

MY *Bikini* Belly



Bikini Belly Diet

Bikini Belly Blast

Medical Disclaimer

This program is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet or starting any nutrition program.

The purpose of this program is to educate healthy women with healthy nutrition guidelines. No health claims are made for this program. This nutrition and exercise program will not help cure, heal, or correct any illness, disease, or medical condition. The author is not a medical doctor, registered dietitian, or clinical nutritionist; the author is a fitness and nutrition writer and consultant.

If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition requiring special nutritional considerations, I suggest you consult a health care professional with a clinical nutrition background (MD, RD, or CCN) for your special nutrition program.

The American College of Sports Medicine (ACSM) recommends that apparently healthy females over 40 to have both a physical exam and a diagnostic exercise test prior to starting a vigorous exercise program. A diagnostic exercise test and physical examination is also recommended in individuals of any age who exhibit two or more of the major coronary risk factors (smoking, family history of heart disease, elevated blood cholesterol, elevated blood pressure, and diabetes).

Any individual with a known history of heart disease or other heart problems should be required to have a medical evaluation before making any changes to your diet or starting any nutrition program. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual. The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described in this manual.

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Day 3 Intro

Foods That Send Your Metabolism Soaring

Do you really want to constantly deprive yourself of your favorite foods and obsess over counting every little calorie you eat?

The truth is, restricting calories and carbs for long periods of time dramatically slows your metabolism and sends your fat STORING hormones soaring all of which causes a vicious cycle of yo-yo dieting and absolutely kills female fat loss.

Day 1 and 2 set you up perfectly to eat your favorite foods on Day 3 and actually accelerate your fat burning even further by sending a surge of fat fighting nutrients directly into pockets of fat on your trouble spots.

While it might seem counterintuitive to enjoy your favorite foods while trying to lose fat from your trouble spots, the truth is it's absolutely necessary and when done correctly it not only accelerates your fat loss results even further but it also fights off plateaus.

Not to mention it makes the whole process easy to follow and even enjoyable for a change.

Just remember: the only way this works is if you've properly completed days 1 and 2.

Day 3 Guidelines

1. Follow this plan on day 3 and then switch back to the day 1 eating plan - **See "21 Day Calendar"**
2. Eat 3 meals per day.
3. Enjoy some of your favorite foods in moderation but DON'T purposely try to overeat or stuff yourself to the point that you feel uncomfortable.
4. On day 3 you MUST have a set window of time in which you do not consume any calories.

I suggest you have a smaller eating window than the other days.

This will help make sure that you don't overeat. I like to give myself a 8 hour eating window on day 3. I usually eat 3 meals between 11am-7pm.

5. On Day 3 you'll have one meal type to follow:
Protein + Your favorite food
6. **Eat as many natural and unprocessed foods as possible.** I never use day 3 to completely eat garbage but rather a day where I eat more high quality foods.
7. Start your day by drinking a glass of water with a squeeze of lemon. Do this on an empty stomach. This will help kick start your digestion and continue flushing out the fat storing toxins.

8. Eat one serving of protein with every meal. A serving of protein is equal to the width and thickness of your palm. According to a study published in Nutrition & Metabolism, people who followed a diet of at least 30 percent protein lost 11 more pounds of fat than those who ate less protein.
9. On day 3 you can eat any of the foods from day 1 and 2. In fact, I highly recommend that eat a variety of the foods from day 1 and day 2 with each meal.
10. Avoid drinking your calories on day 3 – soda, sugary drinks, and anything in liquid form that has calories.

The exception is low carb/low fat protein shakes when you're short on time. If you'd like to enjoy a small glass of red wine or other alcoholic beverage on day 3 that is fine.

Try to drink green tea, lemon water, fat flushing cran-water for the rest of the day though and still drink half your bodyweight in ounces of water each day - Ex. 100 lbs. = 50 oz. of water.

Day 3 Meal Timeline

I'm going to take you by the hand and show you meal-by-meal what day 3 typically looks like for me.

On day 3 you MUST have a set window of time in which you do not consume any calories. I suggest you have a smaller eating window than the other days.

This will help make sure that you don't overeat. I like to give myself a 8 hour eating window on day 3. I usually eat 2 meals plus one snack between 11am-7pm.

I still start day 3 by drinking a glass of water with a squeeze of lemon. Do this on an empty stomach.

On Day 3 you'll have one meal type to follow:
Protein + Your favorite food

I still try and eat as many natural and unprocessed foods as possible. I never use day 3 to completely eat garbage but rather a day where I eat more high quality foods.

You can enjoy some of your favorite foods in moderation without any guilt but DON'T purposely try to overeat or stuff yourself to the point that you feel uncomfortable.

11:00 am Breakfast

During The Week

If it's a weekday I usually have a very similar breakfast to day 2, so my breakfast would look like this:

Protein + Fat Burning Veggie + Fat Burning Fat

Drink: 8oz water with a lemon wedge. Do this on an empty stomach. This will help kick start your digestion and continue to flush out trapped fat.

Fat Burning Protein: Choose One

- 3 cage free pastured raised eggs
- 2 organic eggs + 2 whites
- 4 oz leftover meat from night before (chicken, beef, etc.)

Fat Burning Veggie: Choose One

- 1 handful of spinach leaves
- 1 cup chopped white button mushrooms
- 1 cup chopped red bell pepper
- 1 cup chopped white onion

Fat Burning Fat: Choose One

- 1/2 Avocado
- 2-3oz. Cheese
- Cook with 1tbsp of Extra Virgin Coconut Oil

11:00 am Early Lunch

Option #2

Sometimes I'll just completely skip breakfast and eat an early lunch. If I do that then I follow the same eating template as day 1 lunch and it looks like this:

Protein + Fat Flush Veggie + Fat Flush Fruit

Drink: 8 oz Fat Flush Cran-Water

Protein: Choose One

- 4-5 oz. boneless skinless chicken
- 4-5 oz. lean turkey
- 4 oz. lean beef (97%)

Fat Flush Veggie: Choose One

- 1 cup broccoli
- 1 cup chopped asparagus
- 1 cup spinach + 1/2 diced tomato

Fat Flush Fruit: Choose One

- 1 cup cherries
- 1 grapefruit
- 1 nectarine

11:00 am Brunch

On The Weekend

If it's a weekend I usually like to have a big breakfast like my mom used to make on the weekend when I was a kid. Here's 2 of my favorite recipes from the Bikini Belly cookbook series -

Easy As Sunday Morning French Toast - Page 7 Of The Bikini Belly Dessert Cookbook

Ingredients:

8 slices Ezekiel sprouted grain bread
1 cup full-fat milk (cream)
2 eggs
1 tsp vanilla
2 tsp cinnamon

Directions:

1. Mix ingredients in a bowl.
2. Dip both sides of bread in the mixture and place on skillet.
3. Cook 2-3 minutes on each side.
4. I like to top it off with fresh fruit.

If you purchased the Bikini Belly Diet series you can swap this out with any other recipe of your choice.

If you didn't purchase the Bikini Belly Diet series and want more delicious fat burning recipes like this along with done-for-you meal plans then [CLICK HERE.](#)

Pesto Scrambled Eggs - Page 4 Of The Bikini Belly Blast Cookbook

Ingredients (Makes 1 Serving)

2 Cage free eggs

1 tbsp. coconut oil

1 tbsp. Basil Pesto

Salt

Pepper

Directions

1. Crack the eggs directly into the pan, then scramble them slowly - combining the yolks and whites slowly so there is still some variation between the two.
2. About one minute into the cooking, add the pesto to the pan and continue to scramble the eggs, working the pesto in gently.
3. Once the eggs are no longer runny, they are done.

If you purchased the Bikini Belly Diet series you can swap this out with any other recipe of your choice.

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3:00 pm Snack

On The Weekend

If it's a weekend and I just ate a big breakfast I don't like to follow it with another meal. I usually have a mid afternoon snack that follows the day 2 eating template for snacks:

Fat Burning Protein: Choose One

- 5oz. organic greek yogurt
- 2 hardboiled eggs
- 4 oz leftover meat from night before

Fat Burning Veggie: Choose One

- 1 handful of spinach leaves
- 1 cup chopped celery (have with almond butter)
- 1 cup chopped cucumber with salt & pepper
- 1 cup chopped baby carrots

Fat Burning Fat: Choose One

- 1 tbsp. almond butter
- 10 -12 almonds
- 2-3oz. Cheese

3:00 pm Snack

During The Week

If day 3 falls on a weekday like Wednesday and I ate a normal breakfast, then for a snack I'll have one of my fat burning snacks from the Bikini Belly cookbook like:

Raspberry & Chocolate Granola Mix - Page 21 Of The Bikini Belly Dessert Cookbook

Ingredients

1 cup dark chocolate nibs
1/2 cup dried coconut flakes
1/2 cup dried raspberries
1 cup almonds, chopped
1 cup pistachios, chopped
1/2 cup pumpkin seeds
1/2 cup sunflower seeds
1/2 cup raw honey or stevia
1 tablespoon vanilla extract
1/2 cup cocoa butter

Directions

1. Mix all ingredients in a large bowl until combined. Make sure to store the granola in an air tight container.

If you purchased the Bikini Belly Diet series you can swap this out with any other recipe of your choice.

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Coconut Granola Fudge Bars - Page 23 Of The Bikini Belly Dessert Cookbook

Ingredients

1/2 cup dark chocolate, chopped	1 cup almond meal
1/2 cup dark chocolate chips	1/2 cup walnuts, chopped
1/2 cup coconut oil	1/2 cup sunflower seeds
1 cup desiccated coconut	1/4 cup raw honey
1/2 cup almond butter	

Directions

1. Line a square baking pan with baking paper and set aside. Put the coconut oil, chopped dark chocolate, honey and almond butter in a microwaveable bowl. Melt the chocolate mixture in the microwave for 2 minutes, stirring every 30 seconds, until the chocolate has melted.
2. Put the almond meal, coconut oil, walnuts and sunflower seeds in a large bowl and mix well. Add the melted chocolate into the bowl and mix until combined. Put the mixture into the baking paper and spread it evenly in the pan, press down firmly.
3. Spread the chocolate chips all-over the surface of the granola and pat them down lightly to make them stick on the surface. Cover the pan with cling wrap and refrigerate for at least 2 hours or until the granola has completely set. Cut the granola into square bars and store, chilled, in an airtight container.

If you purchased the Bikini Belly Diet series you can swap this out with any other recipe of your choice.

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7:00 pm Dinner

If day 3 falls on a weekend like Saturday then I might take an opportunity to go out and enjoy a guilt free meal with family or friends. If it's a weekday I'll have one of the meals from the Bikini Belly cookbook along with a fat burning dessert afterwards. My favorites are:

Fat Burning Brownies - Page 6 Of The Bikini Belly Dessert Cookbook

Ingredients:

1 1/2 large eggs	1/8 tsp sea salt
2-3 tbsp dark chocolate chips	1/2 tsp pure vanilla extract
1/3 cup soaked pitted dates, chopped	1/2 tsp baking soda
1 cup cooked black beans	1/2 tsp apple cider vinegar
1 tbsp + 2 tsp extra virgin olive oil	2 tbsp cocoa powder

Directions:

1. Soak dates for 1-2 hours until soft. Drain and chop finely. Preheat oven to 350° Rinse and drain the black beans. Add all ingredients except for chocolate chips into a blender and blend until smooth. Stir in chocolate chips
2. Pour batter into square or rectangular pan that has been brushed with olive oil or lined with parchment paper Bake at 350° for 20-25 minutes or until you can insert a tooth pick into the middle and it comes out clean.

If you purchased the Bikini Belly Diet series you can swap this out with any other recipe of your choice.

If you didn't purchase the Bikini Belly Diet series and want more delicious fat burning recipes like this along with done-for-you meal plans then [CLICK HERE.](#)

Garlic Chicken Pizza - Page 24 Of The Bikini Belly Blast Cookbook

Ingredients:

2 tablespoons red wine vinegar
1 1/2 tablespoons Dijon mustard
4 garlic cloves, minced
2 Ezekiel sprouted grain tortillas
1 cup chopped tomato
1 cup chopped mushrooms
3/4 cup shredded mozzarella cheese
1/4 cup crumbled low fat feta cheese
1/4 cup finely shredded fresh Parmesan cheese
1/4 cup chopped green onions
1 1/2 cups shredded cooked chicken breast

Directions:

1. Preheat oven to 400°. Combine red wine vinegar, dijon mustard, and garlic stirring well with a whisk.
2. Place tortillas on a baking sheet; brush vinegar mixture equally over tortillas.
3. Evenly spread tortillas with chicken, tomato, and mushrooms; sprinkle with cheeses and green onions.
4. Bake at 400° for 15 minutes or until cheeses melt.

If you purchased the Bikini Belly Diet series you can swap this out with any other recipe of your choice.

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