FREE ABS DIET GUIDE

FLAT BELLY

RECIPES, FAT-BURNING FOOD SWAPS & EASY MEAL PREP STRATEGIES

SIMPLY DELICIOUS

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WELCOME

FLATTEN YOUR STOMACH WITH SMARTER FOOD CHOICES

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NUTRITION IS KEY FOR ABS

WHY YOUR DIET MATTERS MORE THAN CRUNCHES

WHY NUTRITION IS KEY FOR ABS

- ABS ARE MADE IN THE KITCHEN: WORKOUTS REVEAL THEM, BUT NUTRITION UNCOVERS THEM.
- EXCESS SUGAR, REFINED CARBOHYDRATES, AND PROCESSED FOODS CONTRIBUTE TO BELLY FAT.
- THE GOOD NEWS: WITH THE RIGHT SWAPS AND MEAL PREP, YOU CAN TURN YOUR DIET INTO A BELLY-FAT-BURNING MACHINE.

SMALL DAILY CHOICES = BIG VISIBLE RESULTS.

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MEAL PLAN

1-DAY ABS-FRIENDLY MEAL PLAN

- **BREAKFAST:** GREEK YOGURT BOWL WITH BERRIES, CHIA SEEDS & ALMONDS
- **SNACK:** APPLE SLICES + 2 TBSP ALMOND BUTTER
- **LUNCH:** GRILLED CHICKEN & QUINOA SALAD WITH CUCUMBER, TOMATO & OLIVE OIL DRESSING
- **SNACK:** PROTEIN SMOOTHIE (SPINACH, BANANA, PROTEIN POWDER, ALMOND MILK)
- **DINNER:** GRILLED SALMON, ROASTED ASPARAGUS & SWEET POTATO WEDGES

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FAT-BURNING FOOD SWAPS

SMART SWAPS THAT FLATTEN YOUR STOMACH

Instead of...	Try This...	Why It Helps
Soda	Sparkling water + lemon	Cuts 150+ empty calories per can
White bread	Sprouted grain bread	More fiber, steadier blood sugar
Regular pasta	Zucchini noodles or chickpea pasta	Lower carb, higher protein
Potato chips	Air-popped popcorn or roasted chickpeas	High fiber, keeps you full
Candy bar	70% dark chocolate (1–2 squares)	Antioxidants + lower sugar

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QUICK & EASY RECIPES

- **AVOCADO EGG SALAD WRAPS**

INGREDIENTS: HARD-BOILED EGGS, AVOCADO, GREEK YOGURT, WHOLE-GRAIN WRAP

HIGH PROTEIN + HEALTHY FATS

- **TURKEY & VEGGIE STIR-FRY**

INGREDIENTS: LEAN GROUND TURKEY, BROCCOLI, PEPPERS, OLIVE OIL, GARLIC, GINGER

FAST, FILLING, FAT-BURNING

- **PROTEIN SMOOTHIE BOWL**

INGREDIENTS: FROZEN BERRIES, PROTEIN POWDER, ALMOND MILK, CHIA SEEDS

PERFECT FOR BREAKFAST OR POST-WORKOUT

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MEAL PREP & PORTIONING TIPS

SET YOURSELF UP FOR SUCCESS

- COOK LEAN PROTEINS (CHICKEN, TURKEY, SALMON) IN BULK.
- PRE-CHOP VEGGIES AND STORE IN CONTAINERS FOR QUICK MEALS.
- USE PORTION-CONTROL CONTAINERS OR ZIP BAGS FOR SNACKS.
- FREEZE SMOOTHIE BAGS (FRUIT AND GREENS IN A FREEZER BAG, JUST ADD LIQUID AND PROTEIN).

TIP: STICK TO THE 80/20 RULE → 80% CLEAN EATING, 20% FLEXIBILITY TO STAY CONSISTENT.

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QUICK WINS

YOUR FLAT BELLY CHECKLIST

- EAT PROTEIN AT EVERY MEAL
- SWAP SUGARY DRINKS FOR WATER
- ADD 5+ SERVINGS OF VEGGIES & FRUITS DAILY
- PREP 2–3 MEALS AHEAD OF TIME EACH WEEK
- CUT BACK ON PROCESSED FOODS

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TAKE THE ABS DIET QUIZ!

THE ABS DIET QUIZ

- **1. HOW OFTEN DO YOU EAT BREAKFAST?**
- A) EVERY DAY → 2 POINTS
- B) A FEW TIMES PER WEEK → 1 POINT
- C) RARELY OR NEVER → 0 POINTS
- **2. WHICH BEST DESCRIBES YOUR DAILY PROTEIN INTAKE?**
- A) HIGH (PROTEIN AT MOST MEALS) → 2
- B) MODERATE → 1
- C) LOW → 0
- **3. SUGARY DRINKS PER DAY?**
- A) 0–1 → 2
- B) 2–3 → 1
- C) 4+ → 0
- **4. TYPICAL CARB SOURCE?**
- A) WHOLE GRAINS → 2
- B) MIX OF BOTH → 1
- C) MOSTLY REFINED → 0

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THE ABS DIET QUIZ

- **5. LATE-NIGHT SNACKING?**
- A) RARELY → 2
- B) A FEW TIMES PER WEEK → 1
- C) ALMOST EVERY NIGHT → 0
- **6. FRUITS & VEGETABLES PER DAY?**
- A) 5+ SERVINGS → 2
- B) 2–4 → 1
- C) 0–1 → 0
- **7. FAT SOURCES?**
- A) MOSTLY HEALTHY FATS → 2
- B) MIX → 1
- C) MOSTLY UNHEALTHY → 0
- **8. DAILY WATER INTAKE?**
- A) 8+ CUPS → 2
- B) 4–7 CUPS → 1
- C) LESS THAN 4 CUPS → 0

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THE ABS DIET QUIZ

- **9. PROCESSED FOODS?**
- A) RARELY → 2
- B) A FEW TIMES PER WEEK → 1
- C) DAILY → 0
- **10. MEAL TIMING?**
- A) STRUCTURED → 2
- B) IRREGULAR → 1
- C) GRAZING ALL DAY → 0

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SCORING

THE ABS DIET QUIZ

- **16–20 POINTS → HEALTHY FOUNDATION**
  YOU'RE ALREADY ON THE RIGHT PATH! KEEP UP THE GREAT HABITS AND FOCUS ON SMALL TWEAKS LIKE SMARTER MEAL TIMING OR PORTION CONTROL.

- **8–15 POINTS → MIXED HABITS**
  YOU'RE HALFWAY THERE. SOME GOOD PRACTICES, BUT SOME PITFALLS ARE SLOWING DOWN YOUR BELLY-BLASTING PROGRESS. FOCUS ON CUTTING SUGAR, UPPING PROTEIN, AND STICKING TO STRUCTURED MEALS.

- **0–7 POINTS → NEEDS A RESET**
  DON'T WORRY—THIS IS YOUR WAKE-UP CALL! START WITH SMALL STEPS: SWAP SUGARY DRINKS FOR WATER, ADD A PROTEIN SOURCE IN EVERY MEAL, AND AIM FOR MORE WHOLE FOODS. YOUR ABS WILL THANK YOU!

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THANK YOU

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