

Phase 1 Sample Menu

Upon arising:
Long Life Cocktail

Before breakfast:
8-ounces of hot water
with lemon juice

Breakfast:
Asparagus and
Mushroom Omelette

Lunch:
Salmon with lemon and
garlic, broccoli, mixed
green salad

Dinner:
Beef and Veggie
Shepherd's Pie

Snacks:
1 apple, 1/2 large
grapefruit

Daily:
Take Fat Flush Kit
Supplements and sip
64oz. cran-water

Phase 2 Sample Menu

Upon arising:
Long Life Cocktail

Before breakfast:
8-ounces of hot water
with lemon juice

Breakfast:
Raspberry Smoothie

Lunch:
Chicken veggie wrap (in
an Ezekial 4:9 Tortilla)

Dinner:
Grilled steak, asparagus,
small sweet potato

Snacks:
1 small pear, 1 hard-
boiled egg

Daily:
Take Fat Flush Kit Supple-
ments and sip 64oz.
cran-water

Phase 3 Sample Menu

Upon arising:
Long Life Cocktail

Before breakfast:
8-ounces of hot water
with lemon juice

Breakfast:
2 scrambled eggs, salsa &
cheddar cheese

Lunch:
Grilled turkey burger and
green beans

Dinner:
Shrimp creole, brown
rice, and broccoli

Snacks:
Yogurt with 1 cup blueberries,
10 cherries & string cheese

Daily:
Take Fat Flush Kit Supple-
ments and sip 64oz.
cran-water

The Fat Flush Plan

Ann Louise Gittleman



The Fat Flush Plan:

Decoding **The Fat Flush Plan**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**The Fat Flush Plan**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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