

7-Day Belly Fat Loss Diet Plan

# BELLY FAT LOSS

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Day	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	2 boiled eggs, 1 slice whole-grain toast, 1/2 avocado, green tea/black coffee	Handful of almonds (15-20)	Grilled chicken breast (or tofu), mixed greens salad with olive oil & lemon, 1/2 cup quinoa	1 small apple with 1 tbsp peanut butter	Baked salmon (or chickpeas), steamed broccoli & carrots, 1/2 sweet potato
Day 2	Overnight oats (almond milk, chia seeds, berries)	1 hard-boiled egg	Turkey/veggie wrap (whole-grain tortilla, spinach, hummus), cucumber slices	Handful of walnuts	Grilled shrimp (or lentils), roasted Brussels sprouts, 1/2 cup brown rice
Day 3	Smoothie (spinach, banana, almond milk, 1 tbsp flaxseeds)	Handful of pumpkin seeds	Grilled chicken salad (avocado, cherry tomatoes, olive oil dressing)	1 small orange	Baked cod (or black beans), steamed asparagus, 1/2 cup quinoa
Day 4	Greek yogurt with blueberries, drizzle of honey	Handful of cashews	Quinoa bowl (roasted veggies: zucchini, bell peppers, onions), sprinkle of feta cheese	1 small pear	Grilled turkey burger (or portobello mushroom), sautéed spinach
Day 5	Scrambled eggs with spinach and tomatoes	Handful of sunflower seeds	Grilled chicken/tofu stir-fry (broccoli, carrots, snap peas)	Handful of pistachios	Baked chicken breast (or tempeh), roasted cauliflower, 1/2 cup wild rice
Day 6	Smoothie bowl (spinach, banana, almond milk, granola)	Handful of mixed nuts	Grilled salmon (or chickpeas), roasted sweet potatoes	Handful of dried apricots	Grilled steak (or lentils), steamed green beans, 1/2 cup quinoa
Day 7	Chia pudding (almond milk, topped with berries)	Handful of almonds	Grilled chicken/tofu salad (mixed greens,	Handful of walnuts	Baked cod (or black beans), steamed

			<b>cucumbers, olive oil dressing)</b>		<b>zucchini, 1/2 cup brown rice</b>
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