

II. Take The Nutritional Plan Assessment

- **The Breakfast Test.** The purpose of this breakfast test is to determine how well your body processes carbohydrates.

- **The High Carb Meal Test**

- **The Low Carb Meal Test**

- **Hunger and Mood Assessment Questionnaire.** Based upon what you score on the breakfast test will determine your carb tolerance and which meal plan you will utilize during the 10 day program.

III. Tighter Tummy In 10 Days Meal Plan

To quickly tighten your tummy over the next 10 days, you're either going to follow a moderate carbohydrate plan with a moderate fat intake **OR** a lower carbohydrate plan with a higher fat intake. In both plans you'll also cycle your calories so you're never left starving and key hormones are optimized to allow for more rapid and lasting fat-burning. Bottom line, follow this plan verbatim and you'll have a tighter tummy in no time!!

Get Fit!

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