

QUICK START

Nutrition Plan

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Summary

Your Food Guide	3
Foods that change everything:	6
The kings of vegetables	7
Weight-loss Drinks	8
Notes on your 4 weeks menu	12
Intermittent fasting:	
Carbohydrates:	
In case:	
Proportions.....	15
4 weeks to slim down – Week 1	16
4 weeks to slim down – Week 2	17
4 weeks to slim down – Week 3	18
4 weeks to slim down – Week 4	19
3 Videos That Accompany Your 4-Week Diet.....	20

Your Food Guide

Losing weight can be a difficult and overwhelming task.

But it can also be a time of pleasure and discovery.



By changing the way you eat, you can rediscover some lost taste pleasures, and discover new foods that do good to your taste buds and your figure.

Additionally, you will find life way easier...since your health will improve on a daily basis.

This 4-week slimming program will allow you to discover a way of eating that is easy to live with, simple to execute and delicious.

And most importantly, this program will help you bring your weight down while providing your body with as many good nutrients as possible to maintain energy and muscle strength.



NO to restrictive diets that deplete and make people regain weight when they are finished!

Also, make sure to read **The Okinawa Flat Belly Tonic Manual** carefully, it will help you expand your knowledge on what constitutes a healthy diet and the benefits you can reap of off it. And they are plenty!

For example, you will find that some gentle exercising is enough to get significant health benefits. The same thing applies to hormonal health, general health and a vital – and often overlooked – component of weight-loss...sleep!

So, always keep **The Okinawa Flat Belly Tonic Manual** somewhere handy – on your tablet or smartphone for example!

With this 4-week program, you will eat foods that will help you to realize a slim and toned body without starving you. And above all, you will develop good habits that you will no longer want to give up.



The principle you will notice is to limit the intake of carbohydrates as much as possible. They are mainly present at supper, to facilitate sleep.

Sugar is prohibited, but you can use Stevia extract and/or Xylitol as a sweetener. Honey is an exceptional treat.



On weekends,
you will find
menus for

brunch and supper with friends or Sunday family lunches. They will allow you to please your loved ones without ruining your efforts of the week.



Foods that change everything:

To ensure optimal satiety and prevent you from losing muscle mass, you will find a lot of animal protein:

- > Chicken
- > Eggs
- > Beef
- > Fish



You will also find in these menus two important fats:

- > Olive oil
- > Coconut oil



And the good carbohydrates allowed are as follows:

- > Sweet potatoes
- > Black beans
- > Quinoa
- > Squashes



> Red fruits

> Coconut flour

The kings of vegetables

Vegetables are inseparable from these 4 weeks' menu. You must integrate them in large quantities to ensure your satiety and your intake of nutrients and vitamins.

- Curly cabbage (or Kale)
- Cauliflower
- Mushrooms
- Spinach
- Courgettes (or Zucchini)
- Peppers
- Tomatoes
- Onions
- Garlic
- Aromatic herbs



To concoct the menus of these 28 days, we based ourselves on two e-books: 100 Fat Burning Recipes and CRP Lowering Drinks that you have already received.

Keep them with you and use them to prepare your shopping list, as you proceed with this program.



Weight-Loss Drinks

No day would be complete without water, tea or coffee but some of us, also enjoy a juice or a smoothie every now and then.

To keep yourself satisfied while following this nutrition plan, you can add some tasty drinks to keep temptation at bay!

On one hand, some of the proposed drinks are zero or low calorie which means that you can drink them with a meal, a snack or whenever you fancy (unless otherwise mentioned).

On the other hand, other drinks are a meal in itself, complementary to a light meal or ideal as a post-workout snack. All of these details can be found in the **Flat Belly CRP Lowering Drinks** e-book.

All of these drinks have specific properties to help you have a smoother weight loss.

Firstly, these drinks were designed to reduce levels of inflammation in the body – aka CRP levels.

C-reactive protein – or CRP – is an inflammatory protein and it's one of the best ways to test the levels of inflammation.

All of us make this protein – which is mainly the task of the liver. Normally, healthy CRP levels help us fight off infections and generally speaking, they protect the body.

Nonetheless, when inflammation – or CRP levels – are out of hand, it becomes damaging to the body.

Thus, it is vital to lower them to get back to normal CRP levels.

And by keeping your inflammation levels in a normal range, you significantly reduce your risk of disease and improve most aspects related to weight-loss.

Moreover, some of these drinks have fat burning properties, others promote sleep, boost metabolism – or increase your levels of tryptophan (or similarly, oxitriptan/5-HTP), an essential amino-acid which is also a precursor to serotonin and melatonin.

Serotonin is a neurotransmitter that is highly involved in our well-being and happiness. Healthy levels of serotonin are essential to reduce stress, anxiety, depression and other factors that can cause emotional cravings.

Melatonin is a hormone that regulates and promotes sleep. It plays an essential role in telling our bodies when to go to sleep and it also boosts deep (and regenerating) sleep.

By making sure to boost your tryptophan levels, you will improve your general well-being, your sleeping habits and of course, your weight loss.



I also mentioned above oxitriptan (also known as 5-HTP, 5-hydroxytryptophan) – which is a naturally occurring amino-acid and also a precursor of the neurotransmitter serotonin.

The difference between tryptophan and oxitriptan mainly lies in the fact that oxitriptan is produced from tryptophan through the action of an enzyme called tryptophan hydroxylase.

Unlike tryptophan, **oxitriptan or 5-HTP** is found in incredibly small quantities in food. Thus, it is mainly found as dietary supplement or in some medications.

However, certain foods (some are found in our drinks and meals) – like banana, cocoa, milk, oats, yogurt, peanuts, almonds, eggs, etc. – contain

tryptophan which will increase your levels of serotonin and consequently, of well-being.

And that's an essential factor to facilitate a far more serene weight loss without any added frustrations.

In other words, keep calm, happy, make your body healthier and lose weight easily. :-)

Notes on your 4 weeks menu

Intermittent Fasting:

You will notice that some days of the week do not include breakfast or supper. We invite you to fast intermittently, i.e. not to consume anything for 16 hours in a row, one to two days a week. This safe technique allows your body to rest, detoxify and start over. Intermittent fasting boosts metabolism, without creating a famine effect, counterproductive for weight loss.

Intermittent fasting is ideal to boost weight-loss without too much effort. And it becomes easier and easier to restrict meals in a predefined window of time by starting progressively.

For instance, you could have an 8 hour eating window to start with – which means you could have your first meal at 10AM and the last one at 5.30PM (to leave you 30 minutes to eat ;-)).

Or, you could make you first eating window slightly larger (e.g. 10 hours) and then, the following week you could reduce it to 8 hours. Eventually, if you are feeling brave enough, you could try OMAD – aka One Meal A Day.

For more information on intermittent fasting and techniques, refer to **The Okinawa Flat Belly Tonic Manual** (p.29).

Carbohydrates & Satiety:

To lose as much weight as possible during these 3 weeks you should reduce the carbohydrates to the smallest portion and follow our recommendations. If you really need to add a few carbohydrates to your lunch, add a handful of whole grain rice or buckwheat noodles to the recommended dish. You won't lose some weight as quickly, but you may be able to hold on more easily.

Additionally, by upping your intake of vegetables and healthy fats, you will feel fuller faster. So, don't skimp on the greens and the coconut oil!

Finally, protein is also an essential part of satiety. Make sure to get enough protein daily, without overdoing it. You don't need to eat protein with every single meal. However, two portions daily should be enough. Add some extra lean protein when you are having a very physical day.

In case:

There is no 'in case' in your 28-day program. Simply because we have found that putting a snack in your agenda can encourage some people to eat when they don't need it. However, if you feel weak in the middle of the morning or afternoon, you have the right to eat something.

But be careful, not just anything!

Choose your snack from the following list and for oilseeds, consider just a handful to be the right amount.

- Almonds, nuts, hazelnuts, cashews
- Fresh red fruits (or frozen)

- Hummus and celery or cucumber
- Apple (1 small) and almond butter (1 tbsp)
- Dark chocolate with 80% cocoa (2 squares max)
- Watermelon (1 bowl)

In addition, for many more tasty snacks ideas, check out **The Okinawa Flat Belly Tonic Manual** (p.35 & p.36).

Proportions



Be careful, the proportions vary from 1 to 8 people depending on the recipes. Adapt them according to the number of guests. You can also follow the proportions indicated and take the opportunity to freeze portions, which will save you from having to cook every day.



4 weeks to slim down – Week 1

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Breakfast	Coffee/tea/ or herbal tea* + "Vitality" Coffee Smoothie ** (p.26) or Spicy Carrot & Apple Smoothie ** (p.21)	Coffee/tea/ or herbal tea* + Berry Blast Smoothie (p.07)	Coffee/tea/ herbal tea*/ or Fat Burning Juice** (p.10) + Scrambled egg with turmeric (p.14)	Coffee/tea/ or herbal tea* + Chia seeds soaked in oat milk with red berries	Coffee/tea/ herbal tea*/ or Ginger & Lemon tea** (p.7)	Coffee/tea/ herbal tea*/ or Slimming Floral tea** (p.13) + Almond flavoured oats (p.18)	<i>Brunch:</i> Club omelette (p.21) + Gazpacho (p.24) + Cardamom, blueberry and coconut muffins (p.115)
Lunch	Mexican chicken salad (p.29)	Frittata with kale and red pepper (p.38)	Ginger cod with zucchini salad (p.71) or Ultra Green Smoothie ** (p.24)	Beef fajitas (p.42)	Baked Turkey meatballs with vegetables (p.54)	Steak fajitas (p.41) or "Vitality" Coffee Smoothie ** (p.26)	
Supper	Stuffed sweet potatoes (p.82) + 1 Sheep milk yogurt with xylitol or stevia	Indian pancakes (p.83) +1 bowl of red berries + unlimited "Peaceful Sleep" tea** (p.18)	Vegetarian Thai Red Curry (p.90) + 1 80% dark chocolate square	Water, unlimited herbal tea */ or unlimited "Peaceful Sleep" tea** (p.18)	Black bean and sweet potato chilli (p.77) + 80% dark chocolate square	<i>Supper with friends:</i> Metabolic sushi (p.73) + Strawberry Crepes (p.108)	Beef and vegetable soup (p.23) + 1 Sheep milk yogurt with xylitol or stevia

***Without sugar!**

**** These drinks are found in the CRP Lowering E-book.**

4 weeks to slim down – Week 2

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Breakfast	Coffee/ tea/ herbal tea*/ or "Thy Fat Shall Melt" drink** (p.15)	Coffee/ tea/ or herbal tea* + apple salad with nuts and cheese	Coffee/ tea/ or herbal tea* + Sheep milk yogurt with dried fruits (figs, grapes, almonds)	Coffee/ tea/ herbal tea*/ or Slimming Floral tea** (p.13)	Coffee/ tea/ or herbal tea* Almond flavoured oats (p.18)	Coffee/ tea/ herbal tea*/ or Ginger & Lemon tea** (p.7) Coconut flour pancakes (p.115)	Coffee/ tea/ or herbal tea* Piña colada smoothie (p.15) or Spicy Carrot & Apple Smoothie** (p.21)
Lunch	Paleo fish tacos (p.69)	Salad niçoise (p.28) or Post-workout Smoothie* (p.29)	Stuffed bell peppers (p.39) (can be eaten hot or cold)	Lemon pepper chicken with rosemary (p.54) + Balsamic stuffed mushrooms (p.123)	Salmon tartare with salad (p.30) or "Vitality" Coffee Smoothie* (p.26)	Jalapeño Dijon grilled chicken (p.48)	<i>Family lunch:</i> Hickory style smoked beef brisket (p.45) + Ratatouille (p.94) + Coconut chocolate cake (p.95)
Supper	Vegetarian lasagna (p.85) + 1 small bowl of red berries + unlimited "Peaceful Sleep" tea** (p.18)	Quinoa pineapple stir-fry (p.75) + 1 Sheep milk yogurt with xylitol or stevia	Brown rice pasta with salmon and asparagus (p.65) + 1 Sheep milk yogurt with honey and nuts	Artichoke soup (p.25) 80% dark chocolate square or "Night Night" Diner smoothie* (p.33)	Butternut squash gratin (p.87) + 1 bowl of red berries	Sweet potato and leek with egg (p.93) + Fresh fruit salad + unlimited "Peaceful Sleep" tea** (p.18)	Salad of young shoots and vegetable broth + 1 Sheep milk yogurt with xylitol or stevia or Fast

***Without sugar!**

**** These drinks are found in the CRP Lowering E-book.**

4 weeks to slim down – Week 3

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Breakfast	Coffee/ tea/ or herbal tea* + Cardamom, Blueberry, Coconut Muffins (p.113)	Coffee/ tea/ or herbal tea*+ Sheep milk yogurt with nuts, squash and sunflower seeds and xylitol	Coffee/ tea/ herbal tea*/ or "Thy Fat Shall Melt" drink** (p.15)	Coffee/ tea/ herbal tea*/ or Ginger & Lemon tea** (p.7) + oatmeal banana (p.22)	Coffee/ tea/ or herbal tea* + Berry blast smoothie (p.07)	Coffee/ tea/ herbal tea*/ or Slimming Floral tea** (p.13) + Banana pancakes (p.112)	Coffee/ tea/ or herbal tea* + Coconut flour pancakes (p.115)
Lunch	Asian chicken salad (p.27)	Mexican style Eggs (p.19) or Fast	Salad niçoise (p.28) or "Vitality" Coffee Smoothie* (p.26)	Guacamole devilled eggs (p.119)	Top sirloin kabobs (p.49)	Mozzarella and tomato salad (p.32) or Post-workout smoothie** (p.29)	<i>Family lunch:</i> lamb chops with mustard (p.56) + Cauliflower and broccoli gratin (p.78) + Mixed berry tart (p.103)
Supper	Sweet potato and leek with egg (p.93) + 1 bowl of red berries + unlimited "Peaceful Sleep" tea** (p.18)	Cauliflower and bean in coconut curry (p.80) + 1 80% dark chocolate square	Macadamia nut crushed mahi mahi (p.63) + 1 Sheep milk yogurt with honey	Chicken with seasoned baked veggies (p.52) +1 80% dark chocolate square	Indian Pancakes (p.83) + 1 Sheep milk yogurt with red berries OR "Night Night" diner smoothie* (p.33)	<i>Supper with friends:</i> Black bean and sweet potato chilli (p.77) + home-made mango sorbet (Blend frozen mango)	Water, herbal tea or home-made vegetable broth (without too much salt) at will or unlimited "Peaceful Sleep" tea** (p.18)

***Without Sugar!**

**** These drinks are found in the CRP Lowering E-book.**

4 weeks to slim down – Week 4

	Monday	Tuesday	Wed.	Thursay	Friday	Saturday	Sunday
Breakfast	Coffee/tea/ herbal tea* or Slimming Floral Tea* (p.13) + Eggs and sautéed spinach (p.06)	Coffee/tea/ herbal tea* or Ginger & Lemon Tea** (p.7) + Blueberry apricot cardamom muffins (p.113)	Coffee/tea/ herbal tea* or Spicy Carrot & Apple Smoothie* (p.21)	Coffee/tea/ or herbal tea* +Almond flavoured oats (p.18)	Coffee/tea/ herbal tea* or Fat Burning Juice** (p.10) + Mexican style eggs (p.19)	Coffee/tea/ or herbal tea* +Baked banana nut oatmeal (p.122)	<i>Brunch :</i> Coffee/ tea/ or herbal tea* Scrambled eggs with turmeric (p.14) +Baba ghanouj (p.118) + Coconut flour pancakes (p.115)
Lunch	Quinoa salad (p.31) or Post-workout smoothie* (p.29)	Guacamole devilled eggs (p.119)	Mexican chicken salad (p.29)	Paleo fish tacos (p.69) or Ultra Green Smoothie* (p.24)	Pumpkin chicken chilli (p.51) or "Vitality" Coffee Smoothie* (p.26)	Salmon tartare with salad (p.30)	
Supper	Wild salmon and roast asparagus (p.66) +1 Sheep milk yogurt with nuts and honey	Beef cauliflower shepherd's pie (p.58) + 1 80% dark chocolate square	Stuffed sweet potatoes (p.82) + 1 bowl of red berries	Quinoa pineapple stir-fry (p.75) + 1 80% dark chocolate square	Water, herbal tea, home-made vegetable broth at will or unlimited "Peaceful Sleep" tea** (p.18)	<i>Supper with friends:</i> Vegetarian lasagna (p.85) + Strawberry peach cobbler (p.99)	Chicken curry, rice optional (p.60) + 1 Sheep milk yogurt with red berries OR "Night Night" diner smoothie** (p.33)

***Without sugar!**

**** These drinks are found in the Flat Belly Revelation – CRP Lowering E-book.**

3 Videos That Accompany Your 4-Week Diet

Your diet for the next 4 weeks is very important and it is essential to adopt the best eating habits. Your results will be improved with these 3 videos that are free with your order.

Please visit your personal access page to view them.