

CHEAT SHEET TO LOSE BELLY FAT

- EAT -

Banana
Berries
Oranges
Citrus Fruit
Avocados
Asperagus
Red Pepper
Peas
Leafy Greens
Cauliflower
Garlic
Onions
Leeks
Scallions
Shallots
Sweet Potato
Butternut Squash
Potatoes
Greek Yougurt
Low-fat Milk
Low-sodium cottage
cheese
Mozarella sticks
Whole Grains

Green Tea
Peanut Butter
Chickpeas
Pumpkin puree
Tuna & Sardines
Salmon
Seeds: Sunflower,
Pumpkin
Miso
Tempeh
Sauerkraut
Almonds
Peanuts
Walnuts
Pistachios
Extra Virgin Olive Oil
Eggs
Beans
Lentils
Coffee
Tea

- NOT TO EAT -

Processed foods
Bubbly drinks
Soft drinks
Alcohol
Chewing gum
Sugar
Sugary beverages
Carbohydrates
Dairy products
Fast food
White bread
Fruit juice
Gluten
Snack foods
High-salt foods
Trans & Saturated Fats
High Fructose Corn
Syrup
Mayonnaise
Ice Cream
Artificial Sweetners
Sugar free products

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- WEIGHT LOSS DRINKS -

Water
Apple Cider Vinegar
Acai Berries
Cinnamon
BCAAs
Green Coffee
Green Tea (caffeinated)
Parsley
Celery
Spirulina
Wheatgrass
Dandelion Tea
Matcha Tea
Mint Tea
Oolong Tea
Aloe Vera
Grapefruit juice
coffee (caffeinated)
black tea

- NATURAL SUPPLEMENTS -

Click graphic or text to order.



At lunch, add 200 mg of Alpha Lipoic Acid. Sprinkle on food or add to water.



When having a snack in the afternoon, add Maitake Mushroom Extract to water or drop on your food.



Before dinner, one half hour, take 2 grams Glucomannan from Konjac root by adding it to water. Capsule form is not recommended.

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- NEXT STEPS -

MAKE A MEAL PLAN

Once you've read through which foods aid in losing belly fat and which foods to avoid, you can make yourself a meal plan. I've shown my meal plan below. You can make yours however you like. The way I made mine is that I thought about what I eat and like to eat and found ways to make them healthy. For instance I like spaghetti so I make it healthier by using whole wheat pasta and use less pasta sauce by adding in a can of diced tomatoes. I also love hamburgers so by having it on a whole wheat bun, grass fed beef, and limit the condiments.

LOSE THAT BELLY FAT MEAL PLAN							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	oatmeal & fruit	egg on toast	tortilla with banana & peanut butter	omlet with vegetables	whole grain cereal with milk	? (repeat or find new recipe on line)	? (repeat or find new recipe on line)
LUNCH	hamburger on whole wheat with avocado	chicken wrap with whole wheat tortilla	turkey sandwich on whole wheat	tortilla pizza on whole wheat tortilla	egg salad on whole wheat	? (repeat or find new recipe on line)	? (repeat or find new recipe on line)
DINNER	chicken breast & sweet potato	spaghetti with whole grain noodles	salad with fruit & chicken	chicken tacos	chicken breast with brown rice	? (repeat or find new recipe on line)	? (repeat or find new recipe on line)
SNACKS	green tea	1/2 cup of almonds	fruit	Greek yogurt with fruit	homemade smoothie	banana ice cream	

Have snacks listed too so when you're hungry again, you have a list to choose from. This keeps your from not being tempted to choose something not good for you.

Don't forget to add in some of the weight loss drinks in the next section. These will aid in weight loss and help with other ailments you might have. They are good for you so replacing unhealthy drinks with these will really benefit your over all health.

ADD EXERCISE TO YOUR SCHEDULE

You can add a simple routine to help reduce that fat and keep you healthy. Walking or biking is a great way to start. If you want to see the inches come off quicker, add more exercise.

SET A GOAL AND START YOUR JOURNEY TO BEING HEALTHY!

BEST WISHES!