

DEEP BELLY DETOX DIET

Flush Away Every
Last Ounce of Fat



Meredith Shirk, CPT

This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

Copyright © 2015 Svelte LLC

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

For permission requests, write to the publisher, addressed "Attention: Copyright Coordinator," at the email address below.

Week 1

	Breakfast	Lunch	Dinner
Sunday	Ultimate Healthy Fruity Bowl	Crowd Pleasing Curry	Weekend Dinner Chicken
Monday	Protein Packed Smoothie	Dive Cabbage	Scrumptious Stuffed Steak
Tuesday	Unique Filled Avocado	Delectable Vegetable Noodles	Spicy Chopped Chicken Salad
Wednesday	Best Ever Chia Seeds Pudding	Aromatic Roasted Tomatoes	Warming Turkey Soup
Thursday	Delish Savory Pancakes	Crunchy Veggie Salad	Classic Grilled Chicken
Friday	SuperFood Smoothie	Flavorsome Shrimp	Filling Seafood Soup

Saturday	Impressive Veggies and Eggs Bake	Winner Salmon Burgers	Gorgeous Lamb and Green Peas
-----------------	----------------------------------	-----------------------	------------------------------

Week 2

	Breakfast	Lunch	Dinner
Sunday	Delish Savory Pancakes	Freshly Tasty Scallops and Asparagus	Sophisticated Salmon Parcel
Monday	Superfast Omelet	Winner Salmon Burgers	Fiesta Chicken and Salsa
Tuesday	Ultimate Healthy Porridge	Irresistible Warm Salad	Celebration Lamb Chops
Wednesday	Baked Spinach and Eggs	Aromatic Roasted Tomatoes	Hot and Spicy Halibut
Thursday	Ultimate Healthy Fruity Bowl	Mouth Watering Kabobs	All In One Beef Salad

Friday	Gourmet Breakfast	Super Light Lettuce Wraps	Awesome Vegetable Medley
Saturday	Fabulous Rosemary Bread	Delectable Vegetable Noodles	Succulent Lamb Stew