

FINE

by Fall

21 DAY
WEIGHT LOSS
CHALLENGE

Lose up to **15 pounds**
in 3 weeks!

By JJ Smith, #1 NY Times
Bestselling Author



IMPORTANT NOTE TO READER

- The information contained in this eBook is for your education. It is not intended to diagnose, treat, or cure any medical condition or dispense medical advice.
- If you decide to follow this plan, you should seek the advice and counsel of a licensed health professional and then use your own judgment.
- It is important to obtain proper medical advice before you make any decisions about nutrition, diet, supplements, or other health-related issues that are discussed in this eBook.
- Neither the author nor the publisher is qualified to provide medical, financial, or psychological advice or services. The reader should consult an appropriate healthcare professional before heeding any of the advice given in this eBook.

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INTRODUCTION

A UNIQUE PROGRAM
TO ACHIEVE FAST,
HEALTHY WEIGHT LOSS

THIS FINE BY FALL CHALLENGE IS FOR YOU IF....

- You said you would lose weight this year, and now its almost 2025, and you haven't lost very much
- You want healthy, fast weight loss without strict diets and intense workout routines
- You want to lose weight but still eat some of you favorite foods
- You want to lower your risk of weight-related diseases so you can live longer
- You need the motivation and support of like-minded women trying to lose weight and get healthy.

INTRODUCING THE FINE BY FALL CHALLENGE

For the Fine by Fall Challenge, over the next 21 days, we will follow a system which includes:

- **Eat This Way:** Eat foods that are high in protein and low in carbs; no strict dieting required
- **Drink This Way:** Figure out what drinks are ideal for weight loss and a flatter tummy
- **Fast This Way:** To put your body into a metabolic state of fat burning
- **Move This Way:** to get the benefits of a 4 minute fat burning miracle
- **Burn Fat This Way:** Use the Fat Burning Trio to accelerate fat burning in the body, break sugar addictions and make your tummy look and feel flatter

The Fine by Fall Challenge has several impressive health benefits, including weight loss, reduced insulin resistance and decreased inflammation.

1. EAT THIS WAY FOR WEIGHT LOSS

High protein, low carb meals promote weight loss while maintaining or increasing muscle mass. So you look healthy and vibrant as you lose weight. The breakdown is:

~**50%** LEAN PROTEINS

~**30%** GOOD CARBS

~**20%** HEALTHY FATS



1. EAT THIS WAY: THE GUIDELINES

You don't have to count calories or macros, but to make things simple, focus on eating high-protein foods, while avoiding and/or limiting the following foods for the next 21 days:

- Grains and starches, including pasta, rice, bread, cereal, barley, and oats
- Foods with added sugar
- Fruits
- Beans and lentils
- Starchy vegetables, including corn, squash, potatoes


If you need recipes, see the BONUS page of the eBook to get a FREE cookbook of healthy clean recipes.

1. EAT THIS WAY: LEAN PROTEINS

- Lean proteins have less fat and cholesterol than other proteins
- Lean animal proteins include white-fleshed fish, skinless poultry, and certain cuts of red meat.
- Low fat dairy (and low sugar) products, like cottage cheese, yogurt, and milk are also good sources of protein
- Plant proteins like beans, tofu, almonds

PLANT BASED PROTEIN

ANIMAL BASED PROTEIN

PLANT BASED PROTEIN			ANIMAL BASED PROTEIN		
PROTEIN PER 100G					
CHICKPEAS  7g protein	OATS  11g protein	TOFU  13g protein	EGGS  14g protein	TURKEY MINCE  25g protein	CHICKEN BREAST  25g protein
BROWN RICE  3g protein	QUINOA  4g protein	LENTILS  6g protein	PRAWNS  18g protein	TUNA  25g protein	SALMON  25g protein
CASHEWS  18g protein	PEANUT BUTTER  28g protein	ALMONDS  29g protein	PORK CHOP  19g protein	RIBEYE  19g protein	DUCK  27g protein
AVOCADO  2g protein	BROCCOLI  4g protein	EDAMAME  12g protein	SEMI SKIMMED MILK  4g protein	GREEK YOGURT  9g protein	EDAM CHEESE  26g protein

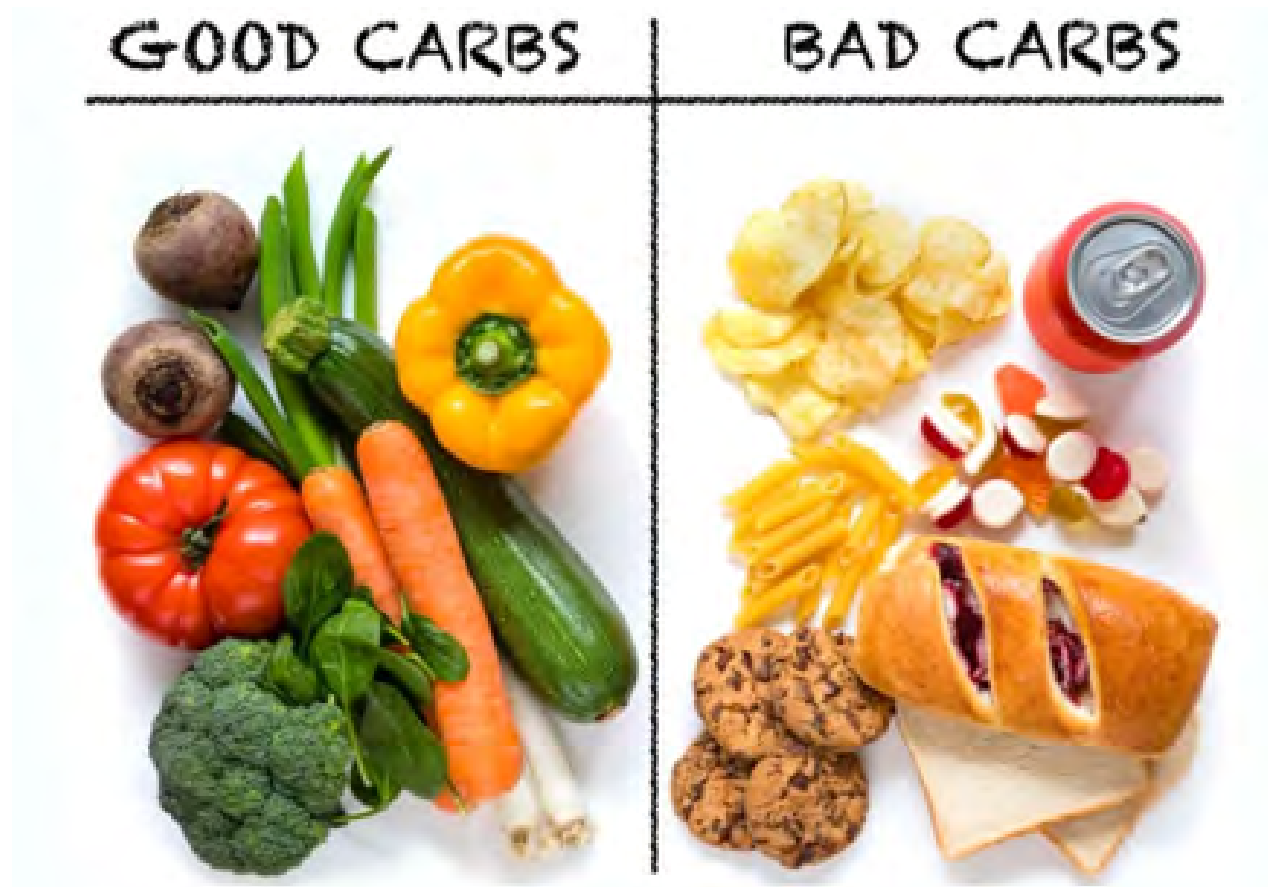
*Some incomplete proteins

*All complete proteins

1. EAT THIS WAY: GOOD CARBS

Good carbs for weight loss are complex carbohydrates, which are high in fiber and nutrients and take longer to break down. This means they don't cause blood sugar levels to spike and can help you feel full for longer

Healthy Carbs are minimally processed and are often high in fiber and other nutrients.



1. EAT THIS WAY: HEALTHY FATS

Monounsaturated fat and polyunsaturated fat are 'healthy' fats. They can help to maintain healthy cholesterol levels. Cholesterol is a fatty substance in your blood. Saturated fat and trans fat are 'unhealthy' fats.

Healthy Fats or "Good Fats" are essential to give your body energy and to support cell function.

GOOD FATS		BAD FATS	
			
Olive Oil	Corn Oil		
			
Avocado	Nuts	Beef	Margarine
			
Salmon	Coconut	Shortening	Soybean Oil

1. EAT THIS WAY:

SAMPLE HIGH PROTEIN, LOW CARB MEAL

Below is an example of a high protein, low carb meal day:

- **MEAL 1:** Breakfast/Lunch: spinach omelet or scrambled tofu.
- **SNACK:** handful of nuts and seeds
- **MEAL 2:** Dinner: Seasoned grilled chicken, with asparagus and cherry tomatoes

NOTE: *Keto Smoothies are a sensational option for weight loss and great health!*



BONUS: FALL HOLIDAY COOKBOOK

Do you want recipes that you can enjoy on the Fine by Fall Challenge?

It is FREE to you in JJ's APP, called LEVEL UP WITH JJ.

Feel free to download the Fall Holiday Cookbook for some additional recipe options.



2. DRINK THIS WAY FLAT TUMMY WATER

A great detox water to burn belly fat:

FLAT TUMMY WATER:

- 1 lemon
- 8 cups of spring water
- 1 cucumber
- several fresh mint leaves
- fresh grated ginger
- Sprinkle of stevia, to preferred sweetness (optional)

Let the mixture infuse overnight and drink the next day!

**DRINKING THIS DETOX WATER BURNS
BELLY FAT LIKE CRAZY**



ADDITIONAL DRINKS ALLOWED ON THE CHALLENGE

ON THE FINE BY FALL CHALLENGE, YOU CAN ENJOY DRINKS THAT ENHANCE WEIGHT LOSS EVERY DAY:

- Flat Tummy Water (detailed in this eBook)
- Plenty of Plain Water
- Green Tea or herbal decaf teas
- One cup of coffee per day with a splash of non-dairy creamer and natural sweetener
- Bone broth
- Unsweetened almond milk

WHAT IS NOT ALLOWED:

- Minimize Alcohol (to once per week, at a maximum)
- Sodas (Diet Sodas in moderation as they won't hurt your results, but they're not as healthy as the drinks above)
- Juices (pineapple juice, orange juice. etc.)
- Coconut water

3. FAST THIS WAY:

INTERMITTENT FASTING: WHY IT WORKS

One of the best things about fasting is that it can help get us into that sweet metabolic state of fat burning faster — that sweet state of ketosis. For our bodies to get into ketosis, we must be fasting in some sense — either by not eating any food at all or by keeping carbs extremely low. When we're in ketosis, it means the body is breaking down fat for energy. Since intermittent fasting obviously involves fasting, it can help our bodies deplete glucose stores at a faster rate and speed.

Upon waking up in the morning, your body has been fasting for 6-8 hours (more or less depending on when your last meal was and how long you have slept.) Because of this, your insulin level is low and your body is just starting to move into a state of fasting.

The worst thing for your metabolic system at this stage is food! This would cause your insulin levels to spike and immediately put a halt to any fat burning that has begun.

A wiser choice would be to postpone any meal for a few hours in order to give your body time to enter the fasting state. To be more precise, it's usually consuming carbohydrates that would create this insulin spike and shut off the fat-burning process.

3. FAST THIS WAY: DO THE 16:8 METHOD EVERY DAY

Every single day, you will do the 16:8 Intermittent Fasting eating method.

Intermittent fasting is not about counting calories but rather is about timing your eating. It is an eating pattern where you alternate between periods of eating and fasting. Intermittent Fasting is an approach to eating where you switch between a period of time where you eat (“eating window”) and a period of time that you don’t eat (fasting window).

During the “eating window”, you eat normally as you have no restrictions as to what foods you can eat. However, the healthier you eat, the more dramatic your results will be. During the fasting window, you are not allowed to consume any food/calories. You should drink lots of water and teas during the fasting window.

Each day, you eat during the 8-hour window and fast during the 16-hour window. But keep in mind the majority of the 16 hour fast happens while you are sleeping. An example would be that you eat no foods after 8pm, then you skip breakfast and resume eating after noon the next day. So your eating window is 12pm – 8pm (8 hours) and your fasting window is 8pm – Noon (16 hours).

3. FAST THIS WAY: MAKE INTERMITTENT FASTING WORK FOR YOU

To maximize results, during your 8-hour eating window, you should eat clean and healthy, focusing on high protein, low carb, and moderate healthy fats.

While fasting, you should drink plenty of fluids: Pure water is most ideal, but you can also have black coffee, green tea, herbal teas and other no-calorie beverages. Water with lemon, apple cider vinegar or stevia are also fine, as well as any sugar-free carbonated waters. Staying hydrated will also keep the hunger pangs away.

You do have flexibility during your 8-hour eating window. You could eat 2 or 3 meals, as long as you keep all eating within the 8-hour window. Most ideal is 2 Meals (Meal 1 is Breakfast/Lunch and Meal 2 is Dinner, with an optional snack).

4. MOVE THIS WAY: COMPLETE THE TABATA CHALLENGE

Tabata, known as the 4 minute Fat Burning Miracle, can help you burn more fat than a traditional 60-minute aerobic workout. Yes, studies show that 4 minutes of Tabata can get you better results than an entire hour of running on the treadmill. It will also increase your resting metabolic rate, which will help you burn fat all day long.

Tabata training will raise your metabolism and heart rate immediately causing your body to have to work much harder to keep it up. This will cause your heart to pump faster and your metabolism to jump. Your metabolism will stay at that high not only during the workout, but after the workout as well. This means that your body will be burning fat for hours after.

Tabata is a high-intensity workout protocol invented by Dr. Izumi Tabata, a Japanese physician and researcher.



4. HOW TO DO THE TABATA CHALLENGE

For 21 Days, complete the 4 minute Tabata Challenge

Do each exercise for 20 seconds, followed by a 10 second rest. Complete 8 rounds for a total of 4 minutes. Most people use the free Tabata APPs as their timer

Choose from the following exercises, mixing and matching moves from the list below. Be sure to keep your intensity level high and push yourself as hard as possible during the 20 seconds:

- Burpees
- Jumping Jacks
- Squat Jumps
- Speed Skaters
- High Knees
- Jumping Rope
- Mountain Climbers
- Suicide Runs
- Box Jumps
- Butt Kicks



5. BURN FAT THIS WAY

JJ's fat burning trio will get you to your goal weight faster. It will also help you feel lighter, break sugar addictions and make your tummy look and feel flatter. Taking all 3 supplements accelerate your ability to release stubborn fat.

Tummy Focus helps you cleanse the colon of old fecal matter and waste from the gut to help eliminate toxins; and releasing toxins, releases weight. Tummy Focus (3-5 Capsules) should be taken at bedtime.

Liver Focus is a liver cleanse that helps accelerate the body's ability to burn fat, especially around the mid-section. Liver Focus (3 Capsules) can be taken together with Tummy Focus at BEDTIME for maximum results.

Blood Sugar Focus (BSF) helps prevent the body from storing fat; it also reduces cravings for carbs and sugar and works best when taken WITH MEALS, up to 2 capsules, twice a day.

[CLICK HERE TO GET ALL 3 OF THEM NOW ON SALE!](#)



TIPS FOR SUCCESS ON THE CHALLENGE

- Weigh yourself first thing in the morning and do that each week on the same day.
- Do not start eating the moment you feel hungry. If the feeling passes away after sometime, good enough. Otherwise, eat a veggie or low-sugar fruit like carrot stick or an apple slice.
- Food is not bad for you, so do not consider it as the enemy. You just need to change a few eating habits.
- Drink plenty of water, herbal tea, no sugary drinks. Just stay hydrated as much as you can.
- Be consistent for 21 days, as healthy eating will then become a habit.

SAMPLE: PUTTING IT ALL TOGETHER!

FAST THIS WAY: Intermittent Fasting Hours: 11am – 7pm				
	MOVE THIS WAY	EAT THIS WAY	BURN FAT THIS WAY (Supplement Regimen)	DRINK THIS WAY
Upon Waking (6-9am)	4 minute Tabata			Flat Tummy Water or Plain Water
11am - Noon		Meal 1: Spinach Omelet	2 Blood Sugar Focus	
3pm - 4pm		Snack (optional)		
5pm-6pm		Meal 2: Grilled Chicken and String Beans	2 Blood Sugar Focus	
Bedtime (9pm - 10pm)			3 Liver Focus + 3-5 Tummy Focus	

ABOUT JJ SMITH

I'm JJ Smith, #1 New York Times bestselling author of 7 books, nutritionist, and certified weight-loss expert!

I know what it's like to have slow weight loss, belly fat, bloating, fatigue, low motivation and bad eating habits. I've dealt with all of that.

I know what it's like to give up and feel hopeless about achieving your weight loss goals.

At the age of 39, after years of weight gain, stubborn belly fat, and just feeling awful, I decided to commit to the study of healthy eating, detoxing and belly fat loss. I was finally able to get the results I desired.

Today, at 55 years old, I've reversed the signs of aging and I feel young, energetic and confident with a slimmer waistline. I feel GREAT in my own skin and I've helped millions lose weight and get their sexy back!

This Challenge will help you slim your waistline and drop a few pounds. All you have to do is commit to the program, do the work and I'll help keep you on track! I use these strategies to keep my body tight for years! I've helped millions of women do the same, so I know this Challenge will help you too! Let's go!



The background is a light orange color with a subtle, embossed texture. Scattered throughout are several stylized orange leaves of various shapes and sizes, some with thin stems. At the bottom of the image, a white, rounded rectangular pedestal or platform is visible, partially cut off by the bottom edge.

GOOD LUCK!

THIS IS YOUR PATH TO
FAST, HEALTHY WEIGHT LOSS