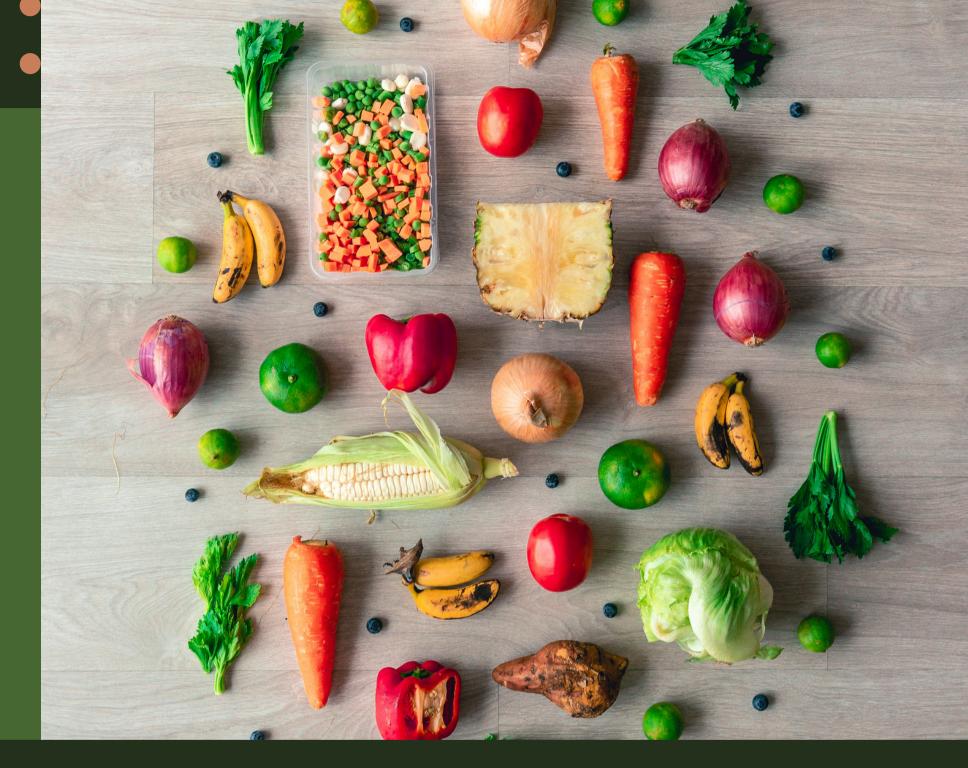
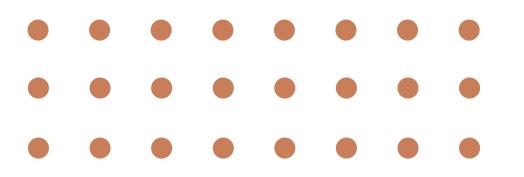
32 FOODS THAT BURN BELLY FAT FAST







Day-1

- Breakfast (350-400 calories): Scrambled eggs with spinach and tomatoes (300 calories), 1 slice of whole-grain toast (70-100 calories).
- Lunch (400-450 calories): Grilled chicken breast salad with mixed greens, vegetables, and vinaigrette dressing (350-400 calories), a small apple (50-60 calories).
- Snack (150-200 calories): A small handful of almonds (150-200 calories).
- Dinner (450-500 calories): Baked salmon with lemon and herbs (300-350 calories), steamed broccoli (50-60 calories), quinoa (100-150 calories).

- Breakfast (350-400 calories): Greek yogurt with mixed berries and a drizzle of honey (300-350 calories), 1 slice of whole-grain toast (70-100 calories).
- Lunch (400-450 calories): Lentil soup (300-350 calories), a mixed green salad with avocado and balsamic vinaigrette dressing (100-150 calories).
- Snack (150-200 calories): A serving of mixed berries (150-200 calories).
- Dinner (450-500 calories): Stir-fried lean beef with bell peppers and broccoli (300-350 calories), brown rice (150-200 calories).

- Breakfast (350-400 calories): Oatmeal topped with sliced bananas and chia seeds (300-350 calories).
- Lunch (400-450 calories): Tuna salad with mixed greens, cherry tomatoes, and balsamic vinaigrette dressing (350-400 calories), 1 slice of whole-grain bread (70-100 calories).
- Snack (150-200 calories): Carrot sticks with hummus (150-200 calories).
- Dinner (450-500 calories): Grilled shrimp with roasted Brussels sprouts (300-350 calories) and sweet potatoes (150-200 calories).

- Breakfast (350-400 calories): A smoothie made with spinach, kale,
 Greek yogurt, and berries (300-350 calories).
- Lunch (400-450 calories): Chickpea and vegetable curry (300-350 calories), brown rice (100-150 calories).
- Snack (150-200 calories): Sliced cucumber with a squeeze of lemon (150-200 calories).
- Dinner (450-500 calories): Baked cod with asparagus (300-350 calories), quinoa (150-200 calories).

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Day-5

- Breakfast (350-400 calories): Scrambled eggs with diced tomatoes and avocado (350-400 calories).
- Lunch (400-450 calories): Turkey and vegetable wrap with whole-grain tortilla (350-400 calories), a mixed green salad (50-60 calories).
- Snack (150-200 calories): A small serving of mixed nuts (150-200 calories).
- Dinner (450-500 calories): Grilled chicken breast with sautéed spinach and garlic (300-350 calories), brown rice (150-200 calories).

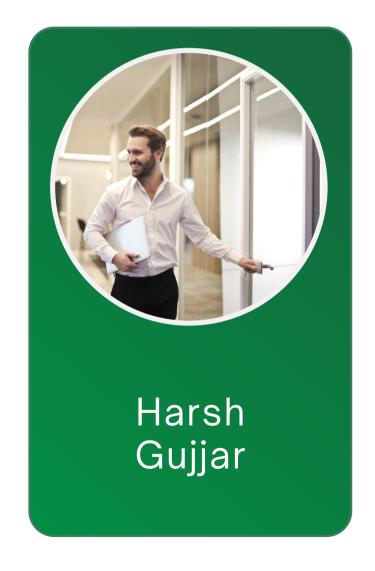
- Breakfast (350-400 calories): Cottage cheese with pineapple chunks and honey (300-350 calories).
- Lunch (400-450 calories): Lentil and vegetable stir-fry with tofu (350-400 calories) and quinoa (50-60 calories).
- Snack (150-200 calories): A serving of apple slices (150-200 calories).
- Dinner (450-500 calories): Baked mackerel with roasted sweet potatoes and broccoli (350-400 calories).

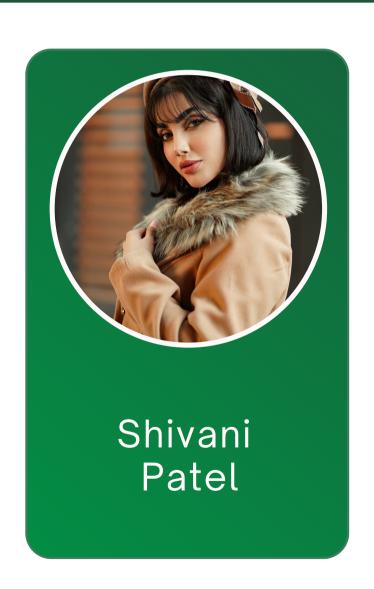
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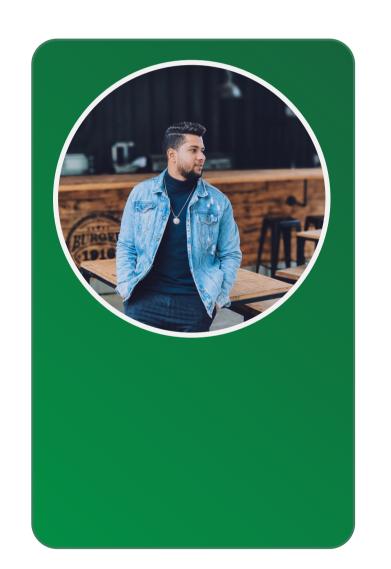
Day-7

- Breakfast (350-400 calories): Whole-grain waffles with fresh berries and Greek yogurt (300-350 calories).
- Lunch (400-450 calories): Spinach and kale salad with grilled shrimp and lemon-tahini dressing (350-400 calories), 1 slice of whole-grain bread (70-100 calories).
- Snack (150-200 calories): Sliced bell peppers with hummus (150-200 calories).
- Dinner (450-500 calories): Lean pork tenderloin with sautéed Brussels sprouts (300-350 calories), quinoa (150-200 calories).

SUCCESS STORY







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