



7-DAY

**BEACH
BELLY
FLUSH**

**MEREDITH SHIRK
CPT, FNS, WLS**

Welcome to The 7-Day Beach Belly Flush!

I can't wait to help you burn some serious fat in the next 7 days and feel like a ROCKSTAR in the process!

Now, I want to be perfectly clear...

You should NOT follow this meal plan for more than 7 days. This is simply to jumpstart your fat loss, and begin to turn your body from being a “carb-burner”, to being a “fat-burner”.

It's not a long-term solution, but you can cycle this type of program from time to time if you are feeling sluggish and tired.

So please, don't do this for longer than 7 consecutive days.

I wanted to make this as simple as I could as I know most meals plans are over the top with prep and cooking!

There is NOT a new set of rules to follow each day, or hundreds of recipes that seem overwhelming just to read through.

What you'll find here are options for each of your meals – breakfast, lunch, dinner.

One list of options for each, then you can mix and match whatever you feel like eating each day.

The portion sizes are the *minimum* that you should be eating. Everyone is different., so start with the portions recommended and you can always eat a little more if you're still hungry.

As I mentioned earlier, your best bet is to increase the protein and veggie servings if you're still hungry. The protein and fiber will make you feel full faster and for a longer period of time.

Please don't be afraid to eat a little extra.
Severely limiting your calories will actually kill your results.

You'll have no energy and your body will hang on to every last pound of fat for dear life.

Stick with the healthy foods, stay away from the breads, pastas, cereal, and sweets and of course processed junk!

And there will be a new person looking back at you in the mirror 7 days from now!

Days 1-7

Breakfast

Protein Choices:

Choose One

2-3 whole eggs (any style)

½ cup plain Greek yogurt

4 oz. meat from the night before

Greens Energy Shake (see recipe below)

Vegetable Choices:

Choose One

1 cup cooked broccoli

1 cup cooked cauliflower

1 cup cooked spinach

1 cup berries (blueberries or raspberries)

Healthy Fat Choices:

Choose One

½ avocado

1 tbsp. coconut oil

1 tbs. grass fed butter

Example:

½ cup plain Greek yogurt

1 cup berries (blueberries or raspberries)
½ avocado with salt

Note: Cooking your eggs and/or veggies in grass-fed butter or coconut oil is pretty amazing :) I highly recommend it to get some more healthy fats in, which fill you up and stop you from snacking all day long.

Plus, it helps you burn more fat.

Greens Energy Shake Recipe

- 2 handfuls baby spinach or kale
- 1 tps. green powder (optional)
- ½ cup frozen blueberries
- 1 scoop protein powder or ¼ cup plain Greek yogurt
- 1 ½ cups water
- Ice (optional)

Snacks (Optional)

Protein Choices:

Choose One

3 ounces chicken breast

3 ounces turkey (preferably turkey breast)

3 ounces fish (salmon, tuna, halibut or cod)

1 hardboiled egg

¼ cup raw unsalted almonds

¼ cup plain Greek yogurt

Fruit choices:

3 medium slices green apple

½ cup grapes

¼ cup berries

1 tsp. honey

Vegetable Choices:

Choose One

¼ cup broccoli

¼ cup raw carrots
¼ cup cucumber

Lunch & Dinner

Protein Choices:

Choose One

6 ounces chicken breast
6 ounces turkey (preferably turkey breast)
6 ounces fish (salmon, tuna, halibut or cod)
3 whole eggs, any style
4 ounces beef
6 ounces steak

Vegetable Choices:

Choose One and eat as much as you'd like

Broccoli
1 large bowl of lettuce/spinach for a salad
Asparagus
Cauliflower
Green beans
Roasted beets
Kale
Cucumbers
Zucchini

Healthy Fat Choices:

Choose One

1 tbsp. coconut oil
1 tbsp. MCT oil
½ avocado
1 tbsp. grass fed butter
Black olives
1 slice full-fat cheese

Salads are a GREAT way to get your veggies and protein in! Try adding more veggies if you are going for the salad option. Make sure these veggies are raw and try for organic if you can!

Dressing: Balsamic Vinegar + 1 tsp. Natural Mustard +
Spices

Dinner Example:

6 oz. Salmon (baked)
Baked broccoli with coconut oil

Beverages – In order to get the best results possible, stick with water as your main beverage for the 7 days. You can squeeze in some fresh lemon or lime for flavor.

Coffee is a must for me in the morning ;) So I advocated 1 cup, but keep it black with no added sugar, unless you are using small amount of stevia.

Tea from a tea bag is also acceptable, but not the packaged brands that contain added sugar and other ingredients.

Deaf tea is one of my favorite “secrets,” in the evening. Unsweetened peppermint or chamomile tea is a great way to relax and keep you from binging on sweets!

Alcohol is a big no-no here. Okay don’t get crazy just yet... This is a 7-day program and if you are looking to REALLY see a change then you REALLY have to make a change!

I know you have it in you to make the switch.... You will feel amazing...I just know it!

Here’s to 7-Days of better health!

Meredith Shirk, CPT, FNS