

**MY**  
***Bikini***  
**Belly**



**Bikini Belly Diet**

**Bikini Belly Flush**

# 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 Flush Fat

Even if you eat the healthiest foods in world your body is still bombarded on a daily basis by toxic buildup that lingers inside your cells and blocks your body from burning fat.

This includes:

- Excess fake estrogen wreaking havoc on your ability to burn fat.
- Fat storing toxins gumming up your liver (your fat burning filter)
- Deathly inflammation causing your insides to RUST away from the inside-out

In order to start rebuilding your metabolism and get your fat loss moving in the fastest way possible, you **MUST** take a day to **FLUSH** out all of this “metabolic garbage” that’s piling up inside your cells.

My goal with Day 1 is to give you a **SIMPLE**, **EFFECTIVE**, and **SAFE** whole food strategy for helping you cleanse your body of this toxic build-up,

fight deathly inflammation, and destroy fat storing estrogens holding you back.

Day 1 is a whole foods cleanse so there is nothing harsh or dangerous about it.

You will not find extreme or harmful methods like you may in other cleanses that only drain you of your energy and result in massive rebound weight.

In fact, many women find themselves feeling more energized than ever after day 1.

While this day is the most restrictive, it's also the most important day and should NOT be skipped since it primes your body for day 2 and 3.

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

This is where day 2 and 3 come in and you'll have more foods to choose from.

# Day 1 Guidelines

1. Follow this plan on day 1 and then switch to the day 2 eating plan - **See the "21 Day Calendar"**
2. Eat 3 meals per day, plus one snack if needed. A snack can be any fat flush protein plus any fat flush veggie.
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 every morning. This will help kick start your digestion and help flush out the fat.

5. On Day 1 you're going to see two different types of meals that help cleanse your body of the fat storing toxins.

1. **Fat Flush Protein + Fat Flush Veggie + Fat Flush Fruit** - Follow this meal template for your first and second meals of the day. **See The Meal By Meal Timeline For breakfast and lunch on Day 1 On Page 20-25**

2. **Fat Flush Protein + Fat Flush Veggie + Fat Flush Spice** - Follow this meal template for dinner. **See The Meal By Meal Timeline For Dinner on Day 1 On Page 27-28**

6. Eat at least one serving of lean protein with every meal. You can eat more than one serving if you find yourself still hungry as long as it's a lean protein. 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. **See The Full Fat Flushing Proteins List On Page 14.**

7. Eat a serving of fat flushing veggies with each meal such as broccoli, kale, watercress, asparagus, peppers, etc. A serving size is about the size of

your clinched fist. These special fat flushing veggies help your body rid itself of 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! - **See The Full Fat Flushing Veggies List For Day 1 On Page 12.**

8. You're allowed one serving of fat burning fats with your first meal. This can be one whole egg or a fat flushing oil like cold pressed extra virgin olive oil. This special type of oil helps to soothe inflammation inside your cells. As you progress into day 2 & 3 you are allowed more fat options.
9. **Eat only natural, unprocessed one-ingredient foods.** These are the healthy, filling, fat flushing 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.
10. 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.

11. Avoid all processed and refined foods - This also includes foods containing refined sugar, grains, soy, and dairy. Eliminating these on day 1 will greatly improve your ability to cleanse yourself of the fat storing toxins and get your fat loss moving in the fastest way possible. - **See The Full List Of Foods To Eliminate On Page 10.**
12. Certain carbs are not allowed until day 2. This will help your body flush out more fat strong toxins because for every gram of carbs you consume your body holds about 3 ounces of water. On day 1 keep your overall carb intake to 25 grams. As you move into day 2 and 3 you'll strategically increase your carbs. **See The Full List Of Foods To Eliminate On Page 10**
13. Even though you can normally consume fruit on day 2 and 3, only eat the types of fruits listed for day 1. As you move into day 2 and 3 you'll have more options - **See The Fat Flushing Fruits List For Day 1 On Page 13.**
14. Avoid drinking your calories – soda, sugary drinks, and anything in liquid form that has calories. The exception is low carb/low fat protein shakes. 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.

# Eliminate These Foods

## Foods That Store Fat In Your Trouble Spots

The first step to trimming down your trouble spots is to clear out the fat storing toxins that clog up your metabolism and block your fat loss. That means eliminating processed and refined foods on day 1.

Not only will this allow your metabolism to access the fat on your trouble spots and burn it for fuel instead of sugar, but it will force your body to absorb more nutrients with every bite you take.

Most processed and refined foods are convenience foods that are full of “empty” calories, offer little if any essential nutritional value, and leave you feeling hungry and sluggish.

The phrase “empty calories” refers to foods with high amounts of calories and low essential nutrients packed into a small amount of overall food.

These foods are altered to look attractive, have a longer shelf life and thus make someone more money. They're literally addictive.

This includes the foods that big food companies try and pass off as healthy choices.

It's now evident that our beloved zero calorie, fat free, low carb, and other "healthy choices" are just as (if not more) addictive than sugar itself.

Not only do these foods dull your natural senses and send craving signals to you brain, they force your body into fat storage mode and lead to weight gain in your belly, hips, thighs, and butt.

These types of foods aren't native to our bodies digestive systems and even though you might be consuming a lot of calories your body is left starved of it's essential nutrients.

This feeling leads to your brain sending the urgent message to your stomach: "Help! Eat more food, I need more nutrients!"

You continue to eat and it becomes a natural routine to over-eat in order to get the minimum amount of nutrients your body wants.

# Eliminate These Foods

The following foods are destroying your metabolism and wrecking havoc on your body causing it to rust away from the inside-out:

- Sugary breakfast cereals
- Fruit Juices, Soda and sugar-loaded drinks
- Fast foods
- Hot dogs, burgers, pizza
- Deep fried sides like french fries
- T.V. Dinners
- Potato chips
- Ice cream and milkshakes
- Doughnuts and cookies
- Candy
- All Alcoholic Beverages

While these are the obvious foods to avoid, the following are the sneaky ingredients lurking inside many so called healthy foods that you must avoid on day 1 in order to completely cleanse your body.

# Eliminate Refined Sugar

Scientists assert that consumption of sweets or sugar could have a heroin addiction like effect.

By draining your body of refined sugars on Day 1 your metabolism will be forced to burn fat from your trouble spots instead of burning sugar.

Eliminate foods containing sugar or artificial sweeteners. Stevia is the only sweetener allowed during day 1.

There are 60-plus different names for sugar that hide on food label and destroy your metabolism. Here are some of the most common ones:

<b>Brown sugar</b>	<b>High-fructose corn syrup</b>
<b>Turbinado</b>	<b>Lactose</b>
<b>Demerara</b>	<b>Maltodextrin</b>
<b>Muscovado</b>	<b>Maltose or malt sugar</b>
<b>Raw sugar</b>	<b>Saccharose</b>
<b>Barley malt syrup</b>	<b>Sorghum or Sorghum syrup</b>
<b>Corn syrup</b>	<b>Caramel color</b>
<b>Dehydrated cane juice</b>	<b>Treacle</b>
<b>Dextrose</b>	<b>Golden Syrup</b>
<b>Fructose</b>	<b>Xylose</b>
<b>Fruit juice concentrate</b>	<b>Glucose</b>

# Eliminate Grains

Eliminating grains will help decrease inflammation you may have inside your body that is blocking you from losing fat.

This includes rice, pasta, oats, whole wheat or any food that contains gluten.

## Eliminate Soy

Soy contains phytoestrogens which can actually disrupt your female hormones and throw your metabolism even further out of whack causing you to store more fat in hips, thighs, and butt.

Common foods containing soy include:

- Baked goods and baking mixes
- Imitation dairy foods such as soy milks, vegan cheese, or vegan ice cream
- Vegetarian meat substitutes such as veggie burgers, imitation chicken patties, imitation lunch meats, imitation bacon bits, etc.
- Soy milk
- Soy Nuts
- Tofu
- soybean oil

# Eliminate Dairy

Like grains, eliminating dairy will also help decrease inflammation. Most dairy products are laced with antibiotics and hormones, which can disrupt your digestive system and damage your hormones.

Limit your consumption of milk, cheese, cream, sour cream, cottage cheese on day 1.

On days 2 and 3 you'll have more options for specific dairy foods.

## Eat These Foods

### Foods That Flush Fat

These are the healthy, filling, fat flushing 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.

Eat only the following foods on day 1. On days 2 and 3 you'll have more food options.

# Fat Flushing Proteins

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.

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.

For instance, I'm now at my goal weight of 118 pounds and I consistently eat around that many grams of protein each day. It actually fluctuates between 117 - 120... In case you're thinking that's low, remember I'm barely 5'2!

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 lean 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 1, feel free to increase your amounts of proteins and fat flushing veggies. These can both be eaten freely on day 1 so there's no need to feel starved or hungry.

As you move into day 2 and 3 you'll increase your fat intake and have more proteins to choose from but for Day 1 stick to eating mostly lean proteins with the exception of 1 or 2 whole eggs at breakfast.

## Day 1 Approved Proteins

- Boneless Skinless Chicken breast: 4-5 oz.
- Lean red meats (97%): 4 oz
- Turkey breast: 4-5 oz.
- Fish (wild caught) Cod, Tilapia, White fish: 3-4 oz.
- Eggs: 1 whole egg with 2-3 whites
- Protein powder (low carb): 1-1.5 scoops (20-30g)

## Fat Flushing Veggies

Cruciferous vegetables contain a special phytonutrient called indole-3-carbinol or I3C. This fat flushing nutrient helps block xenoestrogens - a fat storing type

of fake estrogen that is linked to increased levels of belly, hip, and thigh fat in women.

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.

## Day 1 Approved Veggies

You can eat unlimited amounts of these fat flush veggies. So if you're still feeling hungry then eat up on these fat flushing veggies to help your body rid itself of bad estrogens that linger inside your cells and trap fat on your thighs, hips, and butt.

Eat at least one fat flush veggie with each meal.

- asparagus
- aubergine
- bamboo shoots
- black olives without oil
- broccoli
- brussels sprouts

- cabbage
- cauliflower
- celery
- cucumbers
- green beans
- mushrooms
- onions
- peppers
- radicchio
- spinach
- tomatoes
- water chestnuts

## Fat Flushing Fruits

These special Fat Flushing fruits will force your body to let go of fat storing estrogens, soothe fiery inflammation, and get your metabolism moving in no time.

For instance, researchers from the Texas Women's University recently discovered that blueberries contain a special type of micronutrient known as polyphenols that help block new fat cells from forming inside your body.

Enjoy one cupped handful of blueberries at lunch to help your body fight off fat.

Lemons are an alkaline food and help balance your body's pH levels as well as your blood sugar, all of which helps flush out toxins, boost your energy, and make it easier for your metabolism to burn the fat on your trouble spots.

Start each day with a glass of fat flushing lemon water.

Cherries contain antioxidants and flavonoids that help your metabolism fight off the fiery inflammation that's rusting the inside of your cells and blocking your fat loss. I like to enjoy a cup of cherries as a snack on Day 1 which helps quickly speed heal your metabolism.

## Day 1 Approved Fruits

Eat one serving of fat flush fruits with breakfast and lunch - 2 servings total on Day 1. A serving of Fat Flush fruits is equal to size of your cupped hand.

- blackberries
- blueberries
- cherries
- cranberries
- grapefruit
- lemons
- oranges
- nectarines
- peaches
- plums
- raspberries
- strawberries

## Fat Flushing Herbs & Spices

These special Fat Flushing spices will naturally flavor your favorite dishes, salads, meats and dressings while cleansing your body and healing your metabolism.

Dill is a great source for fiber, iron, and magnesium. It also contains a substance called carvone, which is a natural diuretic and helps with digestion and flushing out fat.

1 Tbsp contains as much calcium as a cup of milk! I like the fresh herby taste of dill mixed with some veggies in a salad with a squeeze of lemon.

Tumeric has been called the “fountain of youth” spice. It contains a special ingredient called curcumin, which helps your body fight off fight storing inflammation.

In fact, in numerous research studies it was actually shown to be comparable to drugs such as hydrocortisone. This fat flushing spice, while traditionally used with curries, also goes great on steamed cauliflower and/or green beans and onions.

Parsley is rich in sources of vitamin C, B12, K and A . It also helps fight off water retention and inflammation, support kidney function, and control your blood pressure... All of which keep your immune and nervous system strong while helping to flush out fat.

In a bowl mix parsley and chopped white button mushrooms along with a tsp of cold pressed extra virgin olive oil and lemon juice.

Add a pinch of salt and pepper for taste and enjoy with your lunch or dinner on Day 1.

# Day 1 Approved Herbs & Spices

Add a fat flushing herb or spice to your lunch and dinner on day 1.

- anise
- apple cider vinegar
- bay leaf
- cayenne
- cinnamon
- cloves
- coriander/cilantro
- cumin
- dill
- dried mustard
- fennel
- garlic
- ginger
- parsley
- tumeric

# Day 1 Meal Timeline

I'm going to take you by the hand and show you meal-by-meal what to eat on day 1. 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 1 guidelines.

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 on Day one 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.

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.

On Day 1 you're going to see two different types of meals that are going to help cleanse your body of the fat storing toxins.

**1. Fat Flush Protein + Fat Flush Veggie + Fat Flush Fruit** - Follow this meal template for your first and second meals of the day.

**2. Fat Flush Protein + Fat Flush Veggie + Fat Flush Spice** - Follow this meal template for dinner.

If you still feel hungry on day 1, feel free to increase your amounts of proteins and fat flushing veggies.

These can both be eaten freely on day 1. You can also combine a fat flush protein and fat flushing veggie and have it as a snack.

# 7:00 am Breakfast

## **Protein + Fat Flush Veggie + Lemon Water**

**Drink:** 8oz water with a lemon wedge. On day 1, this counts as your fat flushing fat for meal 1. Do this on an empty stomach. This will help kick start your digestion and flush out the fat.

### **Protein: Choose One**

- 1 organic egg + 3 whites
- 2 organic eggs + 2 whites
- 4 oz of lean leftover meat from night before

**Fat Flush Veggie: Choose at least one or mix all of them together in an omelet or scramble.**

- 1-2 handfuls of spinach leaves
- 1 cup chopped white button mushrooms
- 1 cup chopped red bell pepper
- 1 cup chopped white onion

## Option #2

On day 1 can also choose to eat any of the breakfast recipes in the fat flush cook book. One of my favorites is this Tomato Parmesan Scramble:

### Tomato Parmesan Scramble - Page 5 Of The Fat Flush Cookbook

#### Ingredients (1 Serving)

1/2 cup, Tomato (Chopped or Sliced)  
1/4 teaspoon, Garlic Salt  
1 tbsp Pepper, black  
1 Large egg + 2 whites  
2.0 tsp water  
1.0 tsp(s), Cheese - Parmesan, grated

#### Directions

1. Prepare a skillet with cooking spray and place over medium heat. Put the chopped tomato in the hot skillet; season with garlic salt and pepper.
2. Whisk the egg, water, and Parmesan cheese together in a small bowl; add to the skillet. Reduce heat to medium-low. Cook until the eggs are set but still slightly moist, about 5 minutes.

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.](#)

# 1:00 pm Lunch

## **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

## Option #2

On day 1 can also choose to eat any of the lunch recipes in the Bikini Belly Flush cook book like:

### **Ginger Broth Chicken - Page 14 Of The Bikini Belly Flush Cookbook**

#### **Ingredients (Makes 4 Servings)**

- 1 stalk celery, sliced
- 2 tablespoons ginger, sliced
- 1 lemongrass stalk, tied into a knot
- 4 cups chicken stock
- 4 chicken breast fillets, sliced into strips
- 1/2 teaspoon sea salt
- 1/8 teaspoon ground black pepper

#### **Directions**

1. Combine the celery, ginger, lemon grass and stock in a pot and bring to a boil over medium-high heat.
2. Add the chicken and lower the soup to a simmer. Cook for 10-15 minutes until the chicken is tender then add salt and pepper to taste.

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.](#)

## Fat Flush Cran-Water

Fat Flush Cran-Water contains water mixed with pure unsweetened cranberry juice. Cranberry juice is a natural diuretic and packed with flavonoids, enzymes and organic acids such as malic acid, citric acid, and quinic acid which all help flush out trapped fat deposits from your trouble spots.

Even if you're not following a specific diet or trying to lost weight, you can sip this tart and refreshing beverage daily to help flush out water weight, balance blood sugar, improve cellulite and help cleanse your liver (your fat burning filter).

### Ingredients

- 1 ounce 100% pure unsweetened cranberry juice
- 7 ounces water

### Directions

1. Mix water and unsweetened cranberry juice together in a large glass.
2. Time saving tip - mix a full batch (64 ounces) in the morning -- add 1 cup (8 oz) cranberry juice to a half-gallon container and fill with water.

# 7:00 pm Dinner

## Protein + Fat Flush Veggie + Fat Flush Spice

### 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 spinach + 1/2 cup chopped cucumber
- 1 cup cooked cauliflower
- 1 cup cooked green beans

### Fat Flush Spice: Choose one to cook with:

- lemon
- cayenne pepper
- turmeric
- garlic

**Before Bed Drink:** Came-meal 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 1 can also choose to eat any of the dinner recipes from the Bikini Belly Flush cook book like:

### **Tarragon Turkey Burgers - Page 20 Of The Bikini Belly Flush Cookbook**

#### **Ingredients (4 Burgers)**

- 1lb lean ground turkey
- 1/2 cup coarsely shredded zucchini
- 1/4 cup chopped red onion
- 1 tbsp fresh (or dried) tarragon leaves
- 2 tsp Dijon-style mustard
- 1/2 tsp Salt
- 1/2 tsp. black pepper
- 2 large eggs

#### **Directions**

1. Preheat broiler or grill. In a large bowl, combine all ingredients and shape into patties.
2. Cook 5 minutes per side, or until browned.

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.](#)