



take the

flacker-3

CHALLENGE

Lose weight & feel great!



STEP 1

DAY 1-21

- 1. Eat 3 flackers a day, every day**
- 2. Eat 3 sticks of celery every day**
 - If you don't like celery try a cucumber
- 3. Add 3 extra minutes to your daily exercise routine every 3 days**
 - So on day 6 you should be doing 6 extra minutes! If you don't have an exercise routine... start.

STEP 2

DAY 4-21

- 1. Fluids**
 - Add 3 glasses of water (8oz) per day
 - Have 3 cups of green tea every 3 days
 - Restrict alcoholic beverages to 3 drinks per week
- 2. Eat 3 meals per day OR eat small meals every 3 hours**
 - Each should contain protein, good fat and fiber
- 3. Dilution is the solution!**
 - Example: If you order a big turkey burger, eat only half - save the rest for later and replace with a plate of veggies

STEP 3

DAY 7-21

- 1. Have at least 3 different colors of fruit and vegetables with each meal**
- 2. Try not to eat 3 hours before bedtime**
- 3. Eliminate these 3 foods groups: rice, pasta, potatoes**



BONUS POINTS - TRY THIS DAILY:

At the end of every day be grateful for three things in your day or life experience