

7 Day Flat Belly Diet Plan Recipes

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Day 1 Breakfast: Omelette made with three egg whites and filled with 75g chopped mixed peppers and a handful of spinach

Mid-morning snack: 100g chicken with ½ red pepper, sliced

Lunch: One grilled chicken breast, mixed salad leaves, red peppers, green beans and ¼ tbsp olive oil

Mid-afternoon snack: 100g turkey breast with ¼ cucumber, sliced

Dinner: 100g grilled chicken breast with steamed broccoli

Day 2 Breakfast: Baked chicken breast with a handful of stir-fried kale

Mid-morning snack: 100g turkey breast and ½ green pepper, sliced

Lunch: Baked haddock fillet with mixed green salad, with ½ tbsp olive oil

Mid-afternoon snack: 100g turkey breast with 75g steamed broccoli

Dinner: One salmon steak with chopped dill and steamed green beans

Day 3 Breakfast: 100g smoked salmon, plus spinach

Mid-morning snack: 100g chicken breast with ½ yellow pepper, sliced

Lunch: One grilled chicken breast with garden salad and ½ tbsp olive oil

Mid-afternoon snack: 100g turkey slices with ¼ avocado

Dinner: One grilled lamb steak (or two cutlets); steamed broccoli and spinach

Day 4 Breakfast: Scrambled eggs (one whole, two whites), tomatoes, green beans

Mid-morning snack: 100g turkey slices with ¼ cucumber, sliced

Lunch: Baked cod fillet with salad, tomato, spinach and ½ tbsp olive oil

Mid-afternoon snack: 100g chicken breast with ½ grilled courgette

Dinner: 100g chicken breast stir-fry made with ½ tsp oil and green veg

Day 5 Breakfast: 200g turkey breast with ¼ avocado and ¼ cucumber, sliced

Mid-morning snack: Two hard-boiled eggs with ½ red pepper, sliced

Lunch: 150g grilled prawns with a green salad and tomatoes, ½ tbsp olive oil

Mid-afternoon snack: 100g turkey breast with five almonds

Dinner: 100g chicken breast with steamed broccoli

Day 6 Breakfast: One grilled haddock fillet with roasted peppers and courgettes

Mid-morning snack: 100g chicken with one tomato, sliced

Lunch: 150g turkey with green salad, steamed broccoli and ½ tbsp olive oil

Mid-afternoon snack: 100g chicken with five pecan nuts

Dinner: 150g-200g steak served with steamed green beans and broccoli

Day 7 Breakfast: Three-egg-white omelette, grilled tomatoes and steamed spinach

Mid-morning snack: 100g turkey with five Brazil nuts

Lunch: 150g chicken breast with steamed asparagus and green salad

Mid-afternoon snack: 100g turkey with ¼ cucumber, sliced

Dinner: Grilled, skinless duck breast with steamed oriental greens or broccoli