

*21 day*  
**FIX**®



**DAY**  
QUICK FIX

# AUTUMN'S SECRET WEAPON FOR LOOKING BIKINITASTIC!

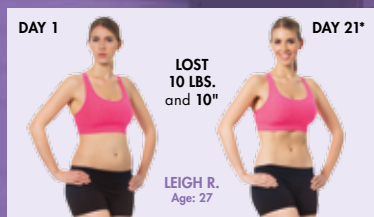
Maybe you want to drop a few pounds for an upcoming wedding. Maybe you want to make a splash at the beach this weekend.

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!










The 3 Day Quick Fix can be pretty challenging, so be ready for it. And if it isn't for you, you can still get great results just sticking with the eating plan.






















# THE PLAN

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.

## 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 veggies	 e.v. coconut oil
MEAL 5	 steamed fish	 steamed veggies	 e.v. coconut oil
MEAL 6	 ground extra-lean turkey	 steamed veggies	 e.v. coconut oil

## MALE

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# THE DETAILS

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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).
- Coconut Oil: Drink with meals. To prepare, place the desired amount into a microwave-safe bowl and zap it for 10–15 seconds.

## TIMING:

- Space your meals approximately two hours apart.
- We recommend using the 3 Day Quick Fix during the last three days of the program (starting on Day 19) for maximum results.



HOW AUTUMN  
— GETS —  
BIKINI  
READY  
— IN —  
72  
HOURS!

Autumn Calabrese is a national bikini competitor in the NPC (National Physique Committee) division.

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## WHAT'S WITH THE EXTRA-VIRGIN COCONUT OIL?

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Autumn swears by the benefits of extra-virgin coconut oil (e.v. coconut oil), making it a must-have for the 3 Day Quick Fix.

Coconut oil contains something called medium-chain triglycerides (MCT), a hard-to-find type of fat that's been scientifically shown to increase energy expenditure, meaning it gives you a little extra energy for your workouts while on this ultimate 3 Day Quick Fix slim-down plan.

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

Once the 3 Day Quick Fix is over, you're welcome to incorporate extra-virgin coconut oil into your regular diet—in fact, Autumn recommends it—but don't use it thinking you can eat less for longer periods of time. Nothing can replace a balanced diet when it comes to getting results while staying fit and healthy.



**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 discomfort, you should return to the standard eating plan.

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