

Flat belly diet book pdf files online

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Flat Belly Diet 1-Week Meal Plan

Love up for 15 pounds this month following this simple Flat Belly Diet plan!

By Heidi Reppert



The principles of the Flat Belly Diet are simple: Burn more abdominal fat by decreasing your daily calorie intake to 1,500 calories per day, eat only healthy fats and protein, and avoid bread, pasta, rice, and potatoes. The Flat Belly Diet is a protein-based diet with a focus on healthy fats and protein. It's a simple diet, at every meal. Making it the following week of the diet, you can lose up to 15 pounds this month.

Weekly

Breakfast: Banana Split Omelet

Cook 2 eggs and 1/4 cup of milk in a skillet over medium heat. Add 1/2 cup of milk and 1/4 cup of oil. Cook for 2-3 minutes. Add 1/2 cup of milk and 1/4 cup of oil. Cook for 2-3 minutes. Add 1/2 cup of milk and 1/4 cup of oil. Cook for 2-3 minutes.

Lunch: Mediterranean Sandwich

Spread 2 slices of whole-grain bread with 1/4 cup of hummus. Add 1/2 cup of sliced turkey, 1/4 cup of sliced tomato, 1/4 cup of sliced cucumber, and 1/4 cup of sliced onion. Add 1/4 cup of sliced tomato, 1/4 cup of sliced cucumber, and 1/4 cup of sliced onion.

Dinner: Grilled Salmon

Grill 6 oz of salmon fillet for 4-5 minutes. Add 1/4 cup of olive oil, 1/4 cup of lemon juice, and 1/4 cup of garlic powder. Add 1/4 cup of olive oil, 1/4 cup of lemon juice, and 1/4 cup of garlic powder.

Snack: Apple Slices

Slice 1 apple into 1/2-inch slices. Add 1/4 cup of low-fat yogurt and 1/4 cup of granola. Add 1/4 cup of low-fat yogurt and 1/4 cup of granola.

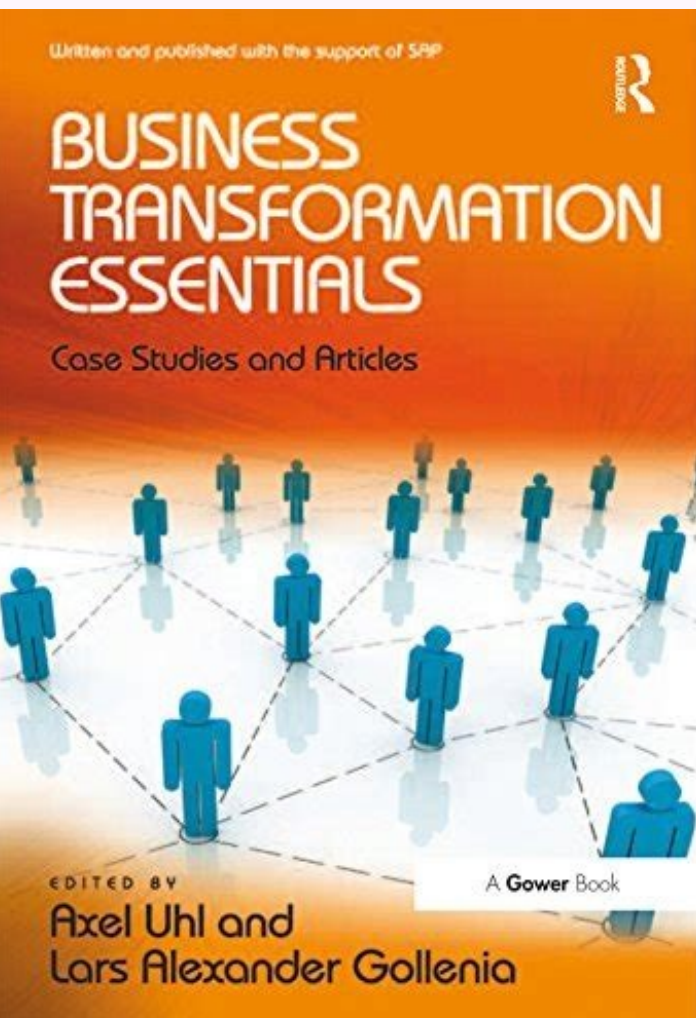
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7-DAY DIET PLAN FOR A FLAT BELLY

AMAZING WEIGHT-LOSS TIPS

THE WIDER YOUR ABDOMEN GOES, HIGHER GOES THE HEALTH RELATED RISKS. AND, THE WAY TO GETTING RID OF THE ABDOMINAL FAT COMES WITH NO SHORTCUTS. A COMBINATION OF PROPER HEALTHY DIET WITH A GOOD FITNESS ROUTINE CAN CERTAINLY WORK OUT A WAY TO CUT DOWN THE BELLY FAT TO A LARGE EXTENT.

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