

# 28-Day Flat Belly Challenge

## Sample Meal Plan

Week Day	WO	Meal #1	Meal #2	Meal #3	Meal #4	Meal #5	Workout	After Workout
<b>SUNDAY</b> <b>DAY 1</b> HYPER LOAD DAY	<b>Full Body Resistance Workout</b>	Baked Oatmeal with Blueberries and Raw Honey	Green Peanut Butter Smoothie	Turkey Bacon egg cups	Strawberries/ Blueberries with Homemade Granola	Treat Meal with Wine maybe desert :)	<b>30 MIN Cardio</b>	<b>Green Tea</b>
<b>MONDAY</b> <b>DAY 2</b> SUPER SHAKE DAY	<b>METABOLIC RESISTANCE WORKOUT</b>	Shake	NA	Shake	NA	Shake	<b>ZUMBA</b>	<b>Green Tea</b>
<b>TUESDAY</b> <b>DAY 3</b> PROTEIN & VEG	<b>Full Body Resistance Workout</b>	egg white veggie omelet	Turkey Asparagus Roll Ups	Grilled Chicken and Cauliflower Rice with veggies	Green Shake	Turkey chilli and mixed greens salad	<b>30 MIN Cardio</b>	<b>Green Tea</b>
<b>WEDNESDAY</b> <b>DAY 4</b> PROT, VEG & FAT	<b>Light Cardio</b>	2 eggs and Turkey bacon	Green Smoothie	Turkey chilli with mixed greens salad	snow peas/celery LYL Veggie Dip	Baked Cod with Cauliflower rice with veggies	<b>30-40 MIN</b> <b>WALK</b>	<b>Green Tea</b>
<b>THURSDAY</b> <b>DAY 5</b> ADD CARBS	<b>Full Body Resistance Workout</b>	egg white veggie omelet	Grapefruit	Baked Cod with cauliflower rice with veggies	Green Shake	Grilled Chicken with Gia Rice and Veggies	<b>ZUMBA</b>	<b>Green Tea</b>
<b>FRIDAY</b> <b>DAY 6</b> ADD CARBS	<b>METABOLIC RESISTANCE WORKOUT</b>	Turkey Bacon cups	Grapefruit	Grilled Chicken with Gia Rice and Veggies	Green Shake	Grilled Tilapia with Salsa and Asparagus and mushrooms	<b>30-40 MIN</b> <b>WALK</b>	<b>Green Tea</b>
<b>SATURDAY</b> <b>DAY 7</b> PROTEIN & VEG	<b>OFF</b>	egg white veggie omelet	Green Shake	Grilled Tilapia with Salsa and Asparagus with Mushrooms	Veggies and Greek Yogurt	Grilled Turkey Burger (no Bun) with Mixed Green Salad	<b>Low</b> <b>Intense</b> <b>Cardio</b>	<b>Green Tea</b>