

FAT 3 Three day Detox



Make a vegetable soup with some chicken stock and lots of veggies!

I use carrots, celery, cucumber, tinned tomatoes, broccoli, courgette and spinach

(Add some pepper or spices for some kick/flavour)

Have three bowls of this a day, along with:

2 litres of water with added lemon and ginger

Up to 4 litres of additional filtered or bottled water

- DO NOT EXERCISE
- GET LOTS OF SLEEP
- HAVE HOT BATHS AND SAUNAS
- GO FOR LEISURELY WALK

After day 3, go back to your healthy eating but make sure you overeat. You can treat yourself to a cheat meal too, but only for one day! Don't drag this out over two or more otherwise your body will get clogged up again!

INFERNOFIT