

7 Day Flat Belly Diet Plan Recipes

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Monday

BREAKFAST

Low-fat plain yogurt with oat granola and 1 grated apple. Green tea.

LUNCH

Salad of 50g reduced-fat mozzarella, 1 tomato, ½ small avocado, fresh basil, balsamic vinegar, salad leaves. 1 slice of seed bread.

DINNER

1 chicken breast cooked with ginger, spring onions and soy sauce, with 50g (dry weight) rice noodles and mangetout.

SNACKS

2 crispbreads, cottage cheese and 1 orange.

300ml skimmed milk, few slices papaya.

Tuesday

BREAKFAST

2 Oatibix with skimmed milk and 10g sunflower seeds. 1 orange. Green tea.

LUNCH

Three-bean salad (spring onions, tomatoes, green pepper, 2tbsp red kidney beans, 2tbsp chickpeas and 2tbsp fat-free dressing). Salad and 1 slice of wholemeal bread.

DINNER

50g basmati rice, home-made ratatouille, side salad made with 25g feta.

SNACKS

Fruit smoothie using 250ml skimmed milk.

1 thin slice rye toast with peanut butter.

Wednesday

BREAKFAST

Berry smoothie (1 cup of berries, ½ tub of low-fat bio yogurt and 275ml skimmed milk).

LUNCH

Sushi lunchbox.

DINNER

100g roast chicken fillet with 1 baked tomato, 1 large baked sweet potato and 100g runner beans.

SNACKS

Rice cakes with cottage cheese.

125g tuna with cherry tomatoes, shredded lettuce and black olives.

Thursday

BREAKFAST

30g oats porridge, 200ml skimmed milk, raisins. Dandelion tea.

LUNCH

Stir-fried veg served with 30g toasted cashews.

DINNER

125g cubed lean lamb fillet on kebabs sprinkled with bread and Greek salad (without feta).

SNACKS

1tbsp reduced-fat hummus with crudités.

1 slice pumpernickel toast and 2tsp peanut butter.

Friday

BREAKFAST

2 pieces of fruit, 125g yogurt, 20g nuts. Green tea.

LUNCH

50g goat's cheese, 1 slice rye bread, large salad and low-fat dressing.

DINNER

120g baked salmon with peppers, 4 boiled new potatoes. Side salad of watercress and leaves drizzled with walnut oil.

SNACKS

Fruit salad with small natural yogurt.

1 slice fruit loaf.

Saturday

BREAKFAST

Poached egg, grilled tomato, poached mushrooms and 1 slice pumpernickel toast. Glass of juice and 1 piece of fruit.

LUNCH

Tofu (85g) and veg stir-fry, with rice noodles (50g dry weight).

DINNER

Pork kebabs (125g lean meat) with peppers, mushrooms and tomatoes. 50g (dry weight) basmati rice and green salad.

SNACKS

Handful of dried fruits and nuts.

Slices of pineapple.

Sunday

BREAKFAST

30g Special K with milk, crushed flaxseeds and 50g blueberries. Small glass of fruit juice.

LUNCH

Grilled vine tomatoes sprinkled with oregano and balsamic vinegar served on 1 toasted slice of ciabatta, topped with 25g goat's cheese.

DINNER

1 grilled salmon fillet brushed with pesto sauce

50g wild rice and broccoli.

SNACKS

1 slice bread, cottage cheese and pineapple.

Rice pudding (200g) and fresh raspberries.