

MY
Bikini
Belly



Bikini Belly Diet

Bikini Belly Burn

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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Foods That Target Trouble Spots

Now that you've taken a day to cleanse your body of the fat storing toxins holding you back, your metabolism is finally able to access the fat on your trouble spots and burn it for fuel instead of sugar.

It's time to turn up your metabolism even more on day 2 where you'll strategically add back in delicious fat burning fats and other foods that researchers have discovered are able to directly target and break down the fat cells that build up around your belly, thighs, and butt.

These special fat fighting foods and strategies build off of day 1 to keep your metabolism in the perfect fat burning environment so that you get way more laser focused fat loss results.

It's important to realize that eating fat does not make you fat and if you're a woman over the age of 35 you **MUST** consume more fat burning fats in order to rebuild your metabolism and target your trouble spots.

This is because as we age past our 30's, your metabolism becomes more sensitive with every passing year. This is due to your female sex hormones estrogen and progesterone.

Together these two help regulate insulin - your blood sugar hormone and cortisol - your stress hormone.

As the balance of your hormones begins to shift and your metabolism becomes more resistant to certain foods and more responsive to stress.

That doesn't mean you should starve yourself or never eat carbs again, in fact those two approaches are very stressful to women over 35 so it would only work against your metabolism.

It simply means that you must continue to rebuild your metabolism on day 2 by eating more fat burning fats.

Once you train your metabolism to burn fat for fuel instead of sugar, you'll not only be trimming down your trouble spots day and night but when you do eat starchy foods, like on day 3, it will accelerate your fat burning results.

Day 2 Guidelines

1. Follow this plan on day 2 and then switch to the day 3 eating plan - **See "21 Day Calendar"**
2. Eat 3 meals per day, plus one snack if needed.
3. Have a set window of time in which in you do not consume any calories. I suggest a 12-14 hour fast every day.

That means only consuming calories for 8-10 hours a day while not consuming anything but water, calorie free green tea, and coffee the other 12-14 hours.

An example would be eating dinner at 7pm and not consuming any calories until 7am or 9am. This will allow you to cook, eat, and prepare less often while eating larger, more fulfilling meals.

4. 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 flush out the fat.
5. On Day 2 you're going to eat similar meal types as you did on day 1 while adding a serving of fat burning fats to each meal. You're also allowed to eat a serving of fat burning carbs with dinner.

The following types of meals that will force your metabolism burn fat from your trouble spots:

Protein + Fat Burning Veggie + Fat Burning Fat

- Follow this meal template for breakfast and lunch on day 2.

Protein + Fat Burning Fat - Follow this meal template for snacks on day 2.

Protein + Fat Burning Carb + Fat Burning Fat - Follow this meal template for dinner on day 2.

6. 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.

On day 2 you have more choices for proteins such as plain organic greek yogurt, grass fed beef (also a fat burning fat), and wild-caught fatty fish. **See The Fat Burning Proteins List For Day 2 On Page 10.**

7. Continue to eat fat burning veggies freely since these special fat fighting veggies help your body clean out the bad estrogens that trap fat on your

thighs, hips, and butt. If you struggle to get enough veggies each day try sneaking some into omelets, scrambles, or even try blending a handful of dry spinach leaves into a low carb protein shake. That's what I do and you can't even taste it!

You're also allowed more starchy vegetables on day however these count as carbs and not free veggies. - **See The Fat Burning Carbs List For Day 2 On Page 14.**

8. Eat one serving of fat burning fats with every meal on day 2. This can be whole eggs, fat burning coconut oil, grass fed beef (also a fat burning protein), avocados, raw unsalted mixed nuts. **See The Fat Burning Fats List For Day 2 On Page 12.**
9. **Eat only natural, unprocessed one-ingredient foods.** These are the natural, healthy, and filling foods your body needs to function at its best each day. Whole foods eaten in their natural state are healthier because they provide more vitamins, minerals, and fiber - all of which help your body naturally fight off fat.

As whole foods are processed, vitamins, minerals, and fiber are lost along the way making it easier

for your body to pile on the fat and feel tired and sick.

10. Avoid all processed and refined foods. This also includes any foods containing refined sugar, grains, and soy. Eliminating these on day 2 will continue to improve your metabolism's ability to target and firm-up your trouble spots. On day 2 there are a few approved dairy products that you can add in like organic greek yogurt, small amounts of cheese as well as cottage cheese.
11. Certain carbs are allowed on day 2 and you can double your total carb intake for the day to 50g. Keeping carbs in this range will continue to help your body flush out any lingering toxins from day 1. On day 2 you can also eat any type of fruit. Eat a serving with lunch on day 2. You're also allowed one serving of fat burning carbs with dinner. **See The Fat Burning Carbs List For Day 2 On Page 14.**
12. Avoid drinking your calories – 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. Limit your alcohol intake to day 3. Choose green tea, lemon water, fat flushing cran-water and coffee. Drink half your bodyweight in ounces of water each day - Ex. 100 lbs. = 50 oz. of water.

Fat Burning Proteins

On day 2 you have more choices for proteins such as plain organic greek yogurt, grass fed beef (also a fat burning fat), and wild-caught fatty fish.

These are foods that have both protein and fat burning fats mixed into them. Like grass fed beef, which contains a special kind of fat burning fat called conjugated linoleic acid or CLA that forces your metabolism to target and destroy fat cells on your belly, hips, and thighs.

While other sources of protein such as chicken and pork contain small amounts of CLA, beef contains considerably more. Grass fed beef contains about 2 to 3 times more CLA than grain-fed beef.

In fact, it's important to know that you can only obtain effective amounts of CLA from foods like beef, poultry, dairy, and eggs **IF the animal it came from was grass fed and not grain fed.**

Another great choice on day 2 is wild-caught, fatty fish like salmon, halibut, and tuna. These foods are loaded with fat fighting omega 3's and low in contaminants that clog up your metabolism.

Research shows that they not only increase your metabolism but they also help fight off cortisol - your

stress hormone that's associated with increased belly fat in women over 35.

A great snack to have on day 2 and 3 is plain organic greek yogurt mixed with a fat burning fruit.

Not only does greek yogurt contain more than double the protein of regular yogurt but it has less fat storing sugars and nearly 20% more CLA - all of which helps rebuild your metabolism and trim down your trouble spots.

A simple approach to ensure you get enough protein to effectively keep your lean muscle and burn fat from your trouble spots is to eat your desired weight in grams of protein each day.

I'm now at my goal weight of 118 pounds and I consistently eat around that many grams of protein each day. If your goal weight is 130 pounds aim to eat 130 grams of protein every day.

This will also keep you feeling full so that you naturally eat less calories.

Eat one serving of protein with every meal. A serving of protein is equal to the width and thickness of your palm.

If you still feel hungry on day 2, feel free to increase your amounts of lean proteins and fat flushing veggies.

Day 2 Approved Proteins

- Chicken breast: 4-5 oz.
- Grass fed beef: 4 oz
- Turkey breast: 4-5 oz.
- Wild-Caught, Fatty Fish: 4 oz.
- Cage-Free Pasture-Raised Eggs : 2-3 whole eggs
- Protein Powder (low carb): 1- 1.5 scoops (20-30g)
- Plain Organic Greek Yogurt (mix with a fat burning fruit)
- Cottage Cheese

Fat Burning Fats

Not only does eating fats NOT make you fat, but they're absolutely necessary to target your trouble spots. They also help rebuild your metabolism and help your body:

- Burn more fat from your trouble spots
- Have healthier looking skin
- Have healthy joints
- Decrease hunger and craving pains

For instance, Cold-Pressed Extra Virgin Coconut Oil contains medium chain fatty acids which has been proven to be effective in targeting belly fat.

A 12 week study was done on 40 different women who consumed just 1 ounce of coconut oil per day which resulted in a significantly slimmer waist.

Coconut oil has also been shown to help your body absorb more magnesium and zinc, two vital minerals for bone health, which becomes increasingly important for women over 35.

Try cooking with coconut oil on day 2. You can also sauté veggies with it for some added fat burning flavor.

Another fat fighting fat to eat on day 2 is Avocados which are full of monounsaturated fat or MUFA's which help lower insulin levels and has been proven to be effective in destroying fat cells on your belly.

On day 2 add one serving of fat burning fats to every meal.

A serving of fat burning fats is equal to the size and thickness of your thumb.

Day 2 Approved Fats

- Cheese: 2-3oz.
- Grass-fed or organic butter: 1 tbsp
- Cold-Pressed Extra Virgin Coconut Oil: 1 tbsp
- Avocado: about 1/2
- Almond butter: 1 tbsp
- Chia seeds, hemp seeds or ground up flaxseeds
- Raw Unsalted Mixed Nuts: Almonds, Brazil Nuts, Hazelnuts, Pecans, Walnuts

Fat Burning Carbs

On day 2 you're total carb intake is raised to 50 total grams and you're allowed one serving of starchy carbs with dinner from the approved food list below.

This will continue to help your body flush out any lingering toxins from day 1 and make it easier for your metabolism to access the fat on your belly, hips, thighs, and butt.

Were you told that eating carbs at night was bad and it will make you fat?

Well, that is a lie. In fact, by the time you eat dinner on day 2 your metabolism will already be upgraded so this serving of carbs will actually prime your body for day 3 while you sleep.

Day 2 Approved Carbs

- Sweet potato / Yam
- Potatoes
- Quinoa
- Legumes: black beans, kidney beans, black-eyed peas, red beans, navy beans, chickpeas, pinto beans, lentils
- Wild rice, brown rice, black rice, white rice
- Acceptable sprouted grain breads: Ezekiel, Millet, Rice
- Fruits: All fruits from day 1 plus bananas, mangos, pineapple, papaya, no-sugar added apple sauce
- Plain Organic Greek Yogurt (also a protein)
- Starchy Vegetables: artichoke, beets, pumpkin, rutabaga, squash etc.

Day 2 Meal Timeline

I'm going to take you by the hand and show you meal-by-meal what to eat on day 2. You'll have 3 choices to choose from for each meal.

You may also use the approved food list to mix and match your own meals as long as they still meet the day 2 guidelines. You may also include all foods from day 1.

Have a set window of time in which in you do not consume any calories. That means only consuming calories for 8-10 hours a day while not consuming anything but water, calorie free green tea, and coffee the other 12-14 hours.

I'm going to give you an example of a 12 hour eating window - breakfast at 7am and dinner at 7pm, but normally I prefer to push my first meal until 9 or 10am.

I find that this works very well for my busy schedule as it allows me to cook, eat, and prepare less often while eating larger, more fulfilling meals. Fell free to use either type of eating window.

Just like on day 1, Start your day by drinking a glass of water with a squeeze of lemon on ay 2. Do this on an empty stomach. This will help kick start your

digestion and continue to flush out the fat storing toxins.

On Day 2 you're going to eat similar meal types as you did on day 1 while adding a serving of fat burning fats to each meal.

You're also allowed to add a serving of fat burning carbs from the approved food list with dinner.

The following types of meals that will force your metabolism burn fat from your trouble spots:

Protein + Fat Burning Veggie + Fat Burning Fat

- Follow this meal template for breakfast and lunch on day 2.

Protein + Fat Burning Fat - Follow this meal template for snacks on day 2.

Protein + Fat Burning Carb + Fat Burning Fat - Follow this meal template for dinner on day 2.

If you still feel hungry on day 2, feel free to increase your amounts of proteins and fat burning veggies.

7:00 am Breakfast

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

Option #2

On day 2 can also choose to eat any of the breakfast recipes the Bikini Belly Burn Cookbook like:

Bruschetta Eggs - Page 6 **Of The The Bikini Belly Burn Cookbook**

Ingredients

3 whole eggs
1 whole tomato diced
2 tbsp. finely diced red onion
1 roughly chopped tbsp. fresh basil
2 tsp. balsamic vinegar
Salt and pepper to taste
Hot pepper sauce if desired

Directions

1. Lightly grease frying pan with coconut oil and bring to a medium heat.
2. Add the onions and tomatoes and let them cook for a minute or two until softened.
3. Whisk the eggs, basil, balsamic vinegar, hot pepper sauce and salt and pepper in a bowl.
4. Add the egg mix to the tomatoes and onion and keep stirring until all cooked through.

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.](#)

10:00 am Snack

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 (eat 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

1:00 pm Lunch

Protein + Fat Burning Veggie + Fat Burning Fat

Drink: 8 oz Fat Flush Cran-Water

Fat Burning Protein: Choose One

- 4-5 oz. boneless skinless chicken
- 4 oz. grass fed beef
- 4 oz. wild-caught, fatty fish
- 4 oz. turkey breast

Fat Burning Veggie: Choose One

- 2 handfuls of spinach leaves
- 1 cup chopped cucumber with salt & pepper
- 1 cup chopped baby carrots

Fat Burning Fat: Choose One

- 1/2 Avocado
- 2-3oz. Almonds
- 1tbsp of Extra Virgin Coconut Oil (to cook with)

Option #2

On day 2 can also choose to eat any of the lunch recipes the trouble spot cook book like:

Healthy Chicken & Avocado Tacos - Page 14 Of The Bikini Belly Burn Cookbook

Ingredients

4oz. Cooked Boneless Skinless Chicken Breast - Cubed
1/2 Avocado
4 Leafs Of Bibb Lettuce
1/2 Diced Tomato
1/2 Diced Onion Juice of lime Pinch of salt

Directions

1. Chop the tomato and onion.
2. Combine cubed chicken, avocado, tomato, onion, lime, and salt. Use only a squeeze of lime juice, and salt to taste.
3. Arrange the bib leaves, and serve the chicken salad on top

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.](#)

7:00 pm Dinner

Protein + Fat Burning Carb + Fat Burning Fat

Fat Burning Protein: Choose One

- 4-5 oz. boneless skinless chicken
- 4 oz. grass fed beef
- 4 oz. wild-caught, fatty fish
- 4-5oz. turkey breast

Fat Burning Carb: Choose One

- 1/4 cup rice measured raw (brown, wild, white)
- 1/2 sweet potato w/ 1 tsp of cinnamon to taste
- 1/2 cup beans (black, navy, kidney etc.)

Fat Burning Fat: Choose One

- 1 tbsp grass-fed or organic butter
- 1/2 Avocado
- 1 TBSP. of Extra Virgin Coconut Oil (to cook with)

Before Bed Drink: Chamomile or oolong tea to help soothe nerves and reduce cortisol, your stress hormone that is said to be the source of increased belly fat in women as they age.

Option #2

On day 2 can also choose to eat any of the dinner recipes and sides from Bikini Belly Burn Cookbook like:

Ginger Beef Stir-Fry - Page 21 **Of The Bikini Belly Burn Cookbook**

Ingredients

- 2 cups brown rice, uncooked
- 2 sirloin steaks (4oz each), cut in strips
- 1 tablespoon of coconut oil
- 1 small onion, diced
- 1 clove garlic, crushed
- 2 diced tomatoes
- 1 teaspoon ground ginger
- 4 tablespoons apple cider vinegar Salt and pepper to taste

Directions

1. Chop the tomato and onion.
2. Combine cubed chicken, avocado, tomato, onion, lime, and salt. Use only a squeeze of lime juice, and salt to taste.
3. Arrange the bib leaves, and serve the chicken salad on top

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

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Shrimp Fried Rice - Page 26

Of The Bikini Belly Burn Cookbook

Ingredients

- 2 Tbsp. coconut oil
- 3/4 cup Cooked Ham, cubed
- 3/4 cup sliced fresh mushrooms
- 1/2 cup frozen peas
- 1/4 cup green onion slices
- 1/2 lb. cleaned medium fresh shrimp
- 1-1/2 cups brown rice, cooked
- 3 Tbsp. tamari sauce
- 1 egg, lightly beaten

Directions

1. Heat oil in large nonstick skillet on medium heat.
2. Add ham, mushrooms, peas and onions; cook 4 minutes, stirring constantly.
3. Add shrimp; cook and stir 4 minutes or until shrimp turn pink.
4. Stir in rice, tamari sauce and egg. Cook until egg is set, stirring occasionally.

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