

THE FAT FAST

Not for the faint of heart - this fast makes up 1000 calories per day broken into 4 x 250 calorie "meals". Be sure to split it throughout the day.

Benefits: It will kick start the weight loss if you have plateaued. You will lose weight quickly. Because of all the fat, you will not be hungry. It will stop cravings.

Warnings: You might obsess about food because you are eating so little. You will lose weight, 5kg or more, but you might gain a kilo or two the following week when you start eating normally again. Drink a lot of water throughout the fat fast. This can only be done for 3 to 5 days. You can fat fast every couple of months.

INGREDIENTS

1 Bulletproof Coffee

1 Egg

2 1/4 Tblsp Cream

2 Tblsp Butter

1 Slice Ham

1/8 Cup Grated Cheddar

10-12 Raw Macadamia Nuts

10 Olives

85g Mushrooms

1 Tblsp Coconut Oil

1 Tblsp Cream Cheese

As needed Xylitol

4 Rashers Bacon

30g Cream Cheese

1 tsp Macadamia Butter

1/8 tsp Cinnamon

1 tsp Cocoa Powder

Day 1

1. 1 egg with 1 tbs of cream scrambled in 1 tbs of butter and a slice of diced ham and 1/8 cup grated cheddar cheese.
2. 10 -12 raw macadamia nuts.
3. 10 olives + bullet proof coffee (coffee, 1 tablespoon coconut oil, 1 tablespoon unsalted butter – zoosh with a stick blender until frothy)
4. 85g mushrooms fried in 1 tbs coconut oil with 1 tbs Cream cheese melted on top.

Day 2

1. A cup of coffee with cream, no milk, no sugar (you can use Xylitol)
2. 4 rashers bacon and don't drain off the fat!
3. Macadamia butter with cream cheese. Mix 30g cream cheese with a teaspoon of macadamia butter, 1 tablespoon of cream and some xylitol or stevia to taste plus 1/8 teaspoon of cinnamon, blend and eat.
4. Chocolate cream: ¼ cup cream whipped, 1 teaspoon cocoa powder (not hot chocolate), xylitol or stevia to taste. Blend and enjoy.

REPEAT THE MENU FOR 3 TO 5 DAYS ONLY

