



THE FLATBELLY CHALLENGE 2018

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Muscle Milk Smoothie with (2) hard boiled eggs. Black coffee.	Poached eggs (2) Whole Grain Bread (1 slice) sunflower butter spread (1 tbsp) Raspberries (1/2 cup)	Muscle Milk Smoothie with (2) hard boiled eggs. Black coffee.	Poached eggs (2) Whole Grain Bread (1 slice) sunflower butter spread (1 tbsp) Raspberries (1/2 cup)	Muscle Milk Smoothie with (2) hard boiled eggs. Black coffee.	Feta, Spinach, Garlic, Tomato, and Basil Omelet (3 eggs)	Poached eggs (2) Whole Grain Bread (1 slice) sunflower butter spread (1 tbsp) Raspberries (1/2 cup)
SNACK	Red Grapes (1 cup) with cashews (1/4 cup)	Almonds (24)	Red Grapes (1 cup) with cashews (1/4 cup)	Almonds (24)	Red Grapes (1 cup) with cashews (1/4 cup)	Almonds (24)	Pumpkin seed (1/4) cup with 2 squares of 80% cocoa chocolate
LUNCH	Tuna Lettuce Wraps with Lentil Soup	Leftover Peppered Steak (1) with baked sweet potato (1) and broccoli (1 cup) sauteed in olive oil with minced garlic	Leftover Baked Haddock (1) over rice with Baked Sweet Potato (1/2 potato) Zucchini (1) Almond Milk (1 cup) Irish Butter	Leftover Baked Spaghetti Squash topped with 1 cup Red Wine Bolognese with unlimited steamed broccoli	Leftover Coconut Chicken Stir Fry with spinach salad	Leftover 10-Minute Chicken for a King with Massaged Kale and Avocado Salad	Leftover Simple Baked Salmon with Spicy Cauliflower "popcorn" and 1 cup quinoa
SNACK	Almonds (24)	1 Green Apple with cottage cheese (1 cup)	Almonds (24)	1 Green Apple with cottage cheese (1 cup)	Almonds (24)	1 Green Apple with cottage cheese (1 cup)	15 Black bean based tortilla chips with 1/4 cup guacamole
DINNER	Peppered Steak (1) with baked sweet potato (1) and broccoli (1 cup) sauteed in olive oil with minced garlic	Baked Haddock (1) over rice with Baked Sweet Potato (1/2 potato) Zucchini (1) Almond Milk (1 cup) Irish Butter (4 tsp)	Unlimited Baked Spaghetti Squash topped with 1 cup Red Wine Bolognese with unlimited steamed broccoli	Coconut Chicken Stir Fry with spinach salad	10-Minute Chicken for a King with Massaged Kale and Avocado Salad	Simple Baked Salmon with Spicy Cauliflower "popcorn" and 1 cup quinoa	CHEAT MEAL



CONSULT YOUR PHYSICIAN AND FOLLOW ALL SAFETY INSTRUCTIONS BEFORE BEGINNING THIS HIGH INTENSITY AND PHYSICALLY DEMANDING EXERCISE PROGRAM AND NUTRITION PLAN.
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