

MY
Bikini
Belly



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7 Day Bikini Belly Blueprint

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Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.
Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always err on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

The 7 Day Bikini Belly Blueprint

This 7 Day Bikini Belly blueprint plan is ONLY to used for 7 days at a time.

You will be challenged in two ways: nutritionally and physically. Clean healthy eating is by far the BEST way to get and stay lean.

I know that there comes a time when you want to super charge your fat loss though. This is the intention of this program.

The 7 Day Bikini Belly Blueprint is for you to use for 7 days when you're looking to drop fat fast.

This 7-day plan is NOT intended to be used long term. If you do, you will get to a point of diminishing returns. That is, you will see results at first, but if you continue on this plan, your results will fall off as will your metabolism. This will sabotage further fat loss efforts and lead to frustration.

Let's clarify why this plan will work in the short term and then I want to clarify why it WON'T work long term.

First up, the nutrition...

This is a ketogenic style diet. This means that you'll reduce carbohydrate intake to almost zero while raising protein and fat intake. Your brain requires glucose for energy.

Since you won't be ingesting carbohydrates (which is converted to glucose), your body will produce ketones for your brain to use for energy. Ketones are a by-product of fat oxidation.

Fat loss will increase as insulin levels will be severely reduced due to the lack of carbohydrates. *Low insulin levels are associated with having a potent fat burning effect.* That is, you cannot burn fat in the presence of insulin. Part of the theory of the whole plan then is to avoid circulating insulin, by avoiding carbohydrates.

While there is nothing horribly wrong with eating a ketogenic diet, it's not one that's easy or practical to maintain *long term*. Furthermore, I see no long-term health benefits to maintaining this severe diet for more than 7 days. Your results will fall off and your health will suffer if you try.

Research shows that long-term exposure to ketones makes you hyper-sensitive to insulin. This can lead to undesired post diet fat gain with the increased ingestion of carbohydrates once the 7 days are over.

I suggest going directly into a healthy balanced nutrition plan that does not completely eliminate carbohydrates, but only limits them, this will allow the body to adapt to a new 'set point'.

The Bikini Belly Diet is a great 'to go'. [If you didn't pick it up with your original purchase, it's not too late, just click here.](#)

Having said this, you WILL LOSE WEIGHT quickly in this 7 day plan.

Some of the weight will be 'water weight', that is, once you start to eat carbohydrates, you will gain some water weight back. Every gram of carb that you ingest 'holds' 3 grams of water. By reducing carbohydrates to practically zero, the body flushes out more water. It may appear as though you've lost more 'fat' than you actually have.

You WILL lose fat, but you will gain back some weight once off this plan. This is NOT fat, this is simply the water associated with the increase in carbohydrates that you ingest.

Your body is a complex system bent on survival. It doesn't care that you have a beach holiday or reunion coming up in 7 days. Your body's job is survival and it will not easily give up the belly fat you have stored for a rainy day.

You need to create an environment to coax your body into letting go of some fat and just when it gets fed up with what you're doing to it, you need to change things up and coax more fat off.

Have you noticed that you may struggle to maintain a certain weight but you can quite easily maintain a weight 5 or 10 lbs heavier?

For example, I typically sit at around 123 lbs. I can eat clean and sensibly and I don't have to go hungry or suffer to maintain this weight. If I want to drop to 118 lbs, I need to cut back and go hungry a little more.

This is because your body likes to function at a certain weight or set point.

When you hit a fat loss plateau it's a frustrating time. This is when most people panic and often give up on their weight loss goals completely. This is a mistake.

The best thing to do is to shake things up.

This 7-day plan gives your body a NEW set point in terms of weight. Body fat will fall off during the week. Then you can ensure that you maintain the loss by simply using the [Bikini Belly Diet](#) afterwards.

Secondly, the physical challenges...

Included in the plan are three full body Glycogen Depleting workouts. To get the most benefit from this plan, you'll cycle through these workouts during the seven days.

You'll do the following:

- Measurements
- Day 1 – workout 1
- Day 2 – workout 2
- Day 3 – workout 3
- Day 4 – active recovery
- Day 5 – workout 1
- Day 6 – workout 2
- Day 7- workout 3/do measurements/treat meal
- Day 8 – Start the [Bikini Belly Diet](#)

The purpose of the workouts is to use up all glycogen in the muscles so that the body relies more fully on fat oxidation for energy.

Note: Low glycogen levels are associated with increased fatigue and workout performance (endurance, strength and power).

Don't plan on getting any personal bests while training this week, do your best to get through the workouts with as much intensity as you can.

You will not feel fully energized for these seven days. Your workouts are volume based: lighter weight and more repetition. This will not only deplete glycogen, but it will increase lactic acid.

A side benefit of increased lactic acid production is an increase in growth hormone.

Growth hormone naturally declines with age. This form of training is a brilliant way to increase GH production to increase your metabolic furnace and fat burning potential.

Enough talk! Let's get onto the plan.

Following is your nutrition plan for the next seven days:

7-Day Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Sausage, Spinach & Feta Scramble with 1 cup fruit	Bacon Veggie Frittata Muffins with 1 cup fruit	Bacon & Eggs with 1 cup fruit	Pumpkin Pancakes Plus ½ cup Greek yogurt	Coffee Choco-P.B. Breakfast Drink Plus 1-2 hard boiled eggs	Nutty Chocolate "Milk" Smoothie	Green Berry Almond Smoothie
Lunch	Chicken, Bacon & Tomato Salad	Egg Salad Wraps with green beans	Herb Baked Salmon with coleslaw side dish	Ground Beef with Sliced Peppers with cauliflower rice	Chicken Lettuce Wraps with green beans	Chicken Mango Salad	Shrimp & Avocado Salad
Dinner	Spicy Chicken Wings with BBQ Sauce and coleslaw	Portobello Burgers with green beans and coleslaw	Greek Chicken Mock Hash with roasted baby carrots	Asian Pork Chops with coleslaw and roasted baby carrots	Bacon Wrapped Mini Meatloaves with green beans	Cheesy Tuna Casserole with sautéed peppers and onions	Roasted Salmon with Veggies with cashew pesto

7-Day Bikini Belly Fat Shredding Meal Plan

I've called on Registered Holistic Nutritionist, Lori Kennedy to create the perfect 7-day mix and match meal plan for you. We've laid out what to eat for all of your meals and snacks to make it super simple for you to follow.

If you'd rather choose your meals or mix and match from the meals and recipes provided go right ahead.

The recipes indicate serving size for you.

Feel free to swap out the recipes shown in the 7-day meal plan for ones you prefer to eat each day.

Breakfast Recipes:

Sausage, Spinach & Feta Scramble

Ingredients

2 large eggs
1/2 sausage links (whichever brand you prefer)
1 cup spinach
1/2 tsp feta cheese
1 tbsp coconut oil
Pinch of sea salt
Pinch of pepper

Directions

Heat both pans to medium heat on the stove.

Add coconut oil to one of the pans to sauté the spinach in. Let the coconut oil melt and heat up.

In the meantime, crack eggs in to a bowl to scramble and add in salt and pepper to taste. Set aside.

Once the pans are hot add your sausage to one of the pans (without the coconut oil). Let it cook. After it's browned and cooked remove the pan from the heat and

transfer the sausage to a paper towel to remove some of the grease. After they've cooled chop them up. Leave the sausage fat in the pan.

At the same time sauté the spinach in the coconut oil for 1 minute then transfer to the sausage pan with the sausage fat.

Pour the scrambled eggs into the pan with the grease and spinach.

Once you see the eggs starting to set, add the chopped sausage and crumbled feta cheese.

Scramble all ingredients together until cooked through. Transfer to a plate once the eggs are set. Enjoy.

Bacon Veggie Frittata Muffins

Serves 8 frittata muffins

Ingredients

8 eggs

½ cup organic cheddar cheese

1 cup chopped bell peppers

1 cup finely chopped spinach or kale

1 tbsp butter

2 tsp dried parsley

½ tsp pepper

¼ tsp salt

Directions

Preheat oven to 375F.

In a mixing bowl, scramble eggs with parsley, salt and pepper to taste. Fold in the cheese to the scramble mixture. Set aside.

Grease the muffin tin with coconut oil. Make sure the muffin cups and rims are nicely greased so the egg doesn't stick.

Using a spoon add a layer of chopped peppers and spinach to the bottom of each muffin cup.

Pour the egg mixture on top of the veggies until $\frac{3}{4}$ of the way full. The eggs will rise so make sure to allow room. Stir the veggie and egg mixture in each muffin tin slightly.

Stick them in the oven for about 15-18 until they rise and are firm. They might get a little golden around the eggs from the coconut oil.

Remove from oven and let cool. Have with a side of fruit.

Enjoy 2 of the frittata muffins.

Bacon & Eggs

Ingredients

2 eggs
 $\frac{1}{2}$ cup unsweetened coconut milk
1tbsp butter
1 slice bacon
Pinch salt
Pinch fresh ground pepper

Directions

Oven Cooked Bacon

Avoid the stink that comes along with frying bacon on the stove by cooking it in the oven.

Preheat oven to 350F.

Lay the bacon on a cookie sheet and put into the oven when it has pre-heated.

Let the bacon cook for about 10-15 minutes. You want to let the bacon finish cooking outside of the oven.

Take the baking sheet out of the oven just before the bacon is finished cooking.

The fat from the pan will cook it the rest of the way.

Scrambled Eggs

Preheat a frying pan with the butter.

Scramble your eggs and add in the unsweetened coconut milk. Mix together until combined. Add seasonings to taste.

Once the butter is melted add the scrambled egg mixture to the frying pan.

Let the eggs set and then stir in a figure-eight motion to remove any eggs from the bottom. Avoid over stirring.

Cook eggs until they are not runny. Transfer to a plate and enjoy with the bacon.

Consume 2 eggs with 1 slice of bacon. Add 1 cup of fruit.

Pumpkin Pancakes

Serves 4 small pancakes

Ingredients

1cupalmondflour

2largeeggs

¼ cup pumpkin puree

¼ Greek yogurt

2tbsp.Butter

1tsp.pumpkinspiceorallspice

1tsp.bakingpowder

¼ tsp.salt

Directions

In a large bowl mix the eggs, pumpkin puree, Greek yogurt and 1 tbsp of the butter together. Stir until combined.

In a separate bowl mix the almond flour, spices, baking powder and salt together.

Slowly add the wet ingredients to the dry ingredients to get a smooth consistency. There might be some clumps. Don't worry about these you won't be able to taste it when the pancakes are cooked.

Heat a cast iron skillet or frying pan on medium heat and melt the remaining butter.

Ladle out 1/3 of the mix per pancake.

Once pancakes start to bubble its time to turn them over. Make sure the edges are browned a little bit.

After you flip them they only need about 1 more minute to cook. Remove from heat and serve warm.

Enjoy 2 pancakes with a side of additional protein like one scrambled egg.

Coffee Choco-P.B. Breakfast Drink

1tbsp. raw natural peanut butter
1square 85% cocoa chocolate
1tbsp.coconutoil
1 tsp of Xylitol (sugar alternative)
1to go mug with lid
1 cup freshly brewed coffee

Directions

Brew 1 cup your favorite coffee

In a microwave safe glass dish toss in the square of 85% chocolate and heat until melted.

Add 1 tablespoon of coconut oil and then add the tablespoon of peanut butter and the 1 teaspoon of Xylitol.

Heat in the microwave or on the stove top for 30 seconds to 1 minute until it's a

liquid consistency.

Remove from heat and pour into coffee travel mug. Pour the brewed coffee on top, mix and enjoy.

Enjoy this drink with a protein serving on the side

Nutty Chocolate “Milk” Smoothie

Ingredients

1.5 cups unsweetened coconut milk
2 scoops [BioTrust](#) chocolate protein powder
1 tbsp of raw nut butter (almond or peanut taste best)
2 tbsp of chia seeds
Ice as desired

Directions

Pour all ingredients into the blender. Blend on high for 45 seconds to 1 minute.

Drink immediately.

Green Berry Almond Smoothie

1.5 cups unsweetened vanilla almond milk
1 cup frozen berries
2 handfuls of raw spinach or kale
2 scoops of [BioTrust](#) protein powder
2 tbsp of hemp seeds
Ice as desired

Directions

Add all ingredients into the blender. Blend on high for 45 seconds to 1 minute.
Drink immediately.

Lunch Recipes:

Chicken, Bacon & Tomato Salad

Serves 2

Ingredients

1 tbsp sherry vinegar
Juice of 1 lemon
2 garlic cloves, finely chopped
Pinch of sea salt
Pinch of black pepper
3 tbsp olive oil
2 slices bacon
2 chicken breasts, boneless & skinless
2 heads Romaine lettuce
1/2 small red onion, very thinly sliced
1 cup grape tomatoes, halved
1 avocado

Directions

In a small bowl add the vinegar, lemon juice, garlic, pepper, and a pinch of salt (if using) and whisk in olive oil to make dressing. Set aside.

Cook the bacon in the oven (as per Bacon & Eggs recipe above) until nicely browned then drain on paper towel to remove excess grease.

Meanwhile, place the chicken breasts between two large sheets of plastic wrap, and pound them with a mallet or rolling pin until they are about 1/4 inch thick. Add a splash of olive oil to a skillet, and set the heat to medium-high, browning the chicken for 2-3 minutes per side, just until cooked through. Transfer chicken to a plate and keep warm under foil.

Tear the lettuce into bite-sized pieces, then wash and dry it well. Put it in a very large bowl and add the sliced onion, tomatoes, and 3 - 4 tbsp of vinaigrette, adjusting to taste. Toss the salad well to evenly distribute the dressing and vegetables. Divide the salad between two large plates.

Cut the chicken breasts into bite-sized slices and place over the salad. Slice the avocado and adding half of it to each salad.

Chop the bacon and sprinkle evenly over the two salads. Serve immediately.

Have one portion.

Egg Salad Wraps

Serves 2

Ingredients

4 hard-boiled eggs
1 ripe avocado
1 tbsp gluten-free Dijon mustard
1/4tsp dried thyme or basil
Big romaine lettuce leaves
Salt & pepper to taste

Directions

Hard-boil the eggs (use your preferred method).

After the eggs cool, peel them, then break them open and separate the yolk from the white.

In a small bowl mash together the egg yolk, avocado, mustard, thyme or basil, salt and pepper with a fork.

Chop the egg whites into small pieces, mixing into the yolk mixture.
Scoop into lettuce leaves and enjoy.

Have 1 portion

Herb Baked Salmon

Makes 4 servings

Ingredients

1 pound salmon fillet
2-4 tbsp butter, softened
1/2 tsp dried thyme
1/2tsp dried oregano
Garlic powder
Sea salt
Pepper (use lemon pepper if you have it)

Directions

Preheat oven to 425° F.

Place the fish in a greased baking dish.

Sprinkle with thyme, oregano, garlic powder, salt and pepper. Dot with soft butter and spread over the surface of fish.

Bake for 6-12 minutes, or until the thickest part of the salmon is just done.

Baking time will depend on the thickness of the fish so start with the minimum time and check frequently to prevent over-cooking. If desired, put the fish under the broiler for a few minutes to brown the top.

Freezes really well so make double to use during the week.

Have 1 portion

Ground Beef with Sliced Peppers

Serves 4

Ingredients

1 tbsp coconut oil
1 red onion, chopped
1 lb lean ground beef
1 tsp garlic powder
1/4 tsp ground black pepper
1 red bell pepper, sliced into strips
1 green bell pepper, sliced into strips

Directions

Put coconut oil in a large frying pan and turn up the heat to medium-high. Add onion and stir for a minute or two then add the ground beef and seasonings and brown until the meat is cooked through. Add the sliced peppers, cooking for about 7 or so minutes to soften.

Have 1 portion

Chicken Lettuce Wraps

Serves 4

Ingredients

3 tbsp coconut or olive oil
1 lb chicken breast, boneless & skinless
2 green onions, finely chopped
1 lemon, juiced
1/8 tsp chili powder
1/4 cup reduced sodium wheat free soy sauce
1 tsp sesame oil
4 oz shiitake mushrooms, chopped
1/2 onion diced
3 garlic cloves, minced
Iceberg lettuce
Optional: 1 avocado, sliced or 1/2 cup sliced grape tomatoes

Directions

Heat a sauté pan with 2 tbsp oil. Cut the chicken into the smallest pieces possible and add to the pan, cooking until it's done all the way through.

While the chicken is cooking, add the green onions, lemon juice, chili powder, soy sauce and sesame oil into a serving bowl. Once the chicken is done, add it to the bowl.

Add the remaining tbsp of oil to the pan and toss in the mushrooms, onion and garlic, sautéing until golden, about 10 minutes. Add to the bowl with the cooked chicken mixture. Toss everything around to coat.

Remove the stem of your lettuce with a knife and slice the head in 1/2, lengthwise. Peel the lettuce into individual "cups" and wash.

Pile the chicken into your lettuce cups (top with avocado pieces or sliced grape tomatoes is desired).

Have 1 portion

Chicken Mango Salad

Serves 2

Ingredients

1 cup cold chicken *
1 small head of hearts of romaine lettuce, shredded
1 mango, peeled and diced
½ avocado, diced
1 green onion, sliced finely
2 tbsp olive oil
1 tbsp lemon juice
Pinch of sea salt
Pinch of black ground pepper

Directions

Chicken

(*Make the chicken the day before and use for lunch during the week)

1 lb chicken breasts, boneless, skinless
1-2 tbsp olive oil
1 tsp garlic powder
½ tsp cumin
¼ tsp chili powder
½ tsp dried oregano
Pinch pepper

Preheat oven to 350° F.

Add olive oil to a baking dish, then chicken and move around in the oil to coat. Sprinkle on seasonings then bake for about 20-25 minutes and chicken is cooked through. Let cool.

Salad

Chop romaine hearts thinly, so shredded.

Place cold chicken on top, then mango, avocado and green onion.

Whisk together olive oil, lemon juice, salt and pepper and drizzle lightly over salad.

Have 1 portion

Shrimp & Avocado Salad

Serves 4

Ingredients

Cilantro Marinade

3 tbsp fresh lime juice

2 tbsp olive oil

½ cup fresh cilantro, chopped

Pinch of sea salt

Pinch of black pepper

Salad

1 lb cooked shrimp, deveined and tail removed

2 ripe avocados

4 cups baby greens

1 green onion, cut thinly on the diagonal

½ cup grape tomatoes, cut in half

Directions

Cilantro Marinade

Combine all ingredients in a bowl and whisk.

Salad

Pour cilantro marinade over shrimp (make sure to drain them well if you are using thawed frozen shrimp). Stir to coat. Cover and refrigerate for at least 1 hour (2 or 3 is better).

Wash and dry lettuce. Divide between two plates.

Cut avocado into bite-size wedges and toss over lettuce, as well as green onion and tomatoes.

Top with marinated shrimp, making sure to get all the dressing.

Have 1 portion

Dinner Recipes:

Spicy Chicken Wings

Serves 2

Ingredients

1 lb chicken wings

1 tsp garlic powder

$\frac{1}{8}$ tsp cayenne powder (if you don't want spicy, add less)

$\frac{1}{2}$ tsp cumin

$\frac{1}{2}$ tsp onion powder

$\frac{1}{2}$ tsp sea salt

Directions

Preheat oven to 350°F.

Place wings on a oiled baking sheet, then sprinkle with spices, making sure to get both sides.

Cook in oven for about 40 minutes, then broil, watching carefully not to burn, until wings are brown and crunchy on both sides.

Serve with a side of health veggies (from list below).

Have 1 portion

Portobello Burgers

Makes 6 Servings

Ingredients

Hamburgers

3 lbs lean ground beef
3 eggs
2 garlic cloves, minced
1/2 tsp dried oregano
1 small onion, minced finely
Pinch sea salt
Pinch ground black pepper

Mushrooms

6 large Portobello mushrooms (make 12 if you want a top and bottom 'bun')
2-3 tbsp olive oil
Pinch sea salt
Pinch black ground pepper

Directions

Hamburgers

Place the ground beef in a large bowl with the eggs, garlic, oregano, onion, salt and pepper and mix well.

Form 6 patties that are slightly smaller than the mushroom caps so they can fit on top of them once cooked.

Place on a preheated grill and cook on each side for about 5-7 minutes, or until juices run clear and the burgers are cooked through.

Mushrooms

Remove mushroom stems and discard the stems. Rinse the mushrooms well and pat dry with paper towel or a clean dish towel.

Coat the caps in olive oil and season with salt and pepper. Do not let the oil penetrate for long, or the mushrooms will start to get soggy.

Place on the preheated grill and cook on each side for about 5-7 minutes. Make sure they don't overcook and get too soft.

To serve place a mushroom (gills side up) on a plate and top with a burger. Add your favorite fresh toppings.

Have 1 portion

Greek Chicken Mock Hash

Serves 4

Ingredients

2 tbsp olive oil

1 lb potatoes or 1 head cauliflower

1 pounds boneless, skinless chicken thighs, trimmed of fat & cut into bite-size pieces

3 cloves garlic, minced

Pinch dried chili flakes

1 tsp dried oregano

Juice of 1 lemon

¼ cup chicken stock

Salt & pepper

Directions

Preheat your oven to 400°F.

Peel and dice your potatoes or cut your cauliflower into florets. Place them on a baking sheet. Drizzle with olive oil and a sprinkle of salt and pepper. Roast until crispy and soft, about 30-45 minutes. The smaller you cut the vegetables the less time this will take.

While the vegetables are roasting, heat a large skillet over medium-high heat.

Add in a tbsp of olive oil and sauté the chicken until cooked through. Add in the garlic, chili flakes and oregano.

Continue to cook another few minutes, then add in the lemon juice and chicken stock. Stir everything around and make sure you get up all the bits that might be stuck to the pan. Let reduce until most of the liquid has evaporated. Season with salt and pepper.

Serve over the roasted vegetables.

Have 1 portion

Asian Pork Chops

Makes 4 Servings

Ingredients

2 tbsp ginger, minced
3 garlic cloves, minced
3 green onions, chopped finely
4 pork chops
 $\frac{1}{3}$ cup wheat free tamari
3 tbsp honey
2 tbsp white vinegar
 $\frac{1}{4}$ cup chicken stock
1 tbsp sesame oil
 $\frac{1}{2}$ tsp sea salt
 $\frac{1}{4}$ tsp ground black pepper

Directions

Add all ingredients and the pork chops to a large zip-lock bag and marinate for 20 minutes.

Heat a pan on high heat. Pour the contents of the bag (pork chops and marinade) into the pan. Sear the pork on each side. If using bone-in chops, 5-6 minutes a side, and if using boneless pork chops, sear on each side for 2-3 minutes or until browned a little.

Put the oven on broil and put the pan into the oven, uncovered. Broil for 15 minutes for bone-in and 10 minutes for boneless (turning over halfway through). (If your pan is not oven-safe then transfer the pork onto a oiled baking pan).

Have 1 portion

Bacon Wrapped Mini Meatloaves

Makes 4 Servings

Ingredients

1 lb ground beef
1/2lb bacon, cut in small chunks
2 garlic cloves, minced
1/3 cup fresh chives, minced
1/4 cup coconut milk
1 tbsp fresh parsley, chopped
1/2tsp dried thyme
1/8 tsp ground black pepper
8 additional strips of bacon

Directions

Preheat your oven to 400° F.

In a big bowl, combine the ground beef, bacon chunks, garlic, chives, coconut milk, parsley, thyme and pepper. Mix well until all the ingredients hold together.

Take a medium size muffin tin and place a slice of bacon around the sides of each hole.

Fill these same eight holes with the beef mixture.

Place in the oven and cook for 30 minutes.

Once ready and cool enough to handle, remove the mini meatloaves from the muffin tin and serve.

Have 1 portion

Cheesy Tuna Casserole

Makes 4-6 Servings

Ingredients

2 6-ounce cans tuna in water, drained
16 oz bag frozen French cut green beans
3 ounces fresh mushrooms, chopped, about 8 small
1 stalk celery, finely chopped
2 tbsp onion, finely chopped
2 tbsp butter
1/2 cup chicken broth
3/4 cup heavy cream
1/2 tsp dried basil
Salt and pepper, to taste
4 oz cheddar cheese, shredded *
Xanthan gum, optional - see note

Directions

In a medium pot, cook the green beans as directed on the package then drain well.

Meanwhile, sauté the mushrooms, celery and onion in the butter until very soft and starting to brown a bit. Add the broth and bring to a boil. Let the liquid reduce by half, then stir in the cream. Bring back to a boil. Turn down the heat a bit and cook until reduced and thickened, stirring frequently and watching closely so it doesn't boil over. Add basil, salt and pepper.

Stir the tuna and mushroom soup mixture into the green beans. Add extra salt and pepper, if needed.

Mix in the cheese then pour it all into a 1 1/2 - 2 quart casserole dish. Microwave or bake until hot and bubbly.

NOTE: If you have some xanthan gum on hand, you can very lightly sprinkle a little over the mushroom sauce mixture just as it starts to thicken and quickly stir it in, adding a little more if needed until the sauce gets thick to your liking. You may need to let it stand a minute to let the xanthan gum start to work before adding more. I found that this addition helps to stabilize the sauce.

Have 1 portion

Roasted Salmon with Veggies

Ingredients

1/4 cup tamari
1 tbsp toasted sesame oil
1 tbsp olive oil or coconut oil
3 green onions, roughly chopped
2 to 4 cloves garlic
1/4 tsp dried or 1 tsp fresh ground ginger
4 6 oz center-cut salmon fillets
3/4 lb green beans
1 lb cremini mushrooms, roughly chopped
3 red bell peppers, thinly sliced (seeds removed)
Sea salt
Ground black pepper

Directions

Preheat oven to 450° F.

Place three rimmed baking pans in the oven to heat up. One needs to be just large enough to hold the salmon, the other two will be for the vegetables. The more spread out the veggies are, the faster they will cook.

In a blender, combine the tamari, the oils, green onions, garlic and ginger for about 25 seconds, until everything is very finely chopped.

Pour 1 tbsp of the sauce into a small bowl and then brush it onto the salmon pieces.

Combine the green beans, mushrooms and bell peppers in a large bowl. Pour the remaining sauce on top and use your hands to toss the veggies until well coated.

Take the hot pans out of the oven. Set the salmon pieces in one of the hot pans. Spread the veggies out in the other two pans. Place all the pans in the oven.

Bake for 10 to 12 minutes or until salmon reaches desired doneness.

Sprinkle sea salt and black pepper over the salmon and veggies to taste. Serve with additional tamari if desired.

Have 1 portion

Sides Recipes:

Cauliflower Rice

Makes 2-3 Servings

Ingredients

1 head of cauliflower
½ Vidalia onion
3 cloves of garlic
1 tbsp coconut oil
Pinch ground nutmeg
Salt and pepper, to taste

Directions

Remove leaves and stem from cauliflower and discard. Grate the entire head of cauliflower until it resembles rice.

Dice the onions and garlic.

Add coconut oil to a pan over medium heat. Add in onion and sauté garlic until slightly browned.

Add in grated cauliflower, nutmeg, salt and pepper and stir until heated.

Green Beans

Ingredients

1 lb green beans, ends removed
2 tbsp melted coconut oil or olive oil
Pinch dried red pepper flakes
Sea salt to taste
Ground black pepper
Juice from half a lime or lemon

Directions

Preheat the oven to 450° F with the rack in the middle of the oven. Line a baking sheet with aluminum foil.

Grab your washed and trimmed green beans and make sure they are very dry. Throw them on the baking sheet and coat the beans with the oil. Sprinkle with red pepper flakes, salt and pepper and spread them out into a single layer then cook them for about 20 minutes, 'stirring' them at the halfway point.

The beans are ready when the skins are wrinkly and dotted with browned spots. Squeeze on the juice from half a lime or lemon and serve immediately.

Cashew Pesto

Ingredients

1 cup fresh basil leaves
2 tbsp minced garlic
1 cup raw cashew pieces
2 tbsp fresh lemon juice
1 tsp sea salt, plus more to taste
1/4 tsp ground black pepper
1/2 cup olive oil

Directions

In a food processor, combine the basil, garlic, cashews, lemon juice, sea salt and pepper, pulsing until finely chopped.

With the machine still running, drizzle the olive oil in a steady stream until the pesto reaches the desired consistency (you may not use all the oil).

Season with extra salt and pepper if needed. Store pesto in a covered dish in the refrigerator until ready to use. Pesto will keep for 2-3 days stored in an air-tight container in the refrigerator.

BBQ Sauce

Ingredients

16 oz tomato sauce
1 cup water
1/2 cup apple cider vinegar
5 tbsp raw honey
1/4 tsp sea salt
1/2tbsp ground black pepper
1/2tbsp onion powder
1/2tbsp ground mustard
1 tsp paprika
1 tbsp lemon juice

Directions

Place all ingredients in a large saucepan over medium-high heat (so it won't splatter too much) and stir to combine. Taste and adjust seasonings to your liking. Bring to a boil.

Reduce heat to low and allow to simmer for 1 hour.

Sautéed Peppers & Onions

Makes 8, 1/4 Cup Servings

Ingredients

2 tbsp olive oil
4 medium green peppers, chopped or sliced
2 medium red bell peppers, chopped or sliced
1 jumbo onion, chopped or sliced
Sea salt, to taste
Black ground pepper, to taste

Directions

Heat the oil in a large skillet on medium to high heat. Sauté the peppers and onion until they are just tender and slightly browned, season with salt and pepper to taste.

Coleslaw

Makes 6 Servings

Ingredients

16 oz shredded cabbage or coleslaw mix
1/2 cup mayonnaise
1 tbsp unsweetened coconut milk or heavy whipping cream
1 tbsp vinegar
1 tbsp sugar substitute
1/4 tsp celery seed
1/4 tsp sea salt
1/8 tsp pepper

Directions

Put the cabbage in a large bowl and add all the other ingredients, mixing well.

Cover and refrigerate overnight to allow the flavours to develop.

Roasted Baby Carrots

Makes 4 Servings

Ingredients

1 lb baby carrots

1 tbsp olive oil

$\frac{1}{4}$ tsp salt

$\frac{1}{8}$ tsp ground black pepper

Directions

Preheat oven to 475° F.

Line a small baking pan with heavy foil and put the carrots in the pan then drizzle with the olive oil and sprinkle with salt and pepper. Toss to coat well then spread them in a single layer.

Roast the carrots for 12 minutes, stir, then continue to roast for another 4 minutes, stir again, and finish with another 5-10 minutes or until the carrots are tender and nicely browned.

Add more seasoning if needed.

Here are your Glycogen Depleting Workouts for the next seven days.

Refer to the exercise library for the Bikini Belly workouts for the following workouts.

Here's a reminder of your schedule:

- Measurements
- Day 1 – workout 1
- Day 2 – workout 2
- Day 3 – workout 3
- Day 4 – active recovery
- Day 5 – workout 1
- Day 6 – workout 2
- Day 7- workout 3/do measurements/treat meal
- Day 8 – Start the [Bikini Belly Diet](#) plan

Start each workout with the Bodyweight Warm-up

Go through the superset using a slow tempo for each exercise. Do not rest.

- Jumping Jacks – 20 reps
- Leg Swings – 20 reps per side
- Prisoner Lunge – 8 reps per side
- Spiderman Climb – 8 reps per side
- Wall Stick-up – 8 reps
- Close-Grip Pushups – 8 reps
- Easy jump rope 50 reps

Workout 1 (do on Day 1 and Day 4)

Bodyweight Warm-up

(see above)

Set 1

Do 8 reps of each exercise. Do 4 rounds:

- Push up
- Spider crawl (per leg)
- Burpee
- Prisoner Squat
- Reverse lunge (alternate legs 8 per leg)
- Rest 30 seconds to one minute

Do 4 rounds

Set 2

20/10 timing, try not to rest between rounds (20 sec work/10 sec rest)

- Squat jump 20 sec/pulsing squat 10 sec
- No rest

Repeat 6 rounds total

Set 3

20/10 timing, try not to rest between rounds (20 sec work/10 sec rest)

- Push up
- Mountain climber
- Spider crawl
- Plank

Do 4 rounds total

Set 4 Count Down Reps 6 reps to 1 rep of each exercise (doing right/left counts as one rep):

- Alternate reverse lunge
- Burpees
- Shoulder touch push up
- Wall sit stick up
- Plank hold 30 seconds

Cool Down

Workout 2 (do on Day 2 and Day 6)

Bodyweight Warm-up

(see above)

Set 1

Do 6 reps of each:

- Push up cross body mountain climber
- Burpee
- Bulgarian split squat one leg
- Bulgarian split squat other leg
- Jumping jacks
- Wide stance squat
- Plank on elbows with alternate leg lift (per leg)

Do 4 rounds

Set 2

20/10 timing, try not to rest between rounds (20 sec work/10 sec rest)

- Push up 20 sec/high plank hold 10 sec
- No rest

Do 6 rounds total

Set 3

20/10 timing, try not to rest between rounds (20 sec work/10 sec rest)

- 1.5 squat
- pulsing squat
- squat jump
- reverse lunge

Do 4 rounds total

Set 4

Count Down Reps 6 reps to 1 rep of each exercise (doing right/left counts as one rep):

- Cross body mountain climber with push up
- Burpees
- Get ups
- Squat jumps
- Pulsing squat hold 30 seconds

Cool Down

Workout 3 (Do on Day 2 and Day 6)

Bodyweight Warm-up

(see above)

Set 1

Do 8 reps of the following exercises.

X body mountain climber (per leg)

Burpee with push up

Wall sit stick up

Prisoner squat

1 leg RDL to reverse lunge (per leg)

Other leg RDL to reverse lunge

Rest as little as possible between sets

Do 4 rounds

Set 2

20/10 timing, try not to rest between rounds (20 sec work/10 sec rest)

- Squat pulse 20 sec/squat jump 10 sec
- No rest
- Repeat 5 more times

Do 6 rounds total

Set 3

20/10 timing, try not to rest between rounds (20 sec work/10 sec rest)

- Wall sit stick up
- Get up
- Pulsing squat
- Squat jump

Do 4 rounds total

Set 4

Count Down Reps 6 reps to 1 rep of each exercise (doing right/left counts as one rep):

- Sit outs
- Squat
- Burpees
- Plank hold 30 seconds

Cool Down

Active Recovery Day 4 – Do something active but not intense. This can include things like gardening, recreational cycling, hiking, recreational sport of any sort. This is like a 'rest' day, but you'll feel better if you move in some way.