

Worlds First Preliminary Diet Plan

Triple 7 Diet

77



Quit Food Addiction

Kill Fat Cells

Look Amazing



Worlds Toughest Diet Plan

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About The Author: Darren McDuffie

- 5 1/2 years in the United States Air Force & 2 1/2 years in the United States Army
- Completed 2 combat tours in Iraq. Mosul and Baghdad
- Trained troops in both the Air Force & US Army
- Written & instructed multiple fitness programs in the Air Force
- Fully re-trained troops who failed physical fitness tests. (Very high success rate of passing after completion of rigorous training)
- Graduated from the Police Academy in 2012
- Ranked up to police Lieutenant in 2018

Quick Story. As a police officer, I tried out for SWAT. There is a fairly simple physical fitness test you must pass in order to qualify for the next phase. It consisted of a short run, monkey bars, crawling through a tube, jumping a large fence, etc. The officers who look as if they are in tip-top shape. The officers with all the muscles and abs sculpted to perfection. The ones people surround in the gym for advice. For some odd reason, they were either failing this fitness test or having a very hard time just barely passing. For some reason, after the run, they had a very hard time on the monkey bars & climbing over the fence. Why is this? A group of people that cannot complete practical tasks they may need in real-life situations, vs. people who can quickly climb monkey bars, jump a fence, crawl through a tube, lift a heavy ass life-sized mannequin, all after a short run.

So how can my dad bod, out-of-shape self, know anything regarding fitness? I surely don't have the muscles and the perfect abs. Thank God most NFL, NBA, MMA, Boxing coaches etc, don't have to be in athletic shape to be able to coach & train them. **This is a huge misconception in the health and fitness industry.** I find it weird that most elite athletes are pretty much trained by old fat men. But to sell a program online, you have to look like Arnold Schwarzenegger for them to believe you know what you are doing. Thank God that's not the case for actual elite professional athletes.

In short, as a result of my previous position in the US Military, I've trained hundreds of men and women to get into fighting physical shape. As a result of my belief system, through the years, I began to entrench myself in the power of fasting, cleansing, the sun, and overall true health. I fast every year for 7 days for the vernal equinox, along with other cleanses and practices to help keep my body somewhat happy. The longest fast I completed was for 14 days. This is when the universe provided information for me to create the triple 7 diet. I do not wish to do that again any time soon; however, it was a very enlightening experience. I am very happy to finally have the guts to start sharing that experience with all of you.

While in the police academy, there was a very nice lady who was in dire need to pass her PT test in order to pass the academy. At the time, I did not know her that well. I told her, "I can help, but I am tough; you will have to listen to everything I say, no matter how hard it is." As a result of her hard work & being downright tough as all hell, this wonderful lady went from failing the PT test to getting a higher score than half of the other women in the class. This was amazing, as this was done in a very short time, all while she was literally the oldest woman in the academy. At her age, she went from failing to getting a higher score than the younger women in just a few weeks. She is now one of the best lieutenants in the City.

This is a very small portion of my resume. As I have a vast amount of experience in leadership & training; consequently, health and fitness is one of many I've been successful in experiencing. As I enjoy staying silent in the background, ironically, I also enjoy sharing knowledge, experience, and helping others. I hope I can learn more from all of you during this process as well. Thank you very much for reading.

Introduction

I would like to start off by sincerely saying thank you for purchasing my Triple 7 preliminary diet plan. The more customers I receive, the more I can extend this life-changing information out to the world. I will do my best to provide you with as much detailed information as possible, while trying not to bore you with a vast amount of dry information in the process.

With that said, please keep in mind that this plan is very new, unique, and the first of its kind. Therefore, before you dive into executing this plan, it is extremely important to read all the information provided. In this plan, you will have required equipment and food items. As a result, you must also have these items available ahead of time in order to properly complete this plan. We must get into the habit of knowing what we are doing ahead of time so that we can be better prepared.

I often promote this plan as the most difficult diet plan in the world. Consequently, please don't allow my marketing tactics to intimidate you and/or psychologically block you from fully completing this preliminary diet plan. I will provide you with some very useful tips and tactics along the way that will make the process much easier during the 21 days.

Again, thank you for your purchase. I am very confident this will quickly jump-start your life and start you on a path to success in regards to your overall health, physical appearance, and enlightenment. Please fully read all the information provided, gather all required items, and stay strong as you begin your path to extreme life change and enlightenment.

Serious life change is not easy.
We must work extremely hard in order
to force serious change in our lives.
The process can hurt. The process
can be terrible & seem impossible to finish.
However, when that darkness is fully complete,
your light will shine forever!

-Darren McDuffie-



What is a preliminary diet?

Understanding the meaning of a preliminary diet is essential in understanding my triple 7 diet plan. I am proud to say that you may not have yet heard of a preliminary diet or a pre-diet plan, as it did not exist before launching my triple 7 diet. How many people have you witnessed go on a diet, break their diet, go on a diet again, break their diet again, go on an even better diet, and break that great diet miserably once again? Over half of modern society literally partakes in this cycle over and over again. Some of whom spend their entire lives in this same cycle. This is very unfortunate and sad.

According to my research, there is a very big reason for all of this. In short, we must stop the addiction. The vast majority of us are not eating just because we're hungry all of the time. We're actually addicted to most of the food we're eating. To be more specific, without boring you with pages of information and dry research, we're addicted to the sugars, salts & chemicals inside all this STUFF we put in our bodies every single day. In addition to being addicted to what's inside your food, what do you think often occurs when we put this stuff in our bodies on a consistent basis for years and years? We gain weight, but even worse, our bodies get sick and unhealthy during this process. Therefore, we must simply STOP THE ADDICTION by properly completing the triple 7 preliminary diet.

But what about just going on a good diet with low sugars, low carbs, etc.? There are people who can simply ignore their addiction, jump on a strict traditional diet plan, and they're good to go. Consequently, as I stated above, this is not the case for the vast majority of modern society. So why is repeating the process of jumping into a strict diet in hopes of following that diet a problem? Even if you're eating good, healthy food, that food has sugar, salt, and carbs. Even if the sugar is healthy, it is still sugar. Even if the sodium is extremely low, it's still sodium. Even if the carbs are low, it's still carbs. **I am not telling people that carbs and sodium are bad and to stay away from them. I am simply stating that people need to get off of it for a while so that they can regain control. We simply consume too much of it as a result of not having any control. Hence, the addiction. We must get away from the sodium, sugars, and carbs temporarily so that we can have more control. When you fully complete this plan correctly, you will understand, as it will feel as if you did a drug rehab for 3 weeks.**



What is a preliminary diet?

So you go from eating pizza, cake, candy, bagels, pancakes, waffles, steak sandwiches, burgers, cake, and more candy, to eating chicken & broccoli, kale, salads, brown rice, fish, and more salads. In addition to that, during this outstanding, strict traditional diet plan, what do we often do in the process? We compensate. We purchase low-fat, carb-free snacks! Yuppers! On a good day, we make wheat pancakes with low-fat, no-carb syrup on top. Yup, we stop using real, natural maple syrup and start using the stuff made in a laboratory because it has no carbs. We start using artificial sweeteners in our tea and coffee in place of real cane sugar.

Compensating is almost equivalent to giving recovering heroin addicts small doses of different medications to mimic the drug. These medications are developed to treat opioid use disorders and work through the same opioid receptors as the addictive drug, but are safer and less likely to produce the harmful behaviors that characterize a substance use disorder. What is the difference of utilizing artificial sweetener in place of real cane sugar while on a diet to improve your health and overall physical appearance? Nothing. Again, we must STOP THE ADDICTION. My triple 7 preliminary diet plan is created to do just that. If you're going on a diet, I believe you should go on a diet for overall health and not just for an improved physical appearance. What use is having a great body when your organs are deteriorating on the inside?

This is simply a temporary diet that consists of a fast, cleanse, and healthy eating to help control your addiction so that you can actually stick to a healthy diet and workout plan for long periods of time. You may have individuals say that this is not correct, unhealthy, and a crash diet. All I can say is to do your own research on fasting and cleansing. There is nothing unhealthy about it. It's funny, some of those same people are the ones who will go out, do drugs, and drink their faces off with you on the weekend. They certainly don't give speeches about the beer everyone is drinking during the football games, but will be quick to say fasting and cleansing are wrong or dangerous. With that said, this can absolutely be considered a crash diet if you lose some quick pounds and go back to normal after fully completing this plan. Consequently, if you fully complete this plan correctly, then go on a healthy traditional diet and workout plan for several months afterwards, then this new innovative plan will be the reason you'll be able to **finally control your addiction and stick to a healthy diet for an extended period of time.**



What is a Diet?

I am not going to give you everyone else's version or definition of what a diet is and/or why you should diet. In short, the vast majority of us are dieting because we did something wrong to our bodies over a very long period of time. We are simply going on a diet to fix that problem and to bring our bodies back to normal. I am not going to go into great detail regarding a caloric-deficit diet in this plan. I actually go into more detail regarding diets in my DIET FOR SEVENS PROGRAM (only recommended for individuals who have fully completed my triple diet plan). With that said, my DIET FOR SEVENS PROGRAM is a fully structured traditional diet plan where I fully explain why I do not recommend paying attention to your weight. I highly suggest you pay more attention to your BODY FAT!

Example: let's say for over two years you've lived a perfect diet. For two years, you've followed a perfect diet along with perfect exercise. Your body is simply going to look the way it's meant to look. If you mix chemicals to force your body to look a certain way, along with focusing on certain body parts, then yes, you may force a certain part of your body to develop more than it was naturally meant to develop. However, again, if you consumed a perfect diet and exercise for two years, your body is going to naturally look the way it should look. You may not agree with your weight, but your body fat will be extremely low.

Let's make this relevant and put a twist on this perfect two-year diet. Let's say after two years of perfect diet and exercise, you fall off the deep end. Let's say you start to eat the burgers, fries, cakes, and waffles. In addition to that, let's say you bypass the gym or any exercise in doing so. How long do you think it will take for your body to transform from this nice, attractive shape to this person you can't even recognize? For the most part, it will be a very long, repetitive process to change from this athlete to this obese person you barely recognize. Once you become this obese, unhealthy person you're unhappy with, what is it you must do? You must DIET!



What is a Diet?

Why is this important to understand regarding properly completing my triple 7 diet? You must understand that this is going to be hard! You must understand that this is supposed to suck! This is supposed to be something you do not want to do! This is why a preliminary diet and my diet for seven's program is temporary. This is why all strict diets to transform your body are temporary. The vast majority of people are not going to **meal prep and be on a caloric deficit with a 40/40/20 macro split for the rest of their lives.** Changing your life and lifestyle is not easy. Correcting something negative you've done to your body for years is not easy.

Consequently, once you fully complete your triple 7 preliminary diet, I expect your traditional caloric deficit diet with a 40/40/20 macro split to become very easy to properly complete. Once we complete our diet and get our body back to the way it's meant to be, we then begin steps to simply MAINTAIN what we have. While maintaining, we're not going to all of a sudden gain 30 pounds after a five-day vacation of eating and drinking our asses off. For the vast majority of us, **gaining 30 pounds is a long, repetitive process of a terrible diet with no proper exercise. The vast majority of us are dieting simply because we MESSED UP.** (Please be aware that I am referring to the majority. Not the individuals who have hormone imbalances, thyroid problems, issues with medication, etc. You must consult with your doctor if these types of issues are causing you to gain weight or causing difficulty in losing weight)

Get your mind prepared for this plan to suck. It's not supposed to be fun; it's not supposed to supplement your addiction to sugar, salt, and carbs with artificial products. It's meant to change your life in an attempt to save it by stopping the addiction and getting you prepared to sustain a healthy, natural diet plan. A diet plan without having to supplement your addiction with artificial food & artificial snacks. If you follow my plans to the T, you'll be so far into your diet that having pizza and a piece of cake every now and then wouldn't make or break you. Now let's move forward. You're almost ready to begin your triple 7 preliminary diet.



Is Fasting dangerous?

Why do I have to drink water for 7 days?

A very great man once stated, "Don't talk to me about drinking water. Why are you asking me how to drink water to be healthy? No one had to teach you how to put that alcohol in your body every other week. No one had to teach you how to smoke dope. You want to be healthy? Stop eating, stop putting the poison in your body, and drink a gallon of water every day for a few weeks. After that, eat shit that grows from the earth. There ya go. I'm sick of people asking me how to drink water". He stated this on stage in front of hundreds of people during a conference. This man lived to be almost 90 years old and ran marathons up until his mid 80's. (DG)

You must understand that people from all over the world for thousands of years have fasted. Every single belief system has a form of fasting. Yes, the Christians, Catholics, Muslims, Wiccans & even the Luciferians have one thing in common. They all fast! Every nation and belief system has its own form of fasting. With all that said, is fasting dangerous? Yes and no. The vast majority of things we partake in in an excessive manner can have a negative impact. Are the pills you take for your headache dangerous? Take too many, you'll find out just how dangerous those pills are. There is a limit to everything we partake in. (Again, this is not medical advice. You should go to your health care provider for medical advice.)

According to my research & experience, if you do not fast in an excessive manner, it is extremely safe and extremely healthy for you to do so. But what is excessive? Again, there is countless research regarding this topic. I've seen reports of people fasting with only water for 30 to 60 days and receiving god-like results in doing so. I've also seen reports of people fasting for 20 to 30 days and having fatal or near-fatal results in doing so. Therefore, I seriously **do not recommend fasting with only water for more than 14 days**. According to my research, you should be under consistent medical care if you wish to consume only water for over 14 days. There are a great deal of very important things you must consider when fasting for extreme periods (over 14 days). Existing body fat, existing health conditions, daily activity levels, etc.



Is Fasting dangerous?

Why do I have to drink water for 7 days?

I am not going to get into that much detail here regarding this topic, as this plan only requires 7 days of fasting. Regardless of what you may read or hear, please do not drink water for over 14 days without being under the consistent care of a trained doctor.

Again, according to massive research, fasting with only water is very safe and extremely healthy. This has been proven, tried, and tested ten times over by hundreds of licensed professionals and dozens of universities across the globe. However, I do not recommend going over a 14-day water fast. 14 days is an extremely healthy and safe time frame.

So why do you have to drink water for 7 days at the beginning of this preliminary diet program? Simply put, you must stop the addiction. The sugars, salts, and chemicals we are putting into our bodies every single day must fully leave our system. There is literally no other way to get this accomplished. You must follow my plan to the T. Once all 3 parts of this plan are complete, I am very confident that you will be able to easily go on a healthy traditional diet and exercise plan for extended periods of time without continuing to fall off the deep end.



Required Items needed (Important)

Before executing this plan, please read and gather all required items for each week. My triple 7 preliminary diet plan is broken down into three phases. Each phase will have a list of required specific items. It is extremely important to have these items purchased and ready to go before you execute this plan. Failure to have the proper equipment and/or items before you start can be detrimental to properly completing this plan. Once all required items are collected and operational, you are clear to begin.

I truly hope this can be an enlightening, life-changing experience for all of you. We must work extremely hard to achieve our goals. We must also be dedicated, consistent, and intelligent along the way. Remember, once you fully complete my triple 7 preliminary diet, I highly recommend you download & follow my DIET FOR SEVENS PROGRAM. The diet for sevens is a traditional diet & exercise program tailored for individuals who have fully completed the triple 7 diet. You will receive a special VIP discount code at the end of this plan.

What If I Cheat? (Important)

Hey, we're all human. People cheat on diets quite often. However, it's not just about cheating; it's how you cheat. I highly recommend dedicating yourself to doing the best you can. Especially during your first 7 days. With that said, if you're at a birthday party and have a meltdown, don't worry. Have your meltdown, and continue to execute your plan.

Again, it's not just about cheating; it's how you cheat. If your so-called meltdown lasts for 3-4 days, yeah, you need to start your diet over and/or add an extra 3 days to your diet. If your meltdown is every other day, yeah, you need to get back to the drawing board, get your mind right, and start over. The easiest thing to do is to commit and get it over with. An entire life of eating. For the vast majority of us, an entire life of killing ourselves, being that it's exactly what we're doing with what we put into our bodies every single day. What is 7 days of water and 14 days of cleansing? Hence, the Triple 7 Diet.



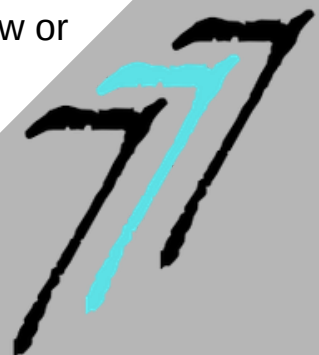
Required Equipment & Items Needed

- Water Jug (One liter and/or one gallon)
- 7 gallons of filtered water or 21 liter size bottles of filtered water (If you do not have filtered water at home)
- One tablespoon measuring spoon
- Citrus juicer (Under \$25-\$30 online)
- Organic Himalayan sea salt (Purchase the ground version. It should be ground just as your iodized salt is ground)
- Ground cinnamon
- Liquified ginger
- Bragg raw apple cider vinegar "with the mother"
- Cayenne pepper
- Three organic lemons
- Organic honey

Important instructions

For your first seven days, **you must drink a required amount of 3 liters of filtered, purified water each day. I recommend one gallon of water each day.** You must use a water jug to measure your water only if you have purified water at home. If you are not using a jug, purchase 1-liter bottles of purified water or gallon jugs of water. **You must know exactly how much water you're drinking each day. Do not drink a glass of water as your daily intake. Do not try to measure your daily intake by drinking glasses of water.** You must know that you actually drank 3 liters or one gallon. Do not drink your water all in one shot. Drink your water throughout the day. Do not, I repeat, do not exercise during this plan. I do require you to take slow walks. Please try your best to take your walks outside in the sunlight. If the weather is not permitting, go indoors to your local gym and simply walk. Nothing more, nothing less.

Please follow the instructions exactly as I set them for each day. Listen, I am not trying to be unprofessional here, but please do not be foolish and not follow or complete the instructions. This is a very serious plan. You must follow all directions to the T. Trying to fast without drinking the required amount of water is dangerous. Working out while being brand new to fasting is dangerous. It's like when the instructions tell you to only take 1 pill, but you take 3. Yeah, don't take 3, take one as instructed. Please precisely follow all directions in this plan.



Triple 7 Body Blast Drink Recipe

Cut 1 lemon in half. Juice half a lemon with your citrus juicer and add lemon to a small cup or mug.

Add 2 tablespoons of apple cider vinegar.

Add 1 big tablespoon of honey (yes, you can lick the honey off the spoon lol. You'll understand 3 days in.)

Add 1 tablespoon of liquified ginger.

Add a large pinch of Himalayan sea salt.

Add one pinch of cayenne pepper.

Add one pinch of cinnamon

Mix ingredients together, sip and enjoy!

Experienced Suggestion | Not Required

Purchase and utilize some organic herbal peppermint breath tonic spray. I recommend the "Herb Pharm" brand. It's around \$5 online. If you do not utilize this brand and product, be sure that any other breath spray you use is an all-natural peppermint spray with no sugar or artificial sugar added. Remember, you're not allowed to chew gum, take breath mints, etc. Therefore, when you're three to four days into your water fast, yeah, you'll thank me later.

First Four Days | 1 - 4

Your first four days are usually the most difficult! You will hear your stomach growling during the first 1 to 4 days. This does not mean that you're hungry. Our entire lives, we psychologically connected stomach growling to being hungry. All it means is that your stomach muscles are contracting. You will naturally make your stomach shrink (contract) during your fast. Your body enjoys this phase. Including your stomach, there are various systems in your body that finally have a chance to **take a break and recharge**. After day 3 or four, serious withdrawal may begin. Yup, you'll feel like you're trying to get off drugs. Remember, you're not hungry, you're just craving sugar, salt, and chemicals. Do not break! An entire life of eating. What's 7 days of not eating? Give your body the break it needs. This is the first big step in stopping the food addiction.



Let's Go!!!

Day 1

- Gallon of Water

Day 2

- Gallon of Water

Day 3

- Gallon of Water | 15 minute slow walk outside | No more than one half hour walk | Triple 7 body blast drink.

Day 4

- You guessed it, Gallon of Water | 15 minute walk outside.

Day 5

- Gallon of Water | 15 minute slow walk outside.

Day 6

- Gallon of Water | 15 minute slow walk outside.

Day 7

- Gallon of Water | Triple 7 body blast drink | 15 minute slow walk outside.

Congratulations! You've completed the most difficult portion of the triple 7 preliminary diet plan.

On to the next.



Required Equipment & Items Needed

- Blender (Please be sure your blender is fully operational. I recommend a good brand. The best bang for your buck would be the “Nutribullet Blender”. Not Magic Bullet but the “Nutribullet”. It’s very simple and easy to use. Just be sure you don’t overfill past the fill line.)
- Freezer-safe Ziploc bags
- Required food items
(listed on next page)

Important instructions

The second week of your triple 7 preliminary diet will consist of a portion of your **first week's plan**, along with blending and bone broth. It is very important to continue drinking the required amount of water. Again, please follow all instructions for this phase. If you have specific allergies, please supplement. Do not supplement because you are not fond of the food choice. Please keep in mind that this phase of your diet is meant to provide your body with a large amount of healthy nutrition, along with many other benefits, such as getting your palate used to the taste of natural sugar. Therefore, I require specific fruits and vegetables to be consumed during this phase. When blending, please do not blend only fruit without the required vegetables, and please do not eat the fruit while preparing! This is extremely important. You’ve just completed seven days of fasting with just water. Your body is not ready to get this extreme shot of sugar by eating a handful of blueberries just yet. This is why day one and day two of this phase require only bone broth. Only purchase and utilize organic fruits and vegetables. Please follow this plan with no deviation unless you have allergies to the foods in the plan. If so, simply supplement with food you're not allergic to.



The Purple Lifesaver Smoothie

- 1 ½ cup of almond or soy milk (sugar-free)
- 2 strawberries
- 1/2 cup of blueberries
- One large tablespoon of all-natural organic peanut butter
- 1 handful of spinach or kale
- A pinch or a few shakes of cinnamon (optional)

Tip: Add spinach/kale last and/or closest to the blades. After you add all ingredients, place a handful of spinach/kale on top. You want the blender to always blend your vegetables first. This is if you're using the Nutribullet. If you're using a traditional blender, place the vegetables first near the blades.

Tip: If this is not blending well, simply add a bit more splashes of almond or soy milk if needed.

The Frozen Banana Smoothie

- 1 ½ cup of almond or soy milk (sugar-free)
- 1 banana (frozen)
- 1 tablespoon of organic raw cocoa powder
- 1 tablespoon of Organic honey
- A few shakes of cinnamon
- A few shakes of nutmeg

Tip: You can also add ice chips for the desired consistency

Tip: If desired, this goes great with a splash of black coffee

If you're unable to freeze your fruit, utilize ice chips. I do not recommend this, as adding ice can water down the ingredients and make the smoothie extremely large and more difficult to drink. However, it is an option for you if adding ice is more convenient.



Bone Broth

-1 cup of Bone Broth (I recommend Beef Bone Broth)

Veggies

- Broccoli, Kale & Spinach

After a water fast, bone broth is an extremely nutritious and healthy way to reintroduce food and protein. Broccoli, kale, and spinach are extremely nutritious vegetables and a perfect way to reintroduce solids back into your diet as well. When you're allowed to eat the veggies, I highly recommend adding and cooking the veggies right inside your bone broth. It softens the veggies and turns the broth into a delicious and nutritious soup.

Pro Tip: I highly recommend seasoning your bone broth with onion powder, black pepper, and garlic powder. Adding fresh minced garlic and cayenne pepper will also make this broth even healthier and more powerful. Please do not add any salt of any kind. There is already a large amount of sodium in the bone broth. This is extremely healthy for your body. Enjoy!



Highly Recommended Tips

Prepare each fruit smoothie inside a freezer-safe Ziploc bag. We must get into the habit of preparing our diets for efficiency and convenience.

Purchase fresh fruit and freeze the fresh fruit. This will give your smoothies a fresher, sweeter taste.

Peel and freeze your bananas for a smoother consistency. It may be difficult to cut the banana while frozen; therefore, cut one whole banana in half before placing it in the ziplock bag.

Cut the tops off each of your fresh strawberries, then freeze them. They will be difficult and dangerous to cut once frozen. You'll want the top green part & stem of the strawberries to be cut off before using them in the smoothie.

Be sure you refrigerate your almond or soy milk. You'll want them to be cold. If your fruit is not frozen, you can utilize a small bit of crushed ice inside your smoothie. However, it is not recommended as ice can make your smoothie extremely large and watered down.

Again, please pre prepare fruit and place it inside Ziplock bags. For example, for your purple berry smoothie, you should have 2 strawberries & one half cup of blueberries, all inside one ziplock bag. You should have a few ziplock bags prepared for your purple berry smoothie. Therefore, all you would have to do is empty the fruit inside your blender, add the other ingredients, and blend. This will make the process fast and easy. This is also a very good habit for quick and easy meals during a traditional 6 to 8-month diet plan. The same goes for your frozen banana smoothie. Freeze each banana in a ziplock bag. Freezing the fruit will make your smoothie smooth and tasty. You'll appreciate this after 7 days of just water and body blast drinks.

Extremely Important: Please continue drinking the required 3 liters or gallon of water just as you did in your first week



Halfway There!!!

Day 1

- Water | Bone Broth | 15 minute slow walk outside.

Day 2

- Water | Bone Broth | 15 minute slow walk outside.

Day 3

- Body Blast | Water | Bone Broth & Veggies | 15 minute slow walk outside.

Day 4

- Water | Required Smoothies | Bone Broth & Veggies | 15 minute slow walk outside.

Day 5

- Water | Bone Broth & Veggies | 15 minute slow walk outside.

Day 6

- Water | Required Smoothies | Bone Broth & Veggies | 15 minute slow walk outside.

Day 7

- Water | Bone Broth & Veggies | 15 minute slow walk outside.

Congratulations! You've completed your second phase of the triple 7 preliminary diet plan. Downhill from here.

On to the next...



Required Equipment & Items Needed

- Food steamer (Between \$25-\$40 online) (Two tiered steamer recommended)
- Required food items for steamer
- Required food items for smoothie recipes (listed on next page)

Important instructions

*You must read through this phase to receive the required food items. Again, please purchase the required food and items ahead of time.

The third week of your triple 7 preliminary diet will consist of your first week plan, along with steaming powerful vegetables & smoothies. Please follow all instructions for this phase. If you have specific allergies, please supplement. Again, do not supplement because you are not fond of the food choice.

In steaming your food, you are keeping the vast majority of nutrients intact! The vast majority of us cook the vitamins and minerals out of our food by overcooking. In addition to that, when we place items such as vegetables in the microwave, we literally zap a portion of the nutrients out. It is very important to only steam your vegetables for this reason. Your body needs to soak up and obtain as many nutrients as possible. Only purchase and utilize organic vegetables. Please follow this plan with no deviation. Please Enjoy!

Tip

Use garlic powder, pepper, onion powder, etc., to season food. If you wish to utilize salt, you must only use Himalayan sea salt. Do not use garlic salt or any other salt products. Yes, there are other healthy salt options; however, I am only recommending Himalayan sea salt for this plan.

Very Important: Please drink the required 3 liters to one gallon of water throughout your day just as you did in your first week



Downhill !!!

Day 1

Breakfast: The Purple Berry smoothie

Lunch: Steam at least two cups of broccoli & one sweet potato (yam)

Dinner: Steam vegetables of your choice
(Water | 15 minute slow walk outside)

Day 2

Breakfast: Body Blast

Lunch: Steam at least two cups of kale & one beet (cut beet up into slices after steaming)

Dinner: Steam vegetables of your choice
(Water | 15 minute slow walk outside)

*Day 3

Breakfast: The Frozen Banana smoothie

Lunch: Make a spinach & Arugula Salad. Be sure that all ingredients, including the dressing, are organic. Have at it. Do not make yourself sick by adding too much. Do not add meat.

Dinner: Steam vegetables of your choice
(Water | 15 minute slow walk outside)

Day 4

Breakfast: Smoothie of your choice

Lunch: Salad of your choice. All organic and no meat.

Dinner: Steam vegetables of your choice
(Water | 15 minute slow walk outside)



Almost There !!!

Day 5

Breakfast: The Purple Berry Smoothie

Lunch: Steam at least two cups of broccoli & one sweet potato (yam)

Dinner: Salad of your choice. All organic and no meat.
(Water | 15 minute slow walk outside)

Day 6

Breakfast: The Frozen Banana Smoothie

Lunch: Steam at least one cup of brussel sprouts, one cup of kale, and one sweet potato (yam)

Dinner: Steam vegetables of your choice
(Water | 15 minute slow walk outside)

Day 7

Breakfast: The Purple Berry smoothie

Lunch: Steam at least two cups of kale & one beet

Dinner: Salad of your choice. All organic and no meat.
(Water | 15 minute slow walk outside)

Congratulations! You
completed the last and
final phase of my
triple 7 preliminary
diet plan!
Outstanding!



Important after action report

Please keep in mind that you've just completed a preliminary diet plan. You've fasted and consumed an extremely low amount of calories during your 14-day cleanse. **This triple 7 preliminary diet plan is designed to follow a strict traditional diet plan immediately afterwards. Therefore, if you wish to properly lose weight/body fat and wish to transform and shape your body, please do not have cheat days after you've completed this plan.** Again, immediately jump into your traditional diet and exercise plan.

If you do not take heed to this information, please keep in mind that you **will most likely gain weight at an extremely rapid rate** if you jump back into your normal habits of eating after completing this plan. I do not recommend completing this plan more than once per year, as this is a fast and a cleanse. It's extremely healthy; consequently, it is not designed to be done over and over again throughout the year.

Diet For Sevens Diet Plan

(VIP Discount Code Below). My diet for sevens is a traditional diet and exercise plan geared for individuals who recently completed my triple 7 preliminary diet plan. This plan consists of a vast amount of information regarding a traditional diet plan. From workout videos, macros, body fat, calorie calculations, etc., my diet for seven's plan is everything you need to fully complete your transformation. Your addiction to sugar and salts should be well over after these 21 grueling days. Following a traditional diet plan for the next several months should be an absolute breeze.

Thank you again! I really hope you enjoyed your journey! Do not forget to email any success stories and videos to contactus@mcduffiemarketing.com. Let others know of your experience.

Utilize this VIP discount code to receive my "Diet For Sevens" plan at a special discounted rate: **triple7vip**

Click or enter the link below to purchase the Diet For Sevens Diet Plan.

Enter coupon code in cart: darrenmcduffie.com/books

Let's help the world
by helping one another.

Travel Light!

-Darren McDuffie-

