WHAT'S WITH THE EXTRA-VIRGIN COCONUT OIL?

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MCTs are also especially good at keeping you full—also very useful while cycling through a carbohydrate-deficit plan.

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Maybe you want to drop a few pounds for an upcoming wedding. Maybe you want to make a splash at the beach this weekend. Or maybe you need a reboot to recover from a Super Bowl party where you may have overindulged in the chips and dip. That’s where the 3 Day Quick Fix comes in. Autumn uses this plan to prep for her bikini competitions and photo shoots. It’s not something you want to do for any longer than three days, but if done occasionally, it’s a great way to lose a little weight, fast!

Use the 3 Day Quick Fix as needed, but we also suggest integrating it into the end of your 21 Day Fix, starting with Day 19, so that you can really maximize your results!

Here is Autumn’s secret to losing a little weight, fast! Just follow this simple eating plan for three days, along with the guidelines and hints in the Details section on the next page.

### THE PLAN

#### FEMALE

**MEAL 1**
- steel-cut oatmeal (cooked)
- egg whites
- e.v. coconut oil

**MEAL 2**
- grilled chicken
- steamed yams

**MEAL 3**
- steamed fish
- steamed veggies

**MEAL 4**
- grilled chicken
- steamed yams

**MEAL 5**
- steamed fish
- steamed veggies

**MEAL 6**
- ground extra-lean turkey
- steamed veggies

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### FOOD:

- **Veggies:** We recommend broccoli, asparagus, green beans, zucchini, cucumbers, or bell peppers.
- **Seasonings:** Lemon juice, lime juice, and spices are allowed, but NO SALT! You can also use cinnamon, nutmeg, or one packet (½ teaspoon) of stevia to flavor your oatmeal.

### FLUIDS & HYDRATION:

- **Water:** Drink at least 1 gallon a day. Spread it out as much as possible, starting with a glass when you first wake up. It’ll help you feel full while it flushes out toxins from your system.
- **Coffee/Tea:** These are fine to drink, as long as you avoid creamers and sweeteners—except stevia (1 packet or ½ teaspoon).
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### TIMING:

- **Space your meals approximately two hours apart.**
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**Details section on the next page.**
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Important: If you have any unique medical conditions such as concerns with blood sugar regulation, dietary restrictions, or other health concerns, please first consult your physician before starting this 3 Day Quick Fix. Also, listen to your body—If you are feeling light-headed or experiencing dizziness, you should return to the standard eating plan.

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