

## **Flat Belly Detox 3 Day Meal Plan!**

They say “abs are made in the kitchen”.

Which means they can be unmade there, too :).



We can do 1000 crunches a day, but unless we eat right and help our body’s natural ability to detox, we won’t be able to see the fruits of our labor.

One of the most common complaints I get from people involves the “pooch” around their lower abdomen. This can be caused by many different things, some of which include past abdominal surgeries, poor posture, rectus diastasis and women’s health issues such as fibroids and endometriosis.

The most common cause? Diet.

**There are three key ways your diet can sabotage your exercise and flat belly goals:**

1) You are eating too many calories

If you are eating more calories than you are burning throughout the day, you will gain weight. I think we all know that :). The first place to look if you are having a hard time losing the belly fat is simply your calorie consumption. First look at the most common culprits, such as sugary drinks, alcohol, desserts and after dinner snacking. If you are eating high calorie foods without any nutrition this could be your answer.

2) Your diet is too high in processed carbohydrates

When you eat high-glycemic foods such as chips, crackers and bread, that your body turns it into sugar and delivers it immediately to your bloodstream. In a perfect world, your body would then release the correct amount of insulin to take the sugar out of your blood and deliver it to your muscle to use for energy later.

The problem occurs over time when you continue to eat too much highly processed foods and carbohydrates. You become resistant to your insulin, meaning it takes more and more

of the hormone to handle the sugar in your blood. Your body also stops storing the sugar in your muscles, and starts storing it in your fat. Particularly, the fat around your midsection! So you can keep the same diet and actually be gaining belly fat because of your food choices.

### 3) You are eating foods your body doesn't want

This is where knowing your body comes into play. We are all a little different and respond to foods slightly differently. When I first went through a detox like this one 12 years ago, I discovered I was sensitive to gluten and beans. Once I was aware of that, I could adjust my diet to avoid those foods. If I don't, the bloating comes on immediately! Once you are able to cut out the culprits, you will have an easier time maintaining that flat belly.



While having a flat tummy is desirable for swimming suits and crop tops, it actually is much more important than how we look in the mirror.

The fat we store around our middle is one of the highest indicators of our risk for heart disease! The more fat you hold in that area, the more likely you are to have a heart attack.

So it's even more important to make sure you are doing everything you can to eat right, exercise and eliminate that belly fat!

### **How this three day meal plan can help**

This meal plan cuts out the foods that can commonly cause bloating and belly fat build up. These foods include:

- sugar
- processed carbohydrates
- gluten
- soy
- beans
- dairy (cheese, yogurt and milk)
- dried fruit
- alcohol
- caffeine

This doesn't mean you need to cut out these foods forever! The point is to give your body a chance to "reset" and form a blank slate, so that you can slowly add certain things in again one at a time and see how you respond.

I know the caffeine is a tough one when you are used to that morning cup of coffee every day, but I encourage you to try to push through! If you absolutely need some caffeine, try a cup of green tea in the morning and afternoon. If nothing else, at least cut out the sugar and cream you put in your coffee :).

What foods you will see in this meal plan

- vegetables
- eggs - a quick and easy source of protein
- lean meat - always chose organic (feel free to swap out the protein for your tastes)
- avocado and raw nuts - provides Omega 3's, a healthy fat that is necessary to stay healthy and lose weight
- fruit - we generally limit this to one piece a day during the detox in order to avoid too much sugar
- grains - rice and quinoa are great gluten free options that also give you some protein

This plan is NOT meant to:

- deprive you
- limit your calories
- starve you

If you find yourself hungry, try drinking some water first and see if that helps. If not, snack on some raw nuts, celery, carrots, cooked chicken breast or an apple. It's ok if your body is telling you to eat something! Just make sure you do your best to avoid the food listed above so you can stick to the plan and see it through :).

I want you to eat and enjoy your food! We should enjoy what we eat and let it nourish and heal our bodies.

I also want you to feel and look great and be as healthy as you can possibly be. Congrats on taking a big step on that journey!

In Love,  
Jessica

*Please remember, I am not a registered dietician or nutritionist. The information I give you is from my own personal experience and research over the years. It is based on an anti-candida diet, and while that works for me and many people, it may not work for you and your body. Always check with your doctor before making any dietary changes.*

## **Day 1**

Start your day with warm water with the juice of half a lemon and a splash of apple cider vinegar

### **Breakfast**

Overnight oats

*The night before, mix 1/2 cup rolled oats with 1/2 cup almond milk and a teaspoon of cinnamon. Place in an airtight container in the refrigerator and let sit overnight. In the morning, add 1 tablespoon sunflower seeds or pumpkin seeds and 1/4 cup fresh blueberries. For more “staying power”, top it all with chia seeds or almond butter!*

*Keep in mind this will only have the natural sweetness from the blueberries. During the detox, I encourage you to stick with your goal of no added sugars! Once you are in maintenance mode in the future, you could add a teaspoon of pure maple syrup just for fun :).*

*This is a crowd pleaser and is so easy on busy school and work nights! Just double or triple the batch as needed.*

### **Lunch**

1/2 baked sweet potato, 1/2 avocado and 1 fried egg

*Wash and poke holes in a medium to large sweet potato, then bake for 45 minutes at 375 degrees. I usually do this as part of my weekly meal prep or simply the night before. When ready to eat, warm it up and top it with avocado slices, a fried egg and a dash of salt. If you are taking this to work, you can simply bring a hard boiled egg.*

*The sweet potato gives nutrients and is very low-glycemic, meaning it won't spike your blood sugar. The avocado gives a delicious and creamy texture, while giving you healthy fat which keeps you healthy and helps you feel more full. The egg provides the protein, and the runny yolk is especially yummy on this meal! If you would rather, you can substitute cooked chicken breast for the egg to give you the needed protein.*

### **Snack**

Celery sticks with almond butter

*I prefer almond butter to peanut butter because it gives you the benefit of Omega 3's. Make sure you chose all natural, meaning the only ingredient is almonds! Two tablespoons is a serving size for all the nut butters. I would measure that out if you never have so you have a good visual for future use!*

### **Dinner**

Asian salmon, asparagus and roasted potatoes

*Preheat the oven to 375 degrees. Clean and cut off the ends of the asparagus. Clean and slice your potatoes (I prefer the small gold or red potatoes for roasting).*

*Clean your salmon fillets and place on a piece of foil on a baking sheet. In a small mixing bowl, whisk together the juice of 2 tablespoons gluten free soy sauce (easy to find in most markets), 1 tablespoon sesame oil, 1 tablespoon freshly grated ginger and 1 tablespoon rice vinegar. Pour*

*the mixture over the salmon (you can keep the extra marinade if you don't use it all or of course double the recipe depending on how many fillets you are cooking). Wrap the foil tightly around the salmon so it is completely sealed.*



*On a separate baking sheet, place the asparagus and potato slices. Drizzle it all with olive oil and salt and pepper to taste.*

*Place both baking sheets in the oven for 18-20 minutes, or until the salmon is cooked through. Squeeze lemon over the asparagus and salmon before serving.*

## **Day 2**

*Start your day with warm water with the juice of half a lemon and a splash of apple cider vinegar*

### **Breakfast**

2 egg scramble with spinach and tomatoes, 1/4 avocado, 1/4 cup roasted sweet potatoes

*The roasted sweet potatoes can be prepared the night before or earlier in the week. Dice a sweet potato and toss it in 1 tablespoon melted coconut oil and 2 teaspoons cinnamon. Cook for 45 minutes at 375 degrees.*

### **Morning Snack**

1 banana or 1/4 cup fresh berries

### **Lunch**

Lettuce wrap with turkey, roasted red pepper, guacamole, sprouts, tomatoes

*Because of the clean and healthy ingredients, you can pile this wrap as high and full as you'd like! Roasted red peppers add an amazing texture and taste to salads and wraps, and can be found in most grocery stores. Or make your own by broiling red peppers in the oven and then removing the charred skin!*



*Make your own guacamole by simply smashing your avocado with lime and salt. Keep in mind a serving size for an avocado is no more than 1/2 avocado. Because we had a 1/4 avocado at breakfast, keep this to a 1/4 avocado as well.*

*Deli meat is very sneaky at holding hidden gluten and all sorts of yucky chemicals, which is why I stick to organic whole meat as much as possible. Luckily, you can find gluten free and nitrate free lunch meat in the stores when you are in a pinch! Applegate is my favorite brand.*

### **Snack**

Flourless Zucchini Muffin with a smear of coconut oil  
Green tea or warm water with lemon



*[Click here for the link to the Zucchini Muffins.](#) I recommend omitting the chocolate chips and dried cranberries during the detox :). I love to cut my muffin in half and toast it slightly, and then spread a little coconut oil on the warm muffin.*

### **Dinner**

Artichoke, Leek and Potato Soup

*This is one of my all-time favorite recipes!*

*You will need one large leek, 10 small to medium red or gold potatoes and one can of drained artichoke hearts.*

*Wash and slice your leek and potatoes.*

*Drizzle olive oil in the bottom of your warm stockpot, and add the potatoes and leek. Sprinkle with salt and pepper, and saute for 5-10 minutes. Then add the drained artichoke hearts and cover it all with organic chicken or vegetable stock.*

*Bring to a boil, then let simmer for 20 minutes.*

*Let the soup cool slightly, and then blend using an immersion blender. Add more salt and pepper to taste, and stir in the juice of one lemon.*

*The blending is the key to the creamy texture of this soup! You will swear it had added cream :). I find that an immersion blender works best for this job. I have used a Vitamix, but I found it became a little gummy. If that's all you have, go for it! Just keep in mind that the speed from the Vitamix or blender can sometimes be too much for the potatoes if you let it go too long. Use the pulse option and keep checking until you get your desired consistency.*

### **Day 3**

*Start your day with warm water with the juice of half a lemon and a splash of apple cider vinegar*

#### **Breakfast**

2 Happy Hour Mama Healthy Pancakes with 1 tablespoon of natural almond butter and 1/3 cup organic strawberries



*[Click here for the Healthy Pancake recipe.](#) These are our go-to breakfast, and I usually make a large batch at least twice a week! They taste delicious and keep me full until lunch. They also are great on the go! Just smear your almond butter in between the two pancakes and eat it like a sandwich :).*

**Lunch**

Salad with arugula (or other green of choice), 1/2 cup cooked quinoa, 2 tablespoons sunflower seeds, 1 tablespoon sun dried tomatoes in oil, shredded carrots

*I encourage you to add any vegetable your heart desires to this salad! I've added leftover roasted vegetables, beets, hearts of palm, tomatoes, yellow peppers and even sauerkraut! If you have any salmon leftover from day 1, that would be delicious on top.*

*Make a homemade dressing of 1 tablespoon balsamic vinegar, 1 teaspoon olive oil and 2 teaspoons dijon mustard. Add salt and pepper to taste.*

**Snack**

1/4 cup raw almonds, walnuts and/or cashews  
1/2 apple

**Dinner**

Chicken curry with roasted broccoli and brown rice



*Prepare your brown rice according to package directions.*

*Toss broccoli florets with olive oil, salt and pepper and cook in a 375 degree oven for 20 minutes.*

*For the curry:*

*Cut 2-4 organic chicken breasts into bite size chunks.*

*Drizzle the bottom of a large, saucepan on medium high heat with avocado or canola oil. Add 1 tablespoon curry, 1 teaspoon turmeric and 1 teaspoon ground ginger. You can also add cayenne for eat if you like things spicy!*

*Let the spices cook in the oil for 2-3 minutes, without them burning. Add the chicken and saute for 5-7 minutes, stirring so the spices are incorporated with the chicken.*



# HAPPY HOUR MAMA

Happy Hour Mama

*Healthy. Fit. Pilates. Happy. Inspired. Life.*

*Add 3 cups organic chicken stock and bring to a boil. Lower to a simmer and cover the pan. Let this cook for 15 minutes, making sure the chicken is cooked through.*

*In the meantime, add 2 tablespoons chicken broth to a small bowl. Whisk in 1 tablespoon corn starch. This will be your thickener.*

*Add this to your curry mixture and stir well. Then add 1/4 cup full fat coconut milk. Again stir well, and let simmer uncovered for another 10 minutes.*

*Serve over brown rice and roasted broccoli, and top with cilantro and peanuts.*