

# FLAT BELLY IN FIVE

FITNESS & FOOD PLAN  
FIGHT BLOAT - SLIM DOWN - FEEL BETTER



## WHAT'S INSIDE?

You snagged yourself a copy of my Flat Belly in Five e-book. You are officially on your way to better health.

I created this little manual to help make life easier so that you can start to focus on your health and make it a priority, without having to waste time wondering how and where to start.

Whether you're coming off the couch and your health journey is just beginning or you've been making progress, but recently found yourself wandering off course, THIS E-BOOK IS FOR YOU!

In it, you will find a "Done For You" 5 day meal plan. As well as a "no excuses" & "no equipment needed" fitness program. Perfect for that jumpstart or reboot you've been looking for.

What you won't find: gimmicks, magic potions, empty promises, things that will make you rich, your lost sock, the winning lotto numbers, Waldo.

So now that you've got this badass little book- what are you going to do with it? Use it as your map, to put yourself on the road to success! Five days from now you'll be happy that you did.

### A BIT ABOUT ME (WHAT ARE MY STREET CREDITS)

Aside from being a wizard in the kitchen and a friend to all animals, I'm a regular down to earth person. I love cheese and pastries- and I EAT them. We probably have a lot in common.



Ten years ago, I was going through a divorce and in some of the worst shape of my life-physically and emotionally. I hated how I felt and looked so I decided to do something about it. I put myself back together, lost over 24 pounds, rediscovered my passion for sports and fitness. I decided to get "wicked smaht" and enrolled in the International Sports Sciences Association's (ISSA) program to

become a fitness trainer. Then I did something super crazy- I QUIT MY JOB! (*a very nice job as Director of Corporate Relations for the American Cancer Society*) I wanted something else. So I took my decade's worth of experience in sales and marketing and went after it.



That's how EMPOWERED by MEG started. And I couldn't be happier. Everyday I get to help people change their lives!





## **LEGAL DISCLAIMER:**

This e-book is for information purposes only. The information presented is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician.

You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician, you are agreeing to accept full responsibility for your actions.

By utilizing the exercise strategies contained herein, you recognize that despite all precautions on the part of **EMPOWERED by MEG** there are risks of injury or illness that can occur.

You assume all risks and waive, relinquish, and release any claim to which you may have against **MaryEllen Giombetti** and **EMPOWERED by MEG** in the event of any physical injury or illness incurred in connection with, or as a result of, the use or misuse of the information in this e-book.

**\*\*IMPORTANT:** This e-book is copyrighted. To copy, share, or reproduce is in violation of the law and prosecution will be enforced.

# TIPS FOR A FLAT BELLY IN FIVE

- 1. Ditch the Alcohol** - Limiting your alcohol intake is a great way to cut out unnecessary calories when you are trying to lose weight. Many alcoholic beverages contain a high sugar content. In addition, alcohol slows the metabolism.
- 2. Limit white foods** - Most white foods have been stripped of their nutrients and are generally highly processed and/or refined. (think white sugar, flour, bread, rice) So you may want to skip these most of the time and reach for their brown counterparts that will most likely have higher fiber and lower sugar content. Naturally white foods like onions, cauliflower, turnips and potatoes are fine to eat.
- 3. Hydrate with H2O** - Our bodies are comprised mostly of water, only makes sense we should keep it that way by replenishing with it. When you sweat, you lose water. Foods that are salty or high in sodium can also interfere with our H2O balance. So sip on water throughout the day and aim for half your bodyweight in ounces at a bare minimum. And just remember, anything you drink that is not water, detracts from your H2O intake so you need to drink double the amount to make up for it. And FYI, if you are trying to diminish bloat, you may also want to limit/avoid the carbonated water.
- 4. Nosh on Veggies and fruits** - Load up half your plate with these things first at meal time and look to these natural foods as snacks in between meals. Eat the color of the rainbow. The brighter the color, the more nutrients and vitamins you will most likely get. Red, orange, yellow and green peppers are excellent sources of Vitamins A, B6, C and K and FIBER!!! Fiber will keep you fuller longer. Berries contain powerful antioxidants, which give them disease fighting properties, as well as many other dark and bright colored fruit and veggies like kale, eggplant, cherries and brussels sprouts.
- 5. Stop & Think-** Sometimes we binge eat and snack out of boredom. Stress and other external factors can also lead to emotional or impulse eating. Try to stick to an eating schedule where you fuel your body properly every 3-4 hours. If you find yourself reaching for the fridge or snack drawer more than that, stop and ask yourself "Am I really hungry? Do I need this?" . Try grabbing a glass of water and taking a quick walk or listening to your favorite mood boosting song instead. If we stimulate the mind and body with another habit, we can most often curb that nagging impulse and replace it with a healthier behavior pattern.

## FLAT BELLY MEAL PLAN

### DAY 1

Breakfast: 1/2 cup steel cut or quick oats loaded with 10 chopped almonds or walnuts and 1/4 cup fresh fruit, 1 tsp honey, & cinnamon. Make with water, Almond or Cashew Milk.

Snack: 1 apple + 1 cup herbal tea

Lunch: Whole grain wrap (like Joseph's, FlatOut or Ezekiel) made with lettuce, 4 slices lean nitrate free turkey cold cuts like Applegate Farm brand, 1 TBSP honey mustard or Garlic Hummus, 5 chopped grape tomatoes. 1 cup of veggie sticks

Snack: 8 oz. plain Greek yogurt, 1/2 cup blueberries

Dinner: 6 oz. grilled sirloin with 1 cup of baked squash or 1/2 sweet potato

### DAY 2

Breakfast: 1 piece whole wheat/grain toast or english muffin w 2 TBSP natural nut butter & a small banana

Snack: Protein Smoothie: Blend 8 oz. of unsweetened almond milk (flavored is fine), 1 cup frozen berries, 1 scoop of whey protein powder (at least 20-25 grams of protein for females, 30-35 grams for males)

Lunch: 4oz. grilled chicken, 1 cup steamed broccoli, 2 cups spinach, 1/2 cup brown rice

Snack: 1 cup blueberries + 1/2c up baby carrots +2 TBSP hummus

Dinner: 6 oz grilled salmon or white fish, 1/2 cup quinoa mixed with 1/2 cup grilled peppers + 7 asparagus spears

### DAY 3

Breakfast: 2-3 egg white omelette or scrambled with 1 cup spinach and 1 piece swiss cheese

Snack: Whey protein shake or a protein bar like Quest Nutrition Bar (must have at least 20 grams of protein) + 1 pear or 2 clementines

Lunch: Grilled Chicken Salad: 3-4 oz chicken breast, 2 cups of mix of romaine lettuce and kale, topped with 1/2 small cut up cucumber, 1/4 cup chick peas and 1TBSP olive oil squeeze of lemon

Snack: 15 almonds + 1 cup cherries

Dinner: Salsa Chicken: 1 chicken baked/grilled chicken breast sliced or shredded and mixed with 1/4 cup of salsa fresca, 1/4 cup black beans and 1/2 cup brown rice or quinoa

### DAY 4

Breakfast: 8 oz Greek Yogurt mixed with 1 cup blackberries or strawberries and 2 TBSP sliced nuts and 1 apple

Snack: 2 hard-boiled eggs, 1/2 cup mixed berries

Lunch: 1 frozen or fresh turkey burger served on an Ezekiel bread english muffin, topped with lettuce, tomato, 1/2 an avocado and 1 TBSP hummus

Snack: Celery with 2TBSP almond butter

Dinner: Spinach Salad with 1 grilled chicken breast or 10 shrimp, topped with 1/2 cup blueberries, 2 TBSP pecans, and 2 TBSP of dressing of made with olive oil, crushed garlic, lemon, & honey drizzle

### Day 5

Breakfast: 2 slices of turkey bacon, 1 whole egg, 1/2 cup of cooked oats with cinnamon & 1 tsp honey

Snack: 1 Granny Smith apple sliced and rolled in 1/2 of a Josephs Lavish Flax Wrap spread with with 2 TBSP almond butter & 1 tsp of honey

Lunch: Chef Salad: 4 oz of nitrate free cold cuts of your choice, 2 slices of swiss cheese, 1 tomato, 1/2 small cucumber, 1 sliced pepper, served over 2 cups of romaine lettuce with 2 TBSP balsamic vinegar & olive oil dressing

Snack: 1 cup raw cut veggies like red and yellow peppers, with 1/4 cup Tabouli 2 TBSP hummus, plus 1 LARA Bar

Dinner: 6 oz. of lean protein of your choice baked or grilled, 1 sweet potato and 1 cup green beans

For optimal results and to help target stubborn belly fat and boost metabolism, do the 7 Minute Workout every other day over a 5-7 day period. On the alternate days, perform at least 20 minutes of vigorous cardio of your choice such as: brisk walking, jogging, running intervals, dancing, biking, swimming or even elliptical or step work. Anything that gets your heart rate up and brings the sweat!

### **7 Minute Workout- No Equipment Needed**

*Do each move for 30 seconds followed by 10 seconds of rest. 1 round is under 7 minutes. To really feel the burn, repeat the circuit 2-4 times.*

*\*Make it Harder: Hold a pair of moderate weight dumbbells (5-10 lbs. beginners, 15-20lbs. intermediate/advanced) for the squats, wall sit, step ups, walking lunges and side lunges.*

**Jumping Jacks**

**Squat or Wall Sit**

**Pushups**

**Abdominal Crunch**

**Step Up or Walking Lunge**

**Triceps Dip**

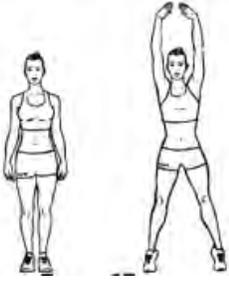
**Plank**

**High Knee Run in Place**

**Side to Side Lunge**

**Side Plank**

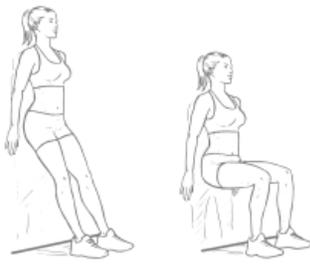
**Jumping Jacks / Star Jumps**



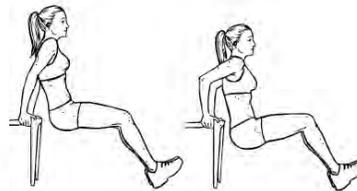
**Bodyweight Squat**



**Wall Sit**



**Chair Tricep Dips**



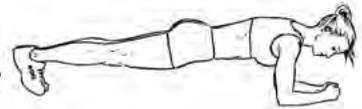
**Push-up**



**Crunches**



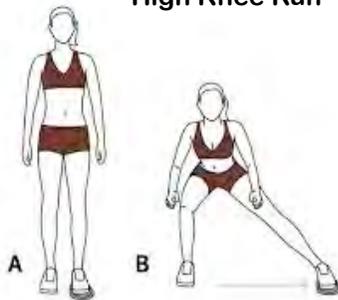
**Plank**



**High Knee Run**



**Side to Side Lunge**



**Side Plank**

