

MY *Bikini* Belly



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**Your 21 Day Blueprint For
A Flat & Firm Belly**

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 nutritional 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.

Healthy females over 40 should 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).

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Day 1 Fat Flush

Foods That Flush Fat

Even if you eat the healthiest foods in the 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 food cleanse so there is nothing harsh or dangerous about it.

Overall Guidelines

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 gain.

In fact, many women find they feel 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 to 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.

- 1.** You will be following a plan that repeats a 3-day cycle of eating, 7 times for a total of 21 days. This allows you to avoid a lot of rules and memorization. Just remember which type of day you are on and follow that day's plan.
- 2.** Start Day 1 with a Fat Flush Day and then switch to the BURN eating plan on Day 2, and the BLAST eating plan on Day 3. After that, cycle back through the 3-day cycle of Fat Flush, Burn, and Blast Days - See the "21 Day Calendar" and mark your calendar accordingly on your start day.

- 3.** Eat 3 meals per day, plus one snack if needed. A snack can be any fat flush protein plus any fat flush veggie.
- 4.** 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.

- 5.** 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. 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.
- 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.

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 122 pounds and I consistently eat around that many grams of

protein each day. It actually fluctuates between 119 - 125... In case you're thinking that's low, remember I'm barely 5'3!

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 fewer calories.

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 for approved proteins.**

- 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 clenched 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, scrambled eggs, 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 of approved veggies.**

- 8.** 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.

- 9.** 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 foods containing refined sugar, grains, soy, and dairy.
- 11.** Avoid liquid 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.
- 12.** Drink half your bodyweight in ounces of water each day - Ex. 100 lbs. = 50 oz. of water.

Day 1 - Fat Flush Day

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

- 1. Fat Flush Protein + Fat Flush Veggie + Fat Flush Fruit** - Follow this meal template for **breakfast and lunch** on Fat Flush Days.

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

See the lists that follow of mix and match proteins, veggies, fruits and spices for **Fat Flush Day 1**.

3. 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.

4. Certain carbs are not allowed until day 2.

This will help your body flush out more fat storing 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.

Only eat the types of fruits listed for day 1. As you move into day 2 and 3 you'll have more options – refer to the lists that follow.

Foods That Store Fat In Your Trouble Spots – The Reasoning Behind Day 1 Food Choices

Eliminating specific foods 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.

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 addictive, if not more so, than sugar itself.

Not only do these foods dull your natural senses and send craving signals to your 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 its 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 food
- 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

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 a few common culprits:

Turbinado	Lactose
Demerara	Maltodextrin
Muscovado	Maltose or malt sugar
Raw sugar	Saccharose
Barley malt syrup	Sorghum or Sorghum syrup
Corn syrup	Caramel color

Dehydrated cane juice	Treacle
Dextrose	Golden Syrup
Fructose	Xylose
Fruit juice concentrate	Glucose
Brown Sugar	High Fructose Corn Syrup

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 foods that contain 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 even more fat in the 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

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.

Foods That Flush Fat

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

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.

These are foods that have both protein and fat burning fats mixed into them. For example, grass fed beef 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, grass fed beef contains about 2-3 times more than grain fed beef.

In fact, it is 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.

You will also have more choices for proteins, such as plain, organic Greek yogurt and omega-3 loaded wild caught fatty fish such as salmon, halibut, and tuna.

Research shows that omega-3 rich foods not only increase your metabolism, but they aid in fighting off cortisol – your stress hormone that is associated with increased belly fat in women over the age of 35.

Further, Greek yogurt contains 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. This makes Greek yogurt and a fat burning fruit a great snack on day 2 or three of the Bikini Belly Diet.

Fat Flushing 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.

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.

Day 1 Approved Fruits

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

Cherries contain antioxidants and flavenoids 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.

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.

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

To get you started, I would like to take you by the hand and show you meal-by-meal what to eat on day 1. To do this, I am 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. Feel free to use either type of eating window.

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.

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.

Day 1 Sample Meal Plan

Day 1- Fat Flush Day - Breakfast

The Formula:

Fat Flush Protein + Fat Flush Veggie + Fat Flush Fruit -

Follow this meal template using the list of approved foods that follows for each category. For example:

Protein + Fat Flush Veggie + *Lemon Water

*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. Drink: 8oz water with a lemon wedge.

7:00 AM Breakfast

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 you can also choose to eat any of the breakfast recipes in the fat flush cookbook. One of my favorites is this Tomato Parmesan Scramble:

Tomato Parmesan Scramble

Page 13 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 a 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

The Formula: Protein + Fat Flush Veggie + Fat Flush Fruit

Drink: 8 oz Fat Flush Cran-Water (see recipe)

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 you can also choose to eat any of the lunch recipes in the Bikini Belly Flush cookbook like:

Ginger Broth Chicken

Page 16 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

The Formula: 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: 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 1 you can also choose to eat any of the dinner recipes from the Bikini Belly Flush cookbook like:

Tarragon Turkey Burgers

Page 26 The Bikini Belly Flush Cookbook

Ingredients (4 Burgers)

- 1 lb 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.](#)

Day 2 – BURN Fat Day

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.

Following this type of meal plan will force your metabolism burn fat from your trouble spots:

Day 2 Meal Plan Formula

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.

NOTE: For Fat Burning Veggies USE any Day 1 Approved Veggies.

Day 2 – Fat Burning 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
- Cottage Cheese

Day 2 Approved 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 have 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 that resulted in them achieving 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 Avocado. These are full of monounsaturated fat (or MUFA's), which help lower insulin levels and have been proven to be effective in destroying fat cells on your belly.

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

- 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

Day 2 - 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 Fat Burning CARBS

- Potatoes
- Sweet potato/yams
- 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.

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.

Just like on day 1, Start your day by drinking a glass of water with a squeeze of lemon on day 2. Do this on an empty stomach. This will help kick start your digestion and continue to flush out the fat storing toxins.

Day 2 Sample Meals

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 you can also choose to eat any of the breakfast recipes the Bikini Belly Blast Cookbook like:

Bruschetta Eggs

Page 5 The Bikini Belly Blast 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 Fat Burning 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 The Bikini Belly Blast 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 Blast Cookbook like:

Ginger Beef Stir-Fry

Page 23 The Bikini Belly Blast Cookbook

Ingredients

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

Directions

1. Cook rice as directed on package. Place the oil in a large skillet and brown both sides of the steaks over medium-high heat
2. When both sides are well seared add the onion, garlic and tomatoes.
3. In a bowl stir the ginger, salt and pepper into the vinegar and add that mixture to the skillet, stirring to combine.
4. Cover the skillet, turn heat to low and let the whole thing simmer until liquids mostly evaporate and thicken.

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.](#)

Shrimp Fried Rice

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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.

Day 3 BLAST

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.

Day 3 Guidelines

The Formula:

On Day 3 you'll have one meal type to follow:

***Protein + Your favorite food for all 3 meals**

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

Enjoy some of your favorite foods in moderation. DON'T purposely overeat or stuff yourself to the point that you feel uncomfortable.

On day 3 you MUST have a set window of time in which in 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 an 8-hour eating window. Usually I eat 3 meals between 11am-7pm.

Eat as many natural and unprocessed foods as you want. I never use day 3 to completely eat garbage but rather a day where I eat more high quality foods.

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.

*The point of Day 3 is to offer choice and variety with high quality nutritionally dense foods.

If you stuff yourself, or eat junk food – you won't reap the benefits of Day 1 and 2.

Listen to your body and appetite when planning your day 3 meals. I've given some examples of how you can structure your meal times below, but you have a great deal of freedom if you follow these guidelines:

1. Protein + Your favorite food for all 3 meals
2. Have an 8-hour eating window.

Day 3 Meal Timelines

Week Day 11:00 AM Breakfast

On day 3 you can eat any of the foods from day 1 and 2. In fact, I highly recommend eating a variety of the foods from day 1 and day 2 with each meal.

During The Week

If day 3 falls on a weekday I usually have a very similar breakfast to day 2; however, I eat it later than on day 2, so my breakfast may look like what you'll find on [page 39](#).

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 found on page 28.

Weekend 11:00 AM Brunch

On The Weekend

If it's a weekend, I usually like to have a big breakfast. Here are 2 of my favorite recipes from the Bikini Belly cookbook series:

Easy French Toast

Page 5 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:

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.

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.**

During The Week Mid Day Snack

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:

Choco-nut Granola

Page 15 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 tbsp vanilla extract
1/2 cup cocoa butter

Directions:

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. 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](#).

Weekend Mid Day Snack

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 on [page 41](#).

Weekend 3:00 PM Snack Example

Coconut Granola Energy Bars

Page 14 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 microwavable 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.

Weekend 7:00 PM Dinner Examples

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:

Garlic Chicken Pizza

Page 30 The Bikini Belly Blast Cookbook

Ingredients:

- 2 tbsp red wine vinegar
- 1 1/2 tbsp 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.

Fat Burning Brownies

Page 17 The Bikini Belly Dessert Cookbook

Ingredients:

- 1 1/2 large eggs
- 2-3 tbsp dark chocolate chips

1/3 cup soaked pitted dates, chopped
1 cup cooked black beans
1 tbsp + 2 tsp extra virgin olive oil

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.**