

This meal has a lot of antioxidants and digestive-friendly nutrients

Meal 4 – Tuna Filet (serves 4)

Ingredients:

4 cups packaged chopped romaine lettuce
2 cups chopped fresh pineapple
1 cup refrigerated presliced mango, chopped
1/3 cup chopped red onion
2 tablespoons chopped fresh cilantro
2 tablespoons fresh lime juice
1 tablespoon coconut oil,
1/2 teaspoon salt
Ground black pepper to taste
8 (3-ounce) Yellowfin tuna steaks
4 lime wedges (optional)

Instructions:

Combine first 7 ingredients in a large bowl; add 1 teaspoon oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper, tossing to combine.

Heat a large heavy grill pan over medium-high heat. Rub remaining 2 teaspoons olive oil over tuna; sprinkle tuna evenly with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Add tuna to pan; cook 3 minutes on each side or until desired degree of doneness. Arrange 1 1/2 cups salad on each of 4 plates; top each serving with 2 tuna steaks. Serve with lime wedges, if desired.

Another recipe packed with vital minerals and nutrients as well as aids in digestion.

Exercise – You get a break today!

Day 4 – Clean Sweep

Fasting (or a not-so-scary way of saying it – “A break from food”) gives you amazing benefits like...

- Increased growth hormone (which aids in burning fat)
- Improves insulin sensitivity so you can absorb and digest carbohydrates and not store them as fat
- Improves your ability to digest food, which makes losing fat much easier
- Improves your immune system so you have less of a chance to get sick

But even with all these benefits of fasting, you do still not want to at least try it? Shame on you. ☺ Just kidding. We have another simple option for you.

Option 1 – Fast for 24 hours

If you ate at 6pm the night before, wait until you eat again at 6pm today. It's that simple. Drink plenty of water.

Yes, you can have black coffee (or any other zero calorie beverage), but ONLY if you can't stand the thought of not having anything. Ideally, you'll want to keep coffee out of your system for these 4 days.

For dinner, you want to just keep to the foods list below. You can certainly repeat any of the Day 2 meals or my go-to whenever I do something like this...

3-4 ounces of grilled fish (grouper)
green beans
1 large sliced apple

Option 2 – Shake Day

Limit yourself to 2 smoothies/protein shakes during the day, then eat your dinner as shown above. This for you if you just do NOT want to fast. You can have any of the smoothies/shakes from Day 1.

Day 4 Bodyweight Circuit

Do the following circuit ONE time, resting as shown. So you'll do the Alternating Diagonal Lunge for 20 seconds, then rest 10 seconds. You'll do this 4 times, then move into the Close-Grip Pushups.

Alternating Diagonal Lunge (20 secs), rest 10 secs – 4X

Close-Grip Pushups (20 secs), rest 10 secs – 4X

Run in Place or Seal Jacks (20 secs), rest 10 secs – 2X

Your “Detox Foods” are listed below for more options.

4-Day Detox Foods

DO EAT

Whole, leafy vegetables
Rice (preferably steamed)
Beans
Lentils
Green tea
Apple cider vinegar
Wild fish
Stevia
Fruits (not dried and try to limit canned)
Coconut oil
Plant-based protein powder
Healthy nuts like cashews, almonds, etc. (NOT peanuts)

DO NOT EAT

Dairy and eggs
Gluten, wheat
Processed sugar (use agave syrup, maple syrup SPARINGLY)
Soy
Coffee
Soda
Alcohol
Sweetened drinks
Creamed vegetables
Peanuts
Whey protein (or at least keep it limited)
Red meat (beef, etc.)

Exercise Photos and Descriptions (In order of appearance)

Day 1

Prisoner Reverse Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step backward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Pull back to the start position with the front leg.



T Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push off to return to the start position.
- As you come up, rotate to one side and point that arm towards the ceiling.
- Alternate sides with each rep.



Day 1

Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- **This is a non-impact replacement for jumping.**



Day 2

Jump Squats

- Squat down with your feet just outside shoulder width apart and bringing your glutes and hips back
- Explode and jump up
- Be sure to land in the squat position (to reduce impact) and repeat as necessary.



Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Day 2

Triple Stop Pushup

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.



Pushup

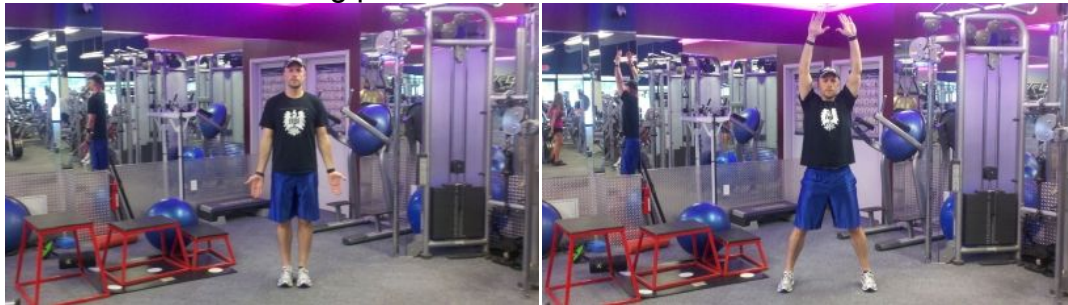
- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Day 2

Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.
- Return to the starting position



Bodysaw

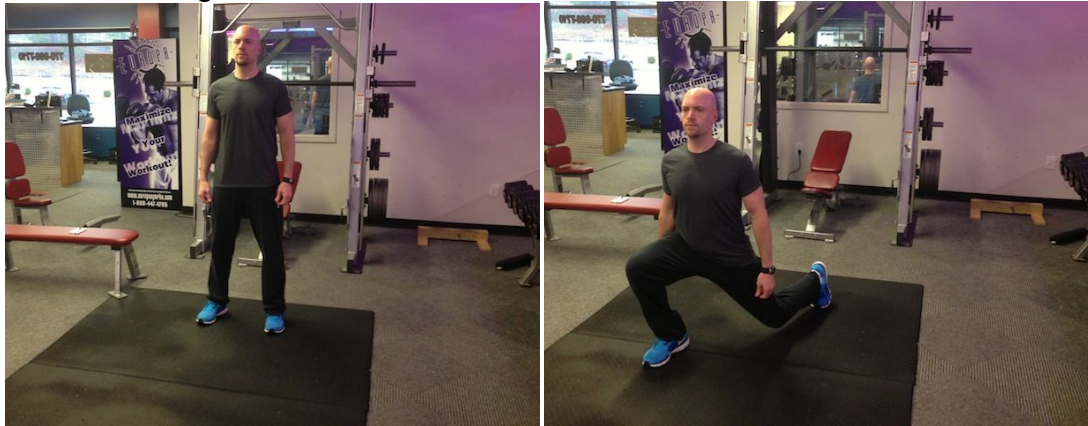
- Support your weight on your forearms and your toes. Put your toes on a towel if you are on a wood floor. If you are on carpet, put your toes on a weight plate.
- Keep your abs braced and breathe normally.
- Slide your feet out behind you 6 inches and then slide them back in.
- It's tough to see in the photos, but you'll feel it when you try it!



Day 4

Diagonal Lunge

- Stand with your feet just outside shoulder width apart.
- Step diagonally at a 45-degree angle with one leg and lower your body until your thigh is parallel to the ground. Keep your torso upright.
- Return to the top by contracting the quadriceps, groin and hip extensors of the lead leg.



Close-grip Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor inside shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Tuck your elbows into your sides as you lower your body.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times and elbows tucked in.



Day 4

Run in Place

- Run in place, bringing your knees high, alternating steps.
- Increase the intensity by going faster.



Seal Jacks

- Stand on the balls of your feet with your feet and arms out to your sides.
- In one motion, hop off the balls of your feet and bring your feet back into the middle while bringing your right foot over top of your left foot.
- At the same time, bring your arms to the middle and cross your right arm over left.
- Return to the start position and then hop back into the middle, this time with your left foot over your right foot and your left arm over your right arm.
- Repeat, alternating between right and left limbs on top.

