



**14-Day Flat Belly Diet**

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Mon



Broccoli & Pepper Egg Scramble



Ham & Cheese Rolls with Mini Peppers



Baked Chicken with Kiwi Avocado Salsa



Peach Strawberry Smoothie

Tue



Broccoli & Pepper Egg Scramble



Ham & Cheese Rolls with Mini Peppers



Baked Chicken with Kiwi Avocado Salsa



Egg & Apple Snack Plate

Wed



Creamy Blueberry Smoothie



Chicken Avocado Wrap



Turkey Chili



Peach Strawberry Smoothie

Thu



Mushroom Scrambled Eggs with Grapefruit



Chicken Avocado Wrap



Turkey Chili



Egg & Apple Snack Plate

Fri



Mushroom Scrambled Eggs with Grapefruit



Strawberry Kiwi Salad with Chicken



Sausage & Kale Stuffed Squash



Peach Strawberry Smoothie

Sat



Creamy Blueberry Smoothie



Fajita Steak Salad



Zucchini & Ground Beef Skillet



Snap Peas, Peppers & Hummus

Sun



Turkey Sausage Scramble



Fajita Steak Salad



Cheeseburger Soup



Snap Peas, Peppers & Hummus

Breakfast

Lunch

Dinner

Snack 3

## Fruits

- 2 Apple
- 5 Avocado
- 1 1/2 cups Blueberries
- 1 Grapefruit
- 6 Kiwi
- 2 Lemon
- 1 Lime
- 1/3 cup Lime Juice
- 3 Peach
- 1 cup Strawberries

## Breakfast

- 1 1/2 tsps Maple Syrup

## Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 3 tbsps Chili Powder
- 1 tbsp Cumin
- 1 tsp Dried Basil
- 1 tsp Dried Chives
- 1 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sunflower Seeds
- 1/4 cup Walnuts

## Frozen

- 2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower
- 3 cups Frozen Strawberries

## Vegetables

- 1 cup Baby Spinach
- 1 cup Broccoli
- 2 Carrot
- 3/4 head Cauliflower
- 8 stalks Celery
- 1 1/2 cups Cherry Tomatoes
- 1 1/3 cups Cilantro
- 16 Cremini Mushrooms
- 1 Delicata Squash
- 5 Garlic
- 1 Jalapeno Pepper
- 1 cup Kale Leaves
- 6 ozs Mini Peppers
- 4 cups Mixed Greens
- 2 1/2 Red Bell Pepper
- 1 cup Red Onion
- 20 leaves Romaine
- 2 cups Snap Peas
- 3 Yellow Bell Pepper
- 1 1/2 Yellow Onion
- 2 Zucchini

## Boxed & Canned

- 4 cups Beef Broth
- 2 cups Black Beans
- 2 cups Crushed Tomatoes
- 5 1/2 cups Diced Tomatoes
- 1 3/4 cups Red Kidney Beans

## Bread, Fish, Meat & Cheese

- 14 ozs Cheddar Cheese
- 1 1/4 lbs Chicken Breast
- 10 1/4 ozs Chicken Breast, Cooked
- 3 lbs Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 1 lb Flank Steak
- 1 cup Hummus
- 2 tbsps Parmigiano Reggiano
- 4 ozs Pork Sausage
- 12 ozs Sliced Ham
- 4 1/16 ozs Turkey Sausage
- 2 Whole Wheat Tortilla

## Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 3/4 cup Extra Virgin Olive Oil
- 1 cup Pickle

## Cold

- 1 tbsp Butter
- 12 Egg
- 1 1/2 cups Oat Milk
- 3 cups Unsweetened Coconut Yogurt

## Other

- 1/2 cup Vanilla Protein Powder
- 2 cups Water



## Broccoli & Pepper Egg Scramble

1 serving  
15 minutes

### Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 cup Broccoli (chopped)
- 1/4 Red Bell Pepper (chopped)
- 1/4 Yellow Onion (chopped)
- 1 Garlic (small clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 Egg (whisked)

### Directions

- 1 Heat the oil in a nonstick pan over medium heat.
- 2 Add the broccoli, red pepper and onion to the pan and cook for 8 to 10 minutes or until the veggies are just tender. Add in the garlic and season with salt and pepper and cook for another minute.
- 3 Move the veggies to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the veggies into the egg once the eggs are cooked through. Season with additional salt if needed and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Chives, red pepper flakes, and/or hot sauce.

**Serve it With:** Toast, fresh fruit, mixed greens or quinoa.



## Creamy Blueberry Smoothie

1 serving  
5 minutes

### Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

### Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Additional Toppings:** Add spinach, avocado, kale, or other berries to your smoothie.

**Extra Creamy:** Use almond milk or oat milk instead of water.

**Lemon:** One lemon yields approximately 1/4 cup of lemon juice.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



## Mushroom Scrambled Eggs with Grapefruit

1 serving  
15 minutes

### Ingredients

- 1 1/2 tsps Butter
- 8 Cremini Mushrooms (medium, chopped)
- 1/2 tsp Dried Chives
- 1/8 tsp Sea Salt
- 2 Egg (whisked)
- 1/2 Grapefruit

### Directions

- 1 Heat the butter in a pan over medium heat. Add the mushrooms and cook for five to six minutes until browned and softened. Add the chives and salt and cook for another minute.
- 2 Move the seasoned mushrooms to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the mushrooms into the egg once the eggs are cooked through. Season with additional salt if needed.
- 3 Serve with the grapefruit and enjoy!

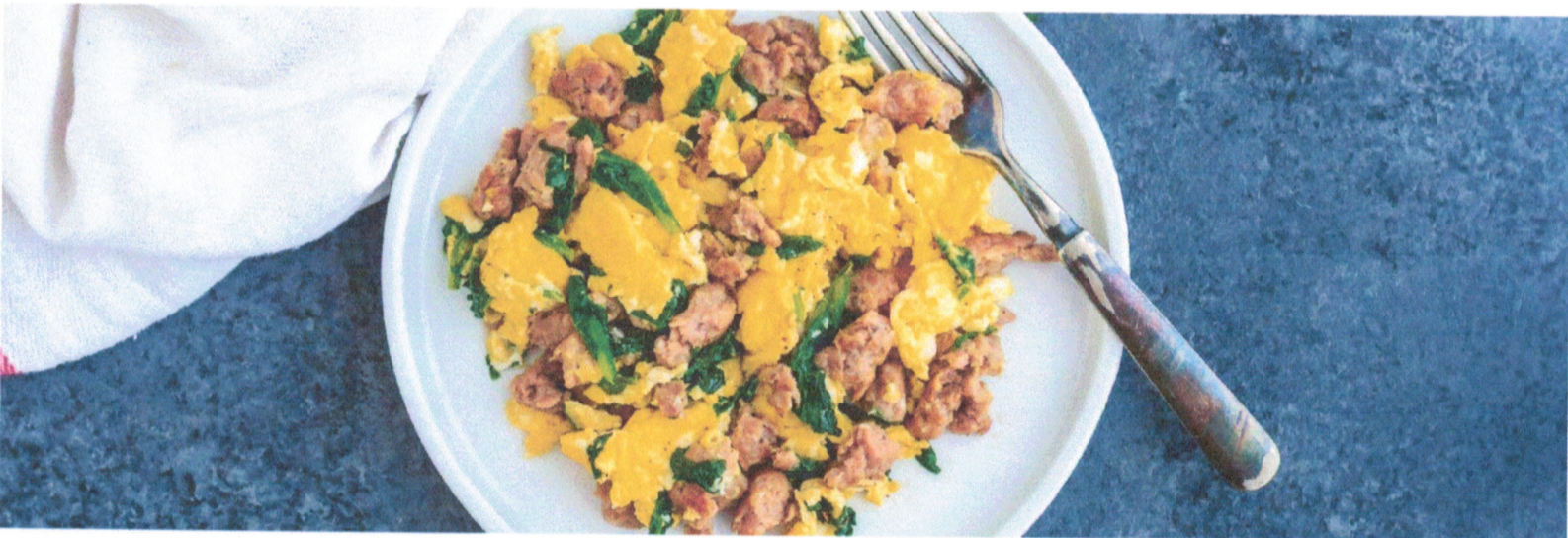
### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Use olive oil or avocado oil instead of butter.

**More Flavor:** Add onions, garlic, black pepper, red pepper flakes, or other dried herbs.

**More Veggies:** Add spinach, kale, or bell pepper.



## Turkey Sausage Scramble

1 serving  
10 minutes

### Ingredients

- 4 1/16 ozs Turkey Sausage (casing removed)
- 1 cup Baby Spinach (chopped)
- 2 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 2 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

### Notes

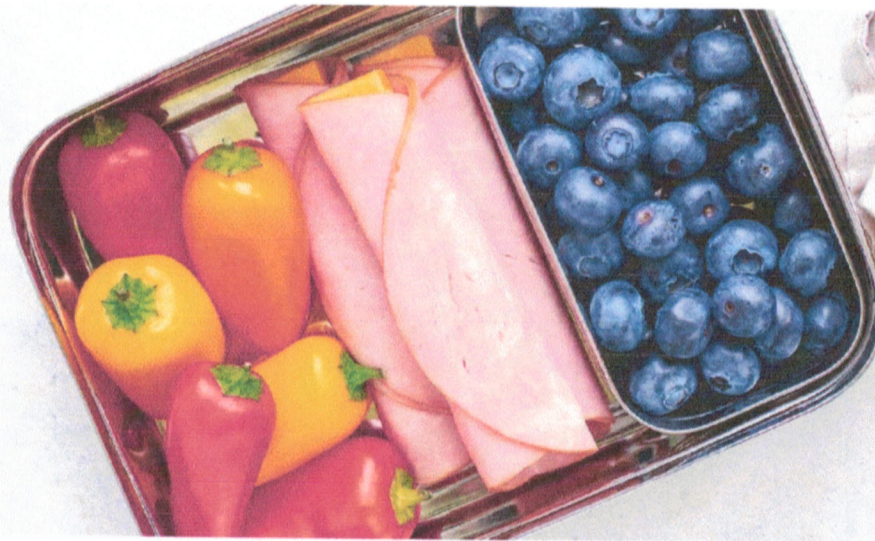
**Leftovers:** Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

**More Flavor:** Add onion, mushrooms, or bell pepper.

**Additional Toppings:** Hot sauce, ketchup, avocado, or salsa.

**No Spinach:** Use kale instead.

**No Turkey Sausage:** Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.



## Ham & Cheese Rolls with Mini Peppers

2 servings

10 minutes

### Ingredients

- 6 ozs Sliced Ham
- 3 ozs Cheddar Cheese (cut into sticks)
- 3 ozs Mini Peppers
- 3/4 cup Blueberries

### Directions

- 1 Wrap the ham around the cheese sticks. Serve alongside the mini peppers and blueberries in a container. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Use vegan cheese instead of cheddar cheese.





## Chicken Avocado Wrap

1 serving  
10 minutes

### Ingredients

- 1/2 Avocado
- 1 1/2 tps Lime Juice
- 1 Whole Wheat Tortilla
- Sea Salt & Black Pepper (to taste)
- 2 leaves Romaine (medium, chopped)
- 1/4 cup Cherry Tomatoes (halved or quartered)
- 2 2/3 ozs Chicken Breast, Cooked (sliced)

### Directions

- 1 In a small bowl, mash the avocado and stir in the lime juice. Spread the mashed avocado in the center of the tortilla. Season with salt and pepper to taste.
- 2 Place the lettuce, tomatoes, and sliced chicken on top of the avocado and fold or roll the tortilla around the filling and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one day. For best results assemble wrap just before serving.

**Gluten-Free:** Use a gluten-free or brown rice tortilla.

**Additional Toppings:** Cooked bacon, cheese, cucumber, bell pepper, mayonnaise, mustard, or another favorite sandwich topping.

**Make it Vegan:** Use marinated tofu or chickpeas instead of chicken.

**No Lime Juice:** Use lemon juice instead.

**No Cherry Tomatoes:** Omit or use a regular tomato instead.

**No Romaine Leaves:** Use baby spinach, mixed greens, or leaf lettuce instead.



## Strawberry Kiwi Salad with Chicken

2 servings

5 minutes

### Ingredients

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds
- 5 ozs Chicken Breast, Cooked (sliced)

### Directions

- 1 In a small bowl combine the apple cider vinegar, oil, and maple syrup. Season with salt and pepper and stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Top with the chicken and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and chicken. Add the dressing just before serving.

**Additional Toppings:** Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

**No Chicken:** Top with cooked shrimp, fish, or tofu instead.

**No Sunflower Seeds:** Use pumpkin seeds, hemp seeds, or chopped nuts instead.