

# 32 FOODS THAT BURN BELLY FAT FAST



DIETPER.COM

# 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).

# Day - 2

- **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).

# Day - 3



- **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).

# Day - 4

- **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).

# 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).

# Day - 6

- **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).

# 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



Harsh  
Gujjar



Shivani  
Patel

