

BELLY FAT

SMASHER



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Contents

Introduction	2
Chapter 1: The Problem with Belly Fat	4
Chapter 2: Gut Health and Weight Loss—Why Take Care of your Microbiome	11
Chapter 3: The Best—and Worst Foods for your Gut	19
Chapter 4: Stress and Weight Loss	31
Chapter 5: The 14-Day Belly Burner Plan	42
Conclusion	62

Introduction

Belly fat. It's the hardest fat to lose around the body.

It also is where most people hold weight.

39 % of people are overweight, and if you take a look at their bodies, most of it is in the midsection.

You may have belly fat that's hard to lose.

You might've tried everything and still feel like you can't lose it.

Well, if you're tired of looking at the scale and hating it, continue reading on.

There is a reason why belly fat is the hardest to lose, and we'll go into it.

But also, it isn't just that it's hard to lose, but if you don't lose it, it can cause major health problems later on, from heart disease to even cancer.

Saying goodbye to belly fat is doable, but it involves changing what you eat.

A part of the reason why belly fat is hard to lose is because of your diet, and also due to location.

But in this book, we'll tell you the secrets to losing belly fat, so you can look in the mirror and love the shape you're in.

Here's a hard truth: belly fat is dangerous for you.

It can put you at risk for deadly diseases, which is why burning it will change the game.

It's time to burn belly fat, and engage in healthy activities that are not only good for your body, but add years to your life too!

Chapter I

The Problem with Belly Fat

According to a study done by Harvard Medical school, 90% of our body is just below our skin, which is why we can touch it and feel it.

Why is belly fat so hard to lose though?



It's usually the last place most people lose weight.

According to a study done by Dr Karine R. Sahakyan (Johns Hopkins University), even if you are thin, if you have belly fat it puts you at risk for many diseases.

Belly fat is actually subcutaneous fat, and it has a higher amount of fat cells. Those fat cells don't really respond easily to the process of fat breaking down, which is of course lipolysis.

That's annoying isn't it.

In different parts of the body we have two types of fat cells.

They are:

- Alpha cells
- Beta cells

Alpha cells respond better when you engage in lipolysis, or losing fat.

Beta cells do not.

We carry both of these cells in our body, and some parts of our bodies have higher amounts of alpha than beta cells.

That's why when you lose weight, it's actually faster to lose it in certain trouble areas. Because your body has more of these alpha cells.

The areas where alpha cells converge include:

- Face
- Legs
- Arms

The place with more beta cells includes:

- Thighs
- Hips
- Belly

So, when you lose weight, you will see it first in the alpha areas, followed by the beta cells.

That's why, if you struggle with losing weight in the “wrong places” it's because your alpha cells are hard at work, burning the fat away.

But the beta cells? They'll catch up eventually but take longer to burn fat.

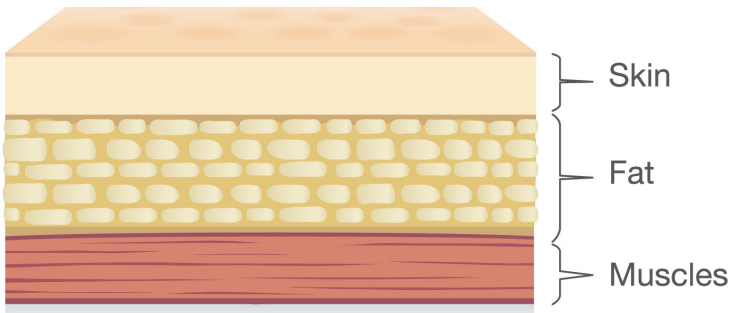
Is All Fat Bad?

Not at all.

But 90% of our fat is subcutaneous, meaning it's right under the skin.

The other 10% of fat is actually near your organs. Your body needs this for cushioning.

If you didn't have fat to protect the organs, it can put them in danger.



But belly fat is one of those areas that is obvious, but you may not know why it's so bad.

The reason is because carrying that extra weight can be harmful for your body even at low weights.

Stomach fat has been linked to the following:

- Higher cholesterol
- Heart disease
- Inflammation and inflammatory disease
- Diabetes

It is far worse to have fat around your belly than the hips.

Weight around the middle has been found to deter long-term survival, and this is Irregardless of BMI.

A normal weight person with more weight near the waist actually has an 87% increased risk of death compared to those who don't have that belly fat.

So yes, extra belly fat puts anyone at risk, regardless of if you're "skinny fat" or overweight.

Belly fat also increases insulin resistance, which means that the muscle along with the liver cells don't respond to the insulin in the body, so then the pancreas has to make more, which increases the risk for diabetes.

Fat cells are naturally biologically active, and excess body fat disrupts your body's natural balance and hormone function.

There is also the fact that visceral fat actually pumps out cytokines, which are actually responsible for risk s in heart disease.

It also can cause blood clotting too.

So yes, belly fat is no joke, and it can be troublesome if you keep it around.

If you're reading this and freaking out about what you can do, well, we have the answers here.

A big part of reducing your belly fat is to also take into consideration what you eat too.

The best way to take aim at belly fat and burn it is through your diet, and changing it as needed.

While at least 30 minutes a day of physical activity is good, you also should look at your diet too.

And that's what we'll discuss next.

Chapter II

Gut Health and Weight Loss— Why Take Care of your Microbiome

Your gut is one of the most overlooked parts of the body.

But it's also one of the most important parts.

Gut health is important because of one thing.

Bacteria.

Yes, we have bacteria that actually helps us with digesting food, and if those bacteria aren't there, it can affect how your body absorbs and moves nutrients.

We have over 30 trillion bacteria in our gut alone.

According to numerous studies, including one done by Marcus Claesson, PHD (APC Microbiome Ireland), our GI tract has over 100,000 billion microorganisms, which is 10-100 times the number of cells we have.

There are over 160 different species in our body, both harmful and good for you.

That's a lot, and your body is affected by what you eat.

While not all of them are good bacteria, if the good outweigh the bad, you will have more nutrients in the body.

Bacteria and Belly Fat

Did you know bacteria actually helps you burn belly fat?

Well, there are tons of different types of bacteria.

Some of their functions include:

- Producing vitamin K
- Helps you feel full
- Helps the immune system fight infections

While it does possess the name “bacteria” it isn’t actually harmful to you.

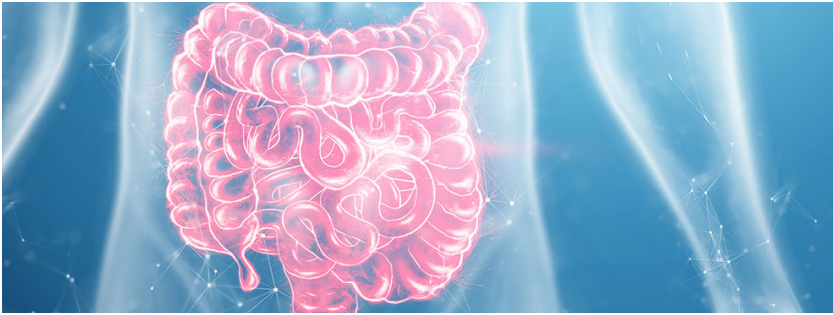
In fact, if you don’t have these little guys in the body, you may be in big trouble.

Your gut bacteria help you eat the foods that you have.

A study that was done found that those who possessed higher belly fat, or were obese actually had different gut bacteria.

In fact, there were fewer types of gut bacteria in those who possess belly fat than those who don't.

Gut bacteria affect your weight in different ways, but for the most part, it is because of how it handles fiber.



Fiber is important for helping not only improving your digestive tract and gut health, but also it can promote weight loss.

People with higher levels of fibers in their body end up losing more weight, and that partially may be due to the manner in which fiber moves the food along

Another study found that there are two types of bacteria that determine your overall weight loss, and how much you lose.

They are:

- Prevotella that ingests fiber and carbs
- Bacteroidetes which eat more animal protein and include more fat

If you have more of the first one, you'll lose more weight.

Those who are obese tend to not have more of those in the body, which causes weight gain.

Your gut bacteria also work to help digest flavonoids in plants, and this is attributed to weight gain.

The gut bacteria also affect how fat is absorbed, which does attribute to how much belly fat you carry along in the body.

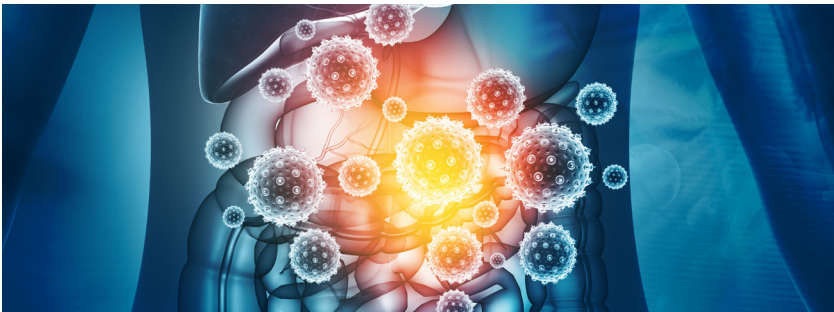
Simply put, the less belly fat you have, the better the gut bacteria, and if you have better bacteria, you'll lose more weight.

Gut Health and inflammation

Your gut health and inflammation are connected.

If you're eating foods that cause inflammation, that's an unhealthy diet.

That cause more inflammatory chemicals to come into the diet, and it does play a role in weight gain and of course gut health.



A study of people who were overweight that had lower gut bacteria types actually had higher inflammatory markers in the body.

If you have higher levels of bacteria that prevent weight gain, it can actually help with reducing inflammation levels too

Inflammation is a big part of why people are at risk for certain diseases, and your gut health plays a role in this.

If you do suffer from inflammatory conditions and disease, look at what you eat and see if there are negative-impacting foods present.

Your gut health is important. If you're not already eating a high-fiber diet consider it since it can help move food along and assist with losing weight.

Belly fat usually is harder to lose due to lipids as well, so if you have more good bacteria that digests the fat within the body, it can help you lose more around your belly than if you didn't focus on this otherwise.

Your gut is very important, and it is usually a big part of why you carry weight.

The cells in the body do react differently to fat too, and if they can't use the fat, you're not going to get anywhere with it, and it'll just stay in the belly.

If you've never taken the time to think about your gut health, well now is the time.

A big part of weight loss, especially around the belly is to eliminate some of the bad bacteria from sticking around and dominating the body.

Think of your body like a little biome.

You want to keep the biome balanced, right?

Balancing the microbiome is easier than you think.

We'll tell you the best and worst foods for your gut next.

Chapter III

The Best—and Worst Foods for your Gut

So, you want to take control of your diet, correct?

Well a major part of that is to look at what you're eating, and adjust it so you're eating foods good for your gut.

According to a study done by Emmanuall Rinnella published on October 7 2019, “a diet consisting of different foods can lead too a diverse microbiota.”

Unfortunately, our diets are not diverse, and most of us eat foods rich in sugar and fat.

In fact, according to a study by Mark L. Heiman (PHD) and Dr. Frank L. Greenway (both from Pennington Biomedical Research), about 75% of the food is made from 12 plants and 5 species of animals.

Think about how boring it is for you, and for your gut!

Your gut needs healthy food, and we'll dive into each of the most important types of healthy foods for your gut.

But we'll also go into the worst foods for your gut, and why these foods should be avoided when it comes to your gut healthy.

The Power of Probiotics

One of the best ways for you to automatically reset your gut healthy, is probiotics.

Probiotics are a collection of good bacteria.

They aren't always needed, so it's not like you always have to have them, but if you want to restore the gut after hitting it with unhealthy bacteria, this is how.

This collection of bacteria helps with weight loss, and it can restore your gut bacteria to healthy levels after illnesses and infection.

When you take these, they can make you feel sick since they are a collection of probiotics.

But, if you want to reset your body, this is one of the best ways for you to do so, and it isn't hard to acquire these too.

Healthy Carbs and Fats



Carbs aren't a bad thing.

They actually are amazing for your gut!

That's because they are high in fiber and yummy vitamins.

Whole grains in particular are some of the best for this, since they aren't refined and due to the high levels of fiber, can help with weight loss.

Nuts and seeds are another.

You may think because fat is present in these, they're bad for you. That isn't the case though.

Both nuts and seeds contain a lot of fiber, especially natural versions that aren't refined.

Nuts and seeds filled with healthy fats do the following:

- Support the healthy bacteria
- Offer different gut diversity
- Can help keep you full for longer
- Releases more hormones that'll assist with digesting food

Fat isn't always a bad thing, but natural fats which contain these are good for you.

When choosing these types of healthy carbs and fats, go with natural types.

Don't buy anything processed, for it will contribute to the growth of unhealthy bacteria, which we'll go into later on.

Fruits and Veggies

A rainbow of fruits and veggies can be the best thing for your gut.

That's because both fruits and veggies have a lot of fiber, and a lot of vitamins.

Which of course supports not only gut health, but bodily health too.

Fruits and veggies also come with an assortment of different vitamins which are linked to overall physical health.

Not only that, they're low-calorie and natural carbs that aren't refined.

An array of fruits and veggies is great for your body, and if you're looking to reduce your caloric intake in a healthy manner, this may be one of the best ways to do it.

The Power of Polyphenols



Polyphenols are really good for your gut.

They actually encourage good gut bacteria and facilitates gut health and growth.

Some of the best polyphenol-rich foods include:

- Dark chocolate
- Green tea
- Red wine

The polyphenols in this aren't digested on their own, but the gut bacteria that's healthy take care of this.

And not only that, it promotes good gut health.

Polyphenols are some of the best nutrients for the body because they can do the following:

- Provide amazing antioxidants
- Helps with digestive issues
- Helps one lose and control weight
- Reduces risk for neurodegenerative diseases
- Reduces risk for diabetes
- Improves cardiovascular health

It is ideal to get these through food, since they do interfere with absorbing iron if you take too many of these.

But, if you get it through these foods, it can markedly improve your gut health in many different ways.

Fermented Foods and Gut Health

Fermented foods are some of the best for your gut since they contain numerous healthy bacteria

Lactobacilli is one of the main bacteria that's present in it, and this one can markedly change your gut health.

It can also limit bacteria that cause disease within your intestines.



Some of the best fermented foods include:

- Kefir
- Sauerkraut
- Yogurt
- Kombucha

While these do have a distinct taste to them and may take some getting used to, it's no wonder why these are good for your gut health, since it can markedly improve it.

The Worst Foods and Why



But with all of the positive foods that help with gut health, there is also the negative foods too that are terrible for your body

First, you have sugary foods.

Sugar in moderation is fine, but a diet that's high in sugar causes incredible amounts of inflammation.

It also stimulates the unhealthy bacteria that's within the gut.

This does contribute not to just weight gain, but diabetes, heart disease, but also other chronic health conditions.

It is something you need in moderation, but if you have too much it can harm your body in the worst ways.

Next, are artificial sweeteners.

Aspartame and saccharine actually are terrible for your gut

That's because it reduces the good bacteria that's in the intestines, throwing your body off balance and it can contribute to weight gain too.

While these are “sugar-free” alternatives, your body doesn't handle these chemicals in a positive manner.

It also puts you at risk for high blood sugar, which puts you at risk for diabetes and other conditions too.

The final thing to stay away from is unhealthy fats.

Not all fats are bad, especially omega-3 fatty acids.

So fatty fish are good for you, but unhealthy fats contribute to the growth of these harmful bacteria.

Eating too much meat can contribute to these bacteria, so limit your intake of super fatty meats such as steak and beef.

Fat isn't bad necessarily, but if you're eating foods high in bad fats, especially Omega-6s or even saturated and trans fats, it can negatively impact the state of your body, and cause more problems with your gut health too.

Adding these healthy foods too your diet is beneficial, and if you have a lot of these bad foods lying about, slowly start to phase them out.

When you cut these foods cold-turkey it can cause stomach issues due to the introduction of good bacteria, but the results of this do outweigh the problems and issues that come with adding these to your diet initially.

Chapter IV

Stress and Weight Loss

Did you know stress may be the reason you're NOT losing weight?

Life is stressful, and it feels like you can't escape it.



But stress can contribute to not only weight gain, but also keeping the weight in place.

While making stress disappear is a pipe dream, how you manage it so your body doesn't suffer from the effects is important.

Stress affects everyone equally regardless of gender. However, the majority of stress-related symptoms are more prevalent in men than in women.

According to Harvard assistant professor of community medicine Jason Perry Block, MD, eating may be a source of comfort and can help us feel less stressed. Our bodily reactions to food induce the release of chemicals that may have a calming impact right away.

Another study done in the Journal of Nutrition (Vol 23, 2007) demonstrates evidence that when you're stressed you have foods that nutrient-dense and provide energy.

Namely foods which are fat.

We'll dive into why stress causes weight gain and some of the best ways to help control stress in your body.

Cortisol—Helpful in Small Doses

Do you ever notice when you're stressed your heart rate increased, your respiration is faster, and you feel jittery and stimulated?

It happens super quickly, but when you're stressed, your endocrine system kicks in and triggers a hormone called cortisol.

Cortisol is known as the stress hormone. It is what keeps your sympathetic nervous system active.

This was a helpful hormone back in the day when you were a caveman trying to run away from a harmful animal, but nowadays it is an insidious chemical that can be responsible for why you're holding onto weight.

Cortisol is important for controlling your blood sugar, but the stress response can continue on.

When there is a crisis, this is necessary since it slows down your digestion so you can focus. When the threat's gone, it should be normal.

But, if you're continuously stressed that keeps your stress hormones high, and that can make things even worse.

And that of course can cause stress belly, or even weight gain too.

The Harmful Effects of Stress

Stress responses are good when you're in "fight or flight mode.

But, in everyday life, they're incredibly harmful.

That's because when you're stressed the following happens:

- Your blood sugar spikes
- Your blood pressure spikes
- Your appetite is increased so you'll eat more
- Your abdominal fat will stick around
- Your body holds onto excess weight

Men who tend to have larger waists tend to also be

more stressed out, and if that stress is not mitigated, it causes major problems.

Another study done by Dr. Jason P. Block (Assistant Professor, Harvard Medical School), reported that psychosocial stress also does create a risk factor for high blood pressure, heart disease, and even long-term weight gain.

They report that stress can contribute to weight gain, but also effects related too sex, changes to BMI, and even your own reactivity to stress.

Simply put, stress isn't good for you, and it can affect how your body feels too.

Harmful in Non-Overweight Men Too

You ever heard of stress belly?

It's a belly that appears as a result of stress in the body.

Stress causes abdominal fat to form in people since your body's response is "hey hold onto everything!"

That's why stressed-out men who aren't even overweight can also gain something referred to as skinny-fat, the weight around the midsection.

And that of course is mostly due to stress. The abdominal fat sits there, unhandled, and you're still stressed.

The best way to handle this is, of course, to start improving on reducing these stressors.

According to a national research conducted in the US, stress may be a factor in 60 to 80 percent of doctor visits. Additionally, stress has been linked to a higher risk of diseases in men such as heart disease, gastrointestinal problems, chronic pain, and low immunity.

Another research from the Current Medicinal Chemistry Journal on the relative Impact of Oxidative Stress in men states that stress can impact a male reproductive function, testosterone levels, sperm production, and sperm quality.

Moreover, some possible effects of stress in men include prostate cancer, erectile dysfunction, and infertility.

Stress stimulates the sympathetic nervous system (SNS) to release the chemical noradrenaline, which sets off a chain of events that promotes the growth of cancer while the parasympathetic nervous system (PNS) generates a different substance that promotes cancer cells' ability to split off and spread to other organs.

So, don't think that just because your BMI is smaller, you're immune to the effects of stress. .

If you have stress belly, it does put you at risk for all of this to happen.

How to Fix This Then?

You may be wondering how to fix this.

The reality is, 55% of Americans are stressed during the day according to Gallup's 2019 data on emotional stress.

It isn't that easy, but there are actions you can take.

Well the simple answer is to start engaging in some de-stressing activities.

This is easier said than done, but there are a few habits you can start today to reduce stress.

And for some men, this can help with a lot of the problems in their body.

The first thing, is start engaging in me time.

Maybe spend about 30 minutes a day curling up with a good book, drinking some hot tea.

You can also do 30 minutes of something that you like, something which makes you feel relaxed.

It doesn't matter what it is, but start making time for you, even if the world is on fire otherwise.

If you feel like you can't have me-time, put together a schedule. ALWAYS include it.

A schedule that you follow will help you hold yourself accountable for these de-stressing activities as well.

Consider meditation as well.

Meditation is one of the best ways to handle psychological stress.

Meditation has been shown in studies to improve anxiety after 8 weeks, depression after 8 weeks, and even pain too.

While the reduction could be small to moderate, it still is a great thing to engage in.

It helps you improve mindfulness, concentration, and it can help reduce emotional symptoms.

Consider socializing too with people that you like.

Whether it be getting dinner with your partner, hanging out with friends, or even going to the gym with someone, socializing can help.

It is great because it can help take your mind off things, and also boost connection with other people. Socializing is good for you since it also helps build those neuron pathways and helps with the neuroplasticity of the brain too.

Also, consider exercising too, even if it's only 30 minutes a day. Daily exercise is good for your visceral fat.

It also helps you relax and feel good too.

It can release endorphins, which are good hormones for reducing stress as well.

If you drink alcohol, start reducing the intake of it, and only have it in moderation.

Alcohol is a crutch for many and lots of people will drink it to take the edge off.

But it's like putting a band-aid on a gashing wound.

It has the illusion of fixing the problem, but it's temporary and usually causes major problems down the road if addiction occurs.

It also causes you to hold onto extra belly fat and is one of the key reasons for it.

Alcohol is also very high in calories and causes inflammation, both of which you don't need if you want to burn belly fat.

Finally, figure out what triggers stress in the body.

If you don't know what's causing stress, you won't be able to fix it, and you should instead, look at what has you on edge and reduce it immediately.

Stress is one of the biggest reasons people are overweight.

While we do live in a very stressful world, taking care of yourself and the stress can have long-term effects on your health.

Chapter V

The 14-Day Belly Burner Plan

Okay so you want to lose weight.

But what should you eat?

A 2016 study exemplified 96 different studies on vegan diets, and it was found that plant-based diets are more effective for weight loss than more omnivorous diets.

While vegan diets are hard to maintain, there are benefits to this.

This 14-day plan uses vegan substitutes and meals, since it can help you lose weight and improve gut health.

Well, we'll give you a plan of action for you to lose weight.

You should start every day with a short-fasted walk.

From there, start your meals, and if you need a snack, don't hesitate to have something easy on the tummy.

But here we'll give you 14 meal options to help with losing weight.

Day 1

Walk before breakfast

Breakfast: oatmeal with berries and fiber

Lunch: avocado salad

Dinner: salmon with a salad

» *Vegan alternative: Thai spaghetti squash with some peanut sauce*

Snacks: unsalted and dry-roasted almonds

Day 2

Walk before breakfast

Breakfast: eggs with hash browns and spinach

» *Vegan alternative: blueberry-banana overnight oats*

Lunch: chicken wrap with hummus

» *Vegan alternative: vegan burrito bowl with cauliflower rice*

Dinner: Greek salad with chickpeas

Snack: cucumbers with hummus seasoned with a pinch of salt

Day 3

Walk before you eat

Breakfast: eggs with whole grain toast

» *Vegan alternative: blueberry-banana oats*

Lunch: vegan Buddha bowl with chickpeas, sweet potatoes, avocados, and drizzled with tahini dressing

Dinner: miso soup with shrimp and some soba

» *Vegan alternative: Lentil soup with collard greens and an orange olive vinaigrette*

Snack: 1 cup of edamame, seasoned with the pods intact

Day 4

Walk before breakfast

Breakfast: avocado and salmon omelet

» *Vegan alternative: Almond Butter Toast*

Lunch: chickpea and quinoa bowl

Dinner: sweet potato bisque with whole grains on the side

Snack: Berry Slush

Day 5

Walk before breakfast

Breakfast: raspberry oatcakes with a compote on top

Lunch: hummus with naan bread and a chickpea salad

Dinner: red pepper and goat cheese frittata with salad greens and home fries

» *Vegan alternative: Curried peanut soup*

Snack: veggies with hummus

Day 6

Walk before breakfast

Breakfast: fruit compote with green tea and lemon

Lunch: avocado wrap with chicken breast or tuna

» *Vegan alternative: vegan burrito bowl using cauliflower rice*

Dinner: turmeric rice bowl with some garam masala root veggies and chickpeas

Day 7

Walk before breakfast

Breakfast: oat waffles with a raspberry compote

Lunch: salad or vegan bowl

Dinner: chickpea burgers and tahini

» *Vegan alternative: vegan chickpea curry*

Snack: celery stalks with hummus

Day 8

Walk before breakfast

Breakfast: whole wheat toast with peanut butter and a clementine

Lunch: vegan chili

Snack: a cup of broccoli florets and some hummus

Dinner: tofu and vegetable curry with some zucchini noodles

Day 9

Walk before breakfast

Breakfast: vegan biscuits with green onions and miso

Lunch: cranberry couscous salad

Snack: celery with natural peanut butter

Dinner: sweet potato and black bean chili

Day 10

Walk before breakfast

Breakfast: vegan huevos rancheros

Lunch: quinoa burgers

Snack: 1 cup mixed veggies

Dinner: stuffed sweet potato with hummus

Day 11

Walk before breakfast

Breakfast: peanut butter and chia seeds pudding

Lunch: Moroccan chickpea and sweet potato stew

Snack: celery with hummus

Dinner: roasted tomato with red pepper pasta sauce

Day 12

Walk before breakfast

Breakfast: vegan oatmeal pancakes

Lunch: chicken salad, regular or vegan

Snack: fruit and blended nuts together

Dinner: vegetable biryani or trout with a bed of rice

Day 13

Walk before breakfast

Breakfast: vegan acai bowls

Lunch: chickpea avocado salad sandwich, with chicken salad mix or avocados and cranberries

Snack: guacamole and whole wheat crackers

Dinner: spicy eggplant with Szechuan sauce served over black rice or rice noodles. Alternatively, you can add chicken to this

Day 14

Walk before breakfast

Breakfast: southwest vegan breakfast skillet

Lunch: slow cooker vegan chili

Snack: a cup of edamame and a cup of broccoli

Dinner: roasted cauliflower with tahini sauce and Zatar spice

With any of these, you can make them vegan-friendly alternatives, or you can add eggs and healthy meats to them.

With this 14-day plan you'll be able to quickly and effectively lose weight fast.

Tips for This

When you start this, it may be jarring, but remember, eating healthy takes time to master.

If you struggle with walking every morning, try to get out and walk in the morning around your neighborhood.

Some people do this in the afternoon, which is fine, but first thing in the morning gets the blood pumping and is a great start to the day.

If you are struggling to hold yourself accountable to go walking every day, do it with a friend or your partner.

That way, you're not doing this alone and sometimes getting out with them and walking around is a healthy thing for you to do.

The next, is meal prep. While these are ideas, you can always meal prep a batch of this.



Meal prep is wonderful if you work long hours or just don't want to cook.

What I like to do is on Sunday, get the food ready for the week and then put it in the fridge in Tupperware containers or even a slow cooker pot.

That way, when it's time you simply re-heat and go!

If you're struggling to really eat well, this is a good way to make sure you don't fall off your meal plan and get fast food or something.

Next are ingredients. If you don't like an ingredient, substitute it with another healthy ingredient.

Most of the foods on this are healthy, but if you learn to adjust as needed, you'll be able to eat better and feel better too.

When starting this, it can feel a little bit jarring.

That's because, you probably weren't eating as well as you thought that you were.

But, if you give it time and a few days, you'll notice the difference right away.

This can also change your gut too so if you notice differences in bowel movements, that's not necessarily a bad thing.

At first you may not notice a difference, but when you start to eat better you may notice changes in the following:

- More energy
- Feeling fuller faster
- Noticing less bloat
- Noticing your belly start to look smaller

While the changes may not happen in a flash, it is totally possible.

You may notice most of the foods here are vegan, and that's because it offers a lot of nutritional value without the saturated fats meat do provide.

You can always add a lean meat to these but take into consideration your gut health too.

Finally, when starting out consider a probiotic supplement, since it can help you with not only your digestive tract and bowel movements, but also provides beneficial bacteria to your gut right away.

This 14-day plan is easy to start, and once you begin with this, you'll notice the difference in your health and wellness right away!

Conclusion

You are what you eat, and chances are, if you have a troublesome tummy, or that belly fat that won't go away, it may be because you're doing it wrong.

Your gut health plays a major role not only in weight loss, but also in the state of your gut.

Your gut health does determine many things, and troublesome gut health comes from eating improperly, and if you eat right, it enhances the right bacteria.

By eating right today, you'll notice the difference in your gut immediately!

If you're tired of stepping on the scale and seeing it not budge, or you're tired of having a little bit of pudge, then it's time to take the right steps needed to lose the belly fat.

Exercise does help in some regard, but the long-term changes to your gut happen from the foods you consume.

If you're eating badly, it's time for you to take control not only of your gut health now, but also for the future.

If you're ready to change your life and smash that belly fat so it's gone, then start eating right today.

You will notice your gut not only feel better, but there will be a marked difference in the health of your gut microbiome.

And from that, you'll be able to take care of your bodily health, wellness, and feel amazing too.

Don't you want to feel good?

This program will help you get on the right track, and while it may take some getting used to, the rewards are worth it!