



THE FLATBELLY CHALLENGE 2018

MEAL	EXAMPLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Muscle Milk Smoothie with (2) hard boiled eggs. Black coffee.							
SNACK	Red Grapes (1 cup) with cashews (1/4 cup)							
LUNCH	Tuna Lettuce Wraps with Lentil Soup							
SNACK	Almonds (24)							
DINNER	Peppered Steak (1) with baked sweet potato (1) and broccoli (1 cup) sauteed in olive oil with minced garlic							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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