FLAT BELLY AFTER 50
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How to Win a $100 Prize and a Special Gift…

Congratulations on picking up the Flat Belly After 50 program! You’re well on your way to transforming your body and your health.

Before we get started, I’d like to let you in on a special opportunity to win a $100 cash prize and an extra special gift.

Interested?

Here’s all you have to do. Before you start the Flat Belly After 50 program, simply take a picture of your body. This will be your “before” picture. Then take an “after” picture of your body once you’ve followed the program and transformed.

If you email your before and after pictures to us at help@patriothealthinstitute.com, along with your express permission to use your pictures and transformation story on our website, we’ll send you $100 and an extra special gift.

Here’s an example before and after picture set from one of our clients to give you a better idea of what we’re looking for:

![Before and After Pictures](image)

Here are some tips to take the best possible before and after photos:

- Stand in front of a plain wall or door to make your body the center of attention
- If possible, take photos from multiple angles (front, side, back)
- Do similar poses in similar outfits at the same location for “after” photos
How You Can Lose 20, 30 or Even 100 Pounds with Flat Belly After 50...

By Jeff Reagan, Natural Health Expert & Founder of Patriot Health Institute

“Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything.” - Genesis 9:3

If you’ve been struggling to lose your stubborn belly fat, this will be the most important book you ever read.

If you follow the 3 simple “food swaps” I describe inside, I guarantee you’ll notice your belly start to shrink in just a few days.

And you won’t just look better in the mirror. You’ll also wake up with two or three times more energy than you had before. Can you imagine feeling like you’re 25 again?

I promise all of those things can be yours, if you’ll just promise me one thing:

Give the Flat Belly After 50 program an honest effort for 14 days.

Two weeks. That’s it.

Why only 14 days?

I’m confident you’ll see such great results after just 2 weeks of the Flat Belly After 50 program that you wouldn’t dream of stopping! The bathroom scale, increased energy, and the compliments you’ll get from friends and strangers about your improved appearance are just a few things that will motivate you to continue.

That’s the only thing I’m asking: read through this book and give the program your best effort for 14 days.

Sound good? Ready to see your belly shrink almost overnight?

Let’s get started...
The Secret To Finally Lose Your Belly Fat…
Once And For All!

Your diet is the most important factor of losing your belly fat. Period.

Let me say that again…

Your diet is the most important factor of losing your belly fat!!

It’s more important than how many miles you run on the treadmill.

It’s more important than how much water your drink.

It’s more important than how many crunches you do each day.

Your diet can make you or break you. It’s the key to torching belly fat… or packing it on.

But there’s a problem. Knowing what to eat and what to avoid gets confusing fast.

It’s not your fault. Government guidelines are telling you certain foods are “healthy,” but they’re actually making people fat. And bookstore shelves are packed full of fad diet books backed by celebrity endorsements and slick marketing campaigns.

With all the lies and misinformation out there, it’s no wonder you’ve been jumping from diet to diet with little success!

I’m going to let you in on a little secret…

I used to be just like you.

That’s right.

At one point in my life I weighed almost 230 lbs. I was carrying around enough belly fat to make a pregnant woman “stop and stare.” I tried countless diets and exercise routines with no results to show for it.

I was severely unhappy with how things were going in my life. And the future only looked worse…
But everything changed when I discovered the 3 simple “food swaps” I’m about to share with you. They allowed me to burn off my gut, get back in shape, and feel like I was 20 years younger!

The most maddening part about this is I should’ve known these things all along…

You see, I grew up in a little town outside of Westerville, Ohio. My parents made some extra money selling fruits and vegetables from our backyard garden.

When I was a little kid, I was in great shape. I ate mostly good quality meats and plenty of fruits and vegetables from our garden. We didn’t have a whole lot of money back then, so I really didn’t know any different; I just assumed this was how everyone ate.

But once I got older, my eating habits took a turn for the worse…

I started to really pack on belly fat after I turned 40. I was drinking more than I used to. I was eating ice cream every night. Thinking back on it now, my diet must’ve been nearly 5:1 in bread and pasta to vegetables.

All of this took a toll on my health.

My blood pressure crept up to unsafe levels. In just a 2-year span, my cholesterol shot through the roof. And I was pushing 230 lbs… not the most attractive physique for a guy who’s 5’9”, if you ask me.

Until I discovered this simple Bible-based diet, I thought I was done for. My remarkable health turnaround showed me that if I can do it, anyone can do it. That’s why I’m here: to help people just like you.

My mission is to help 100,000 people over 50 lose their belly fat, slash their blood pressure and cholesterol levels, and reclaim the energy they enjoyed in their 20’s.

And when you combine the Flat Belly After 50 program with our Ultimate Metabolism supplement, you will lose belly fat faster than you ever thought possible!

Before I go any further, let me make it clear that I’m not a nutritionist or a doctor. You should consult your physician before starting the Flat Belly After 50 program. Your health should come first, so I think that’s a reasonable request.

Now, I might not have a PhD, but I have no shortage of real world success stories. I’ve seen firsthand how this program transforms people’s lives. Not only with losing fat, but also lowering unhealthy blood pressure and cholesterol
levels and avoiding life-threatening health issues. This program could literally save your life.

What I present to you in the Flat Belly After 50 program is the result of having helped nearly 20,000 people from all walks of life finally lose their bellies and live happier and healthier lives.

You might be tempted to doubt whether this program can help you because it’s so simple. But you deserve to look and feel your best. Invest in yourself and your future for just 2 weeks…

Follow the Flat Belly After 50 Program for just 14 days, and you’ll be a believer!

But don’t take my word for it. Check out some of the great success stories my clients have had with this program...

**Flat Belly After 50 Success Stories**

**Missouri Pastor Loses 106 Pounds, Lowers His Cholesterol, and Cures His Blood Pressure!**

“For those who are where I was or worse (329 lbs), I know it is very hard to get started. Many times I was determined to do it, but I would always say I’ll start next week or at the beginning of next month, but next week or next month never came. Or I would start to try to loose weight and maybe would lose a little, but I didn’t do it the right way. I would go without eating or go without meals and I wouldn’t exercise. I would tell myself that my metabolism was slow or make any other excuse I could come up with. Well, I found out that I could change my metabolism by changing the foods I ate. I just make sure I eat the foods that God intended me to eat”

- Mark Engler, MO

**Father of Four Loses 76 Pounds and Can Finally Keep up With His Kids!**

“I have four sons, ages 21, 11, 6 and 5. I have pictures of me and the two older boys. In each of them I look so tired and sad. I have my hands in my pockets and my head down. I also have a picture of my dad and I when I was maybe 5. I look happy and healthy and so does he, I wanted pictures like that with my two youngest boys.”

- Terry Vinson, 57
Robbie Loses 32 Pounds While Working Around Food All the Time...

“I lost a total of 32 pounds during your program. I did not do any exercises. I am a waiter, and I figured my normal life of carrying trays and running around for 4-5 hours would be enough. THANK YOU!”

- Robbie Hoste, Las Vegas, NV, 55 years old

Country-Loving Mother Loses 45 Pounds and Feels Better Than She Has in 10 Years!

“Just wanted to send you my before & after photos. After gaining weight over about a 10-year span and trying different diets that really never got me any significant results, your program really did the job. I lost a total of 45 pounds, thank you so much.

I am a motivational speaker and country recording artist so I really get self-conscious being in front of people. Now I feel terrific!!!!!!!”

- Sonny James, PA

Luana Loses 10 Pounds and Increases Her Energy...

“I got results from the Flat Belly After 50 diet that I would never have reached in six months!!!

The new eating habits gave me more energy and I felt so much better after I cut the junk carbs from my meals. And I never looked back… The few times I ate something with sugar in it, I felt physically bad after a while and got even more turned off by sodas and cakes.

I lost 10 pounds. Incredible. Thanks for the help!”

- Luana

51-Year-Old Michigan Business Owner Loses 28 Pounds and Erases His Gut in Just One Month...

“ My pants that used to hug my waist are now falling off of me. The GUT is gone!”

- Kevin Fleury, MI, 51
I. Why The Flat Belly After 50 System Works...

1. 3 Simple “Food Swaps” - Get Rid Of These 3 Foods!

There are 3 foods that cause nearly all your problems.

These foods are either filled with anti-nutrients, drastically alter your body chemistry for the worse, or are chemically altered. All of these things make them bad for you.

“The Big Three” are making more and more people unhealthy; they’re some of the main contributors to the ongoing obesity epidemic. They can lead to diabetes, heart disease, many types of cancer, and maybe even that rash you haven't told your doctor about yet.

So what are “The Big Three?”

The “Big Three” are grains, dairy, and sugar. These are the three biggest reasons we see so many large bellies and diseases in people over the age of 50.

Grains

Grains, especially “whole grains,” have been hailed as the best thing since sliced bread.

They even formed the base of the government recommended Food Pyramid for decades. But the government was wrong (surprise, surprise) and the Food Pyramid was wrong: grains are not your friends.

What’s the problem? Grains spike your insulin levels because of their high-carbohydrate content. Insulin is the hormone that tells your body to burn sugar instead of fat. Any excess sugar (or glucose) in your bloodstream gets turned into fat, which usually ends up on your belly. Grains also contain anti-nutrients called phytates, which trap important minerals and keep your body from getting them.

Dairy

Unless you can get your hands on high-quality dairy products made from milk from cows that roam free and eat naturally, you’re better off avoiding dairy altogether.
Conventional dairy products are pumped full of dangerous hormones and antibiotics. And a lot of people have trouble with lactose (some people even have trouble with the good quality stuff).

If that wasn’t enough to convince you, dairy can also be quite expensive. It’s better to just avoid it and invest your money on high quality fruits, vegetables, and meats.

**Sugar**

Sugar is the single biggest factor in our obesity epidemic. Refined sugar from sugar cane, corn (high fructose corn syrup) or other sources (fructose, cane juice, etc.) gets converted to fat and stored in our fat cells unless we can use it immediately. Nearly everyone consumes way too much sugar.

Let's take a regular 12-ounce can of soda, for example. Most sodas have about 40 grams of sugar in one 12-ounce can. That's nearly 10 teaspoons of sugar! I don't know about you, but I used to down a can of soda in a few minutes. Sometimes less. That's just like dumping straight sugar down your throat… talk about an insulin spike.

Doing intense cardio right after consuming a ton of sugar isn't what most people do. Because that sugar isn't used to fuel the body, it gets converted to fat.

Many people drink two or three cans of soda a day or more. Unless they're being "healthy" and drinking diet sodas...

The problem with diet sodas isn't the calories. It’s the nasty processed chemicals that give those drinks their “sweetness.” These sodas stop your body from burning fat because they force it to focus on getting rid of the processed chemicals as fast as possible.

Sugar is also a prime example of a high-calorie, low-nutrition food. Not all calories are created equal. Let's compare...

Before I had a six-pack and instead a keg, one of my favorite treats was a Butterfinger candy bar. A regular sized Butterfinger candy bar has 275 calories in it. Most of them are from sugar, but some are from fat. A cup of chicken breast has about the same number of calories (255).

Are those calories going to have the same effect on your body? Of course not. The chicken breast has protein, healthy fats, and plenty of excellent vitamins and minerals. The Butterfinger? Sugar and lots of unpronounceable ingredients.
Which would you rather have? Healthy, nutrient-packed food? Or empty calories?

2. What Foods Did God Intend Us To Eat?

That's really the question. Are we eating the things our bodies were designed to eat? I believe God gave us this green earth and provided everything we needed to be healthy and happy.

So why aren't we? We just need to get back to basics...

Turns out the Bible had nutrition right all along. Check out this verse from the Book of Genesis:

“And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so.” – Genesis 1:30

Think about it. Agriculture is a relatively new phenomenon in the course of human history. Even more recent are modern farming and processing methods, which use pesticides, GMOs, factory farming, and other dangerous techniques.

Some people say these inventions have helped us provide enough food for everyone. And that may be true. But I think the evidence is clear what it's doing to our health.

What did our ancestors do before all this modern processing and agriculture? We ate the foods that God designed for us to eat! Our diets were fruits, vegetables, meats, nuts and seeds.

The recommended foods in the Flat Belly After 50 program are designed to take you back to the simple, healthy foods that nature intended for us. Take a look at the list below:

Don’t make this more complicated than it needs to be: if it grew from the earth or had a heartbeat at one time, then you can probably eat it.

Another fun way to think about it is, “If someone couldn’t eat it 4,000 years ago, neither should I.”

Vegetables:
Spinach
Kale
Collard Greens
Broccoli
Cauliflower
Onion
Peppers
Asparagus
Artichokes
Carrots
Cucumbers
Celery
Cabbage
Tomatoes

**Fruits:**
Apples
Blueberries
Strawberries
Blackberries
Raspberries
Grapefruit
Oranges
Peaches
Pears
Plums
Grapes
Bananas

**Meats:**
Beef
Buffalo
Chicken
Turkey
Pork
Fish
Shellfish
Eggs
Game Meat (Venison, Rabbit, Duck, etc.)

**Nuts and Other Healthy Fat Sources:**
Almonds
Walnuts
Pecans
Cashews
Macadamia Nuts
Brazil Nuts
Pumpkin Seeds
Extra Virgin Olive Oil
Coconut Oil
Avocado

Note: You also have the Flat Belly After 50 Printout, which shows you exactly what foods to eat and what to avoid. Be sure to post that on your fridge!

3. Avoid Drinking Your Calories

I touched on soda earlier. You already know that stuff's bad for you. But so is nearly every other commercial drink. On the Flat Belly After 50 program, only 3 beverages get my full seal of approval: water, black coffee, and unsweetened tea.

If you want your belly to shrink quickly and stay that way, you should avoid other beverages!

No energy drinks, no diet soda, no Gatorade or sports drinks, and no alcohol. Seriously. You only need to abstain from alcohol for 2 weeks. That gives your body time to adjust. If you want a little wine or beer with your meal after that from time to time, that's okay. Just know that too much alcohol could slow down your fat loss.

I know what you're thinking. I've heard it before many times. “Coffee without cream is awful.” and “tea without some honey just doesn't taste right, I need it.”

You'll have to excuse me being blunt, but you don't need it; you're just used to the taste of those drinks with added sweeteners. You can get used to drinking them without that stuff.

That being said, here are some tips for making your drinks a little more palatable during that transition…

For adding flavor to water, try some of these tips:

Add a couple frozen blueberries or blackberries to your water.

Squeeze a little lime or lemon juice into your water, or put a wedge in there like restaurants do.

Try herbal tea – it comes in a large selection of flavors and is nearly always calorie free.
Stevia is a great option if you’re craving something sweet. You can get it in a number of different forms at health food stores, and they're starting to carry it at regular grocery stores under the brand name “Truvia.” Stevia is made from a natural plant, so it can give you a sweet flavor without a nasty insulin spike!

If you're looking for some cream in your coffee, try almond milk or coconut milk. I sometimes put a splash of vanilla and some coconut milk in my coffee, and it's fantastic… tastes like an island French vanilla.

Drinks can be like sneaky culprits that pump up your belly without you realizing it. So do your best not to drink any calories. **Stick to water, black coffee, and unsweetened tea for the fastest fat loss.**

### 4. Why Grains, Dairy, And Sugar Lead To Fat Bellies

So, why do the “Big Three” make our bellies grow?

I read a lot of studies, data—anything I could get my hands on really—about this when I was trying to get to the bottom of it. There’s a ton of information out there, and a lot of it is conflicting. **This program is the only one I've found that works for everyone.** I can't reproduce everything I've learned over the years, but here are the basics of why you should stay away from grains, dairy, and sugar.

When you eat food, your body converts it to an energy source commonly referred to as blood sugar (or glucose). Your muscles use this energy to move, and your brain uses it to think and function properly. That's all good and healthy and natural.

But here's the problem...

Sweet foods that have lots of processed sugar and flour (grains) in them have a high Glycemic index. That means your body converts the carbs it gets from those foods into glucose quickly. Basically, a rush of glucose enters your bloodstream.

That can be a good thing if your body needs lots of energy right that minute—say, if you’re on mile 20 of a marathon. But if you're sitting at a desk for the sixth hour in a row, it's not such a good idea.

What happens to all that excess glucose your body doesn't use?

It has to go *somewhere*...

**Your body releases the hormone insulin to compensate for all the extra blood sugar in your system.** Insulin’s a good thing. Just ask anyone whose pancreas doesn't make any (people with Type 1 diabetes). Insulin shuttles the
glucose to the places it’s needed. If it’s not needed, it tells your body to save it for later.

Stored glucose goes to your liver, where your body converts into triglycerides and stores them in fat cells.

So, when you keep your glucose levels high *all the time*—by eating breads, pasta, rice, potatoes, beans, dairy, and other forms of concentrated sugar—you’re signaling your body to store fat!

Keep that pattern up, and your belly isn’t going anywhere. It will only get bigger over time.

5. Grains, Legumes, And Potatoes

Here's another easy rule to keep in mind:

*If it comes in a box or a wrapper, don’t eat it.*

Think of some different kinds of foods that come in a box:

- Cereal
- Pasta
- Taco Shells
- Cookies
- Oatmeal
- Frozen dinners

And others that come in a wrapper or plastic bag:

- Rice
- Bread
- Candy
- Beans
- Tortillas
- Potato Chips
- Pretzels

This isn’t a hard and fast rule; there are exceptions, like boxes of frozen vegetables or bags of almonds, for example. But it’s a nice guideline that will serve you well almost 100% of the time.

**Staying away from foods that spike your insulin levels means you should avoid eating grains, legumes, and potatoes.** Here are some specific foods you want to avoid. This *isn’t* an all-inclusive list, but some examples to help you get a better idea:
Grains:
- Bread
- Pasta
- Rice
- Cereal
- Oatmeal

Legumes:
- Black beans
- Chickpeas
- Pinto beans
- Kidney beans
- Peanuts (and peanut butter)
- Hummus
- Black eyed peas
- Soybeans
- Tofu

Potatoes:
- Sweet potatoes
- Red potatoes
- Yellow potatoes
- Baked potatoes
- Mashed potatoes
- French fries
- Potato chips

Potatoes don’t seem unhealthy just by looking at them. They come from nature and seem wholesome. **But the potatoes you get at the store today aren’t like your grandparents’ potatoes.** Modern potatoes have been bred and modified so much they’ve changed considerably from the tubers our ancestors ate. They have more starch and less fiber; it’s just best to avoid them.

6. Sugar

Sugar has been a big diet no-no for years, and most people understand that you should avoid it if you want to lose your belly.

**But sugar is sneaky these days.** It goes by lots of different names on ingredient lists, so you need to be on the lookout for sugar’s cousins.

One of the most common forms of sugar that doesn’t have “sugar” in its name is High Fructose Corn Syrup (HFCS). You **wouldn’t believe** the process this stuff
goes through from corn (the initial HFCS product) to its final form in your soda or blueberry muffin.

Did you know that the average American consumes 38 lbs of HFCS every year? That's pretty unbelievable and, let's face it, downright disgusting.

I've already mentioned the evils of soda and other sugary drinks, but there's another sugar-laden beverage that many people think of as healthy: juice.

**Do not drink juice!**

I don’t give a darn if you squeeze it by hand yourself.

Think about it. To make juice, you take a good piece of fruit, squeeze all the sugar out of it, and leave most of the good stuff.

Juice lacks the fiber you get from eating whole fruit. And it’s fiber that slows down the absorption of fructose (the sugar found in fruit) into your bloodstream. And think how many apples, for instance, it takes to make one glass of apple juice. Maybe four? Five?

Another common name for sugar to watch out for is “cane juice.” So if you see the word “cane” on an ingredient list, that refers to “sugar cane” and you should avoid it.

7. Dairy

“Milk. It does a body good.”

It’s a wildly popular ad campaign, but is it true?

You probably don’t think so if you’re lactose intolerant. **And you might find it hard to believe, but nearly everyone is lactose tolerant to one degree or another.** This causes bloating, gas, diarrhea, and other digestive issues. People just aren’t designed to digest the stuff, which is found in the sugar of cow’s milk.

After watching thousands of my clients and customers dump dairy products, I’ve seen how great this step is for fat loss firsthand!

**You probably don’t even realize how dairy’s affecting you because you have it so often. You just think your body’s reaction is “normal.”**

I was like that. I had dairy products nearly every day of my life. It was amazing when I ditched dairy. This might be too much information for you, but it's true: I
just didn't have gas anymore. I didn't get what my son calls the “BGs,” the Bubble Guts.

**Even that little splash of cream in my coffee in the mornings was enough to make me feel uncomfortable.** I really noticed it after I'd gone a month without dairy. Many of the people I've helped have reported similar experiences.

If you take milk or cream in your coffee or tea, consider a milk alternative without lactose, such as almond milk or coconut milk.

Just be sure to read the label before you do it. Watch out for sugar disguised under one of its aliases in the ingredient list. Notice I didn’t mention soy milk as an alternative. But if you really want to know my favorite option…

**Drink your coffee black!**

Or don’t even drink coffee. Caffeine creates some beneficial effects in your body, but it also creates some negative ones as well. There are tradeoffs.

Everything you put into your mouth has an affect on your body. You need to think of food as a drug, because it is. *Every* bite causes a hormonal response. *Every single one.*

Okay. Fair enough. But what about **other forms** of dairy besides milk?

Things like yogurt, cheese, and butter should be avoided as well. No dairy is the best way to burn belly fat and optimize your health.

I've gotten a few questions over the years about eggs. Even though they're kept near other dairy items at the grocery store, eggs are *not* dairy products. They don’t come from cows, so you’re good to go!

I consider eggs meat, and they’re a great source of quality protein and fat. I personally choose the kind enriched with omega 3 fatty acids. Most standard eggs have a lot of omega 6 fatty acids in them; the better balance you have between omega 6's and 3's, the better your health.

Eliminating dairy from your diet might sound hard, and for some people it is. But know that it's worth it. I promise you'll feel much better. Just think of all the other health benefits. Think of all the foods we eat along with dairy. Things like:

*Milk and cookies.*

*Bread and butter.*

*Macaroni and cheese.*
The transition to a dairy-free lifestyle will go smoother than you might think. Just stay focused on your weight loss goals and keep in mind that nothing tastes as good as losing fat feels.

8. Eating Low Fat Foods Is Not The Answer

I'm sure you've seen the packages and TV commercials for “low fat” chips, crackers, and other snack foods. They promise you the delicious food you want and a trim waistline. But don’t fall for them; they're scams.

It’s time for this conventional low-fat diet “wisdom” to go by the wayside. Despite its bold claims, this strategy doesn’t work. It doesn’t get rid of your belly fat.

The Flat Belly After 50 program includes plenty of healthy fat from foods like nuts, avocado, extra virgin olive oil, and animal sources.

A lot of people consider saturated fats and cholesterol to be the nutritional equivalent to the devil. But we actually need saturated fat and cholesterol to live!

Did you know that the walls of every cell in your body are made of saturated fat?

Did you know that your brain is made primarily out of saturated fat and cholesterol? It is. You need cholesterol and saturated fat to keep your body performing optimally.

Getting too much of these things is a bad thing, just like with everything else. It’s time to reframe your thinking about what is and what isn’t nutritious.

So here's what I've been saying now for years:

Eating fat does not make you fat.

Eating processed flour, sugar, and starchy carbs is what makes you fat. Carbs create an insulin response in your body, but fat is one of the most hormone-neutral foods you can eat. It doesn't throw off your body chemistry.

The only fats you really want to avoid are trans fats, sometimes called hydrogenated fats.

Trans fats are the result of a manmade process and are commonly found in foods that you want to avoid anyway: cookies, cakes, crackers, and chips.

And since you won’t be eating any of this junk on the Flat Belly After 50 program, you really don't need to worry about watching out for it on any food labels.
9. Important Takeaways To Focus On So Far

I recommend rereading this section as many times as it takes to get it internalized in your brain. But here are the important things to remember.

1. **Avoid “The Big Three.”** Don’t eat grains, dairy, or sugar. If I could paste one thing on your bathroom mirror for you to look at each morning, this would be it!

2. **Eat Like Nature Intended You to Eat.** God put us on this beautiful planet, and we need to start acting like it and eat the things that are here for us. If it didn’t grow from the earth or have a heartbeat at one time, don’t eat it.

3. **All Calories are Not Created Equal.** Low fat diets don’t work, and eating fat doesn’t make you fat. Your best bet to burn off your belly fat is to focus on eating real food. You’ll get the nutrition you need, eat until you’re satisfied, and never need to worry about counting calories.

These 3 Simple Principles Are All It Takes to **Shock** Your Doctor During Your Next Checkup…

“I went for my annual physical in May and my doctor couldn’t get over the change and subsequently the changes in cholesterol levels and everything else found in the blood tests. He was amazed. Total weight loss of 38 lbs!”

- Mike Fleming, 52, Ontario, Canada

And A Leaner Body Is Just **One** of The Health Benefits…

I’m amazed at how quickly the pounds came off my belly and my thighs. I lost 10 pounds in the first three weeks alone! I hit my target of losing 25 pounds (and beat it by 3 pounds!) - Also the acid reflux that I have been battling for over 20 years is GONE! Thanks.”

- Deb Cooper, 62, Nevada
II. Practical Application: What To Do And How To Get Started

1. Clean Out Your Kitchen

Don’t rely on your willpower to keep you on the Flat Belly After 50 program.

Thinking you can stick to the program when there's a tub of ice cream in the freezer is unrealistic. I know I wouldn't have the willpower to do that.

So, after helping thousands of people over the last few years, my recommendation is to stack the deck in your favor by rearranging your environment for fat-loss success.

The very first thing you should do is clean out your kitchen.

Collect all the carb-laden food and other bad stuff we've discussed and throw it out, give it to a neighbor, or donate it to your local food pantry. I don't care what you do with it, but get rid of it. You just don't want it in the house. It makes everything so much easier. Trust me.

Resist the urge to go on a binge and swear to yourself that you will get started on the program “next Monday” or “the first of the month” or “after Christmas.”

How many times have you said that before? And how many times have you lost the weight and kept it off?

It’s time to draw a line in the sand and get started now. Put down this book, go to your kitchen, and get rid of all of the foods you know you shouldn’t be eating.

What exactly should you get rid of? Start with any of “The Big Three” foods. Here are a few specific examples of what to get rid of to help you get started:

**Cupboards:**
Pasta
Cereal
Rice
Beans
Bread
Cookies
Crackers
Candy
Potatoes
2. Go Grocery Shopping

Here’s a rule of thumb for grocery shopping I’ve learned over the years:

Keep to the perimeter of the store.

Think about how your grocery store is laid out. The produce section is on one side, the meat counter is in the back, and the eggs and frozen vegetable are on the other side. **The middle aisles are where all the bad stuff is kept.**

You can find your vegetables, fruits, and nuts in the produce section. You can get your beef, chicken, and other protein sources at the meat counter. And eggs are the **only** thing you should be getting from the dairy area. Those are the only three sections of the store you need to visit for your grocery shopping.

You might have to venture into the aisles **occasionally** for things like seasonings, oils, and condiments. Sometimes I also get sardines or canned salmon for a salad; you can do the same.

Almost any seasoning will work with the Flat Belly After 50 program, but it’s important to read the condiment labels to make sure they don’t have any sugar.

Natural herbs that consist of one ingredient—like basil or rosemary, for example—are always a good choice. Take a look at the list below for some seasonings and condiments that work well the Flat Belly After 50 program:

**Seasonings:**
Salt
Oregano
Basil
Parsley
Black pepper
Rosemary
Cayenne pepper
Paprika
Chili Powder
Sage

**Condiments:**
Mustard (read the ingredients and be sure there is no sugar added)
Salsa
Horseradish
Balsamic vinegar
Apple cider vinegar
Red wine vinegar
Hot sauce
Extra virgin olive oil

I also like a few spice blends. There are tons of them out there like Old Bay seasoning and Tony Chachere's Creole seasoning. Again, just make sure you check the ingredients before picking any of them up.

### 3. A Quick “Cheat” For Measuring Portion Sizes

*I can’t stand counting calories.* I did it for a diet about a decade ago and felt it took way too much time. Fortunately, there are a few automated ways to do this now. If you go to [www.fitday.com](http://www.fitday.com), you can put in everything you eat and it calculates the calories and nutrients for you. If that’s your thing, go for it.

Keeping portion sizes under control might be a little tough at first because your body chemistry messed up thanks to the excess insulin that’s been roaming in your bloodstream for so long. Once your body adjusts, you’ll find yourself controlling your portion sizes without even thinking about it.

Here are some tips for keeping portions at the right size if you aren’t counting calories:

**You don’t ever need to worry about eating too many vegetables.** What you do need to worry about is eating enough of them. Make sure to eat lots of green vegetables like kale, spinach and broccoli and get lots of other colors as well.

**As far as fruit goes, get a good variety and try to limit it to no more than three servings per day.** Fruit has lots of good nutrients, but it can also have lots of sugar.
For smaller fruit like berries, keep your portion size to no more than what would fit in your hand without dropping any on the floor. For melons, just keep your portion size to one slice no more than about two inches thick.

**For meat, the best way to measure it is by using your palm as a guide. About the same size and thickness.** This is perfect because it works for a big, 250-pound guy and a small 125-pound lady.

And for nuts, limit your portion size to no more than what would fit in the center of your palm in a single layer. This is about 6 to 8 almonds for most people.

### 4. How To Deal With Others In Your Home

When I first started trying to change my eating habits, my wife wasn't fully on board. **She was supportive emotionally, but she kept bringing things into the house that I would then crave.**

It can be tough. But you can be a great example for the rest of your family to follow. You know it's important. You know you can be healthy and strong and get that vitality back in your life. Be strong.

Kids or grandkids will still want their macaroni and cheese, your spouse or significant other may still eat pizza, and maybe they'll even wave it in front of your face.

**You are responsible for your success.** You're also responsible for where you are now and where you'll be next year. I've done this. I've helped thousands of others do it too. And so can you. The only way you could fail is if you let others, or that voice in your head, talk you out of it. If you follow this program you will succeed. You just need to stay on board.

Here are some tips for dealing with others.

For kids and grandkids, I try to get them involved in the cooking process. My grandkids love to help me in the kitchen. We're always careful and don't give them anything beyond their ability, but they've helped with adding seasonings to soup, cutting vegetables, and my youngest daughter, who's still at home, makes great salads.

If your kids are adamant that the cereal and macaroni and cheese must stay, consider reducing their portion sizes while introducing some of your new healthy foods.
Some kids hate broccoli and peas, but celery and carrots usually go over well. And think about the great habits you'll be introducing them to. Instead of going for the cookies and candy, they'll start reaching for a piece of fruit. Kids usually dig apples with almond butter. I know I love it.

Try to get your spouse to join you on your fat loss journey. That's what happened with my wife. She saw my initial success and became more interested. Eventually she was on my case about slipping up or making sure I got enough vegetables.

You could even make it a competition. With some couples, that's the best way. And a small competition may be the perfect way to let your significant other know that it might be best for them to lose a few pounds without bluntly saying it.

For other living situations, like with roommates, maybe it would be best to set up strict food policies. So no one eats your “special” food and you're not allowed to eat others' food.

**The bottom line: you must take responsibility for your fat loss success.**

That's something we all have to get past: to stop blaming others. It's easy to say, "well, my wife is always bringing home ice cream and I'm powerless against those fudge ripples.”

Be true to yourself and you goals, and do what's necessary to achieve them. You'll arrive before you know it.

**How A Husband and Wife in Ohio Burned Their Belly Fat Together… While Working Over 50 Hours a Week!**

“After exercising for nearly a year with NO results, I finally had enough and decided to try something else. My husband and I did this program to get in shape for a vacation we had coming up, and we couldn’t be happier with the results. Brian lost 17 lbs in just four weeks and I lost 12 lbs.

We both work 50+ hours a week and this was easier than any other weight loss program I’ve tried before. Our friends saw us a few weeks after we started the program and couldn’t stop talking about how much younger we looked, it was great”

- Pam and Brian Goff, Ages 52 and 56, Sandusky, Ohio
III. Keep It Simple

1. Don’t Worry About Things That Don’t Matter

Flat Belly After 50 is a simple diet plan. If you follow it you will be successful. But *simple* doesn’t mean it will be *easy*…

*There’s no sense in making the program more difficult by worrying about little details like timing your meals or weighing your food.* Eat when you're hungry, and don't eat when you're not. Just focus on eating the right things. Simple.

One thing you could try is to stick with your current routines and change them just enough to fit into the Flat Belly After 50 guidelines. If you like to eat cereal for breakfast because it’s quick and easy, for example, just keep doing that. You can use the special recipe I have for cereal in the breakfast recipes section below.

2. Preplan, Precook, And Prepackage Your Meals

Preplanning, precooking and prepackaging your meals make this program a lot easier to stick to.

*Sometimes you'll have to eat out, but avoid it if you can.* I've gone into Ruby Tuesdays or Applebee's with every intention of getting a salad or a steak and vegetables, but I'm tempted by the delicious-looking pictures of golden fries and cheeseburgers.

I don't really have those temptations anymore. I've given in to them (and felt the awful consequences in my digestive system) enough that I'm pretty much cured. But you may need to eat out occasionally. Here's what to do:

Plan ahead. Have a look at your calendar and mark the days you'll have to eat out. Ideally you'll know the restaurant in advance. Commit to yourself that you'll choose foods that are within the guidelines of your new diet. One idea is to always order the same thing no matter where you go. Like a steak and vegetables. You won't even have to open a menu and get tempted.
You should be cooking your own meals as often as possible. After you identify the times you must eat out, plan out the rest of your meals. Here's one place where the details are important.

Write down exactly what you'll eat for breakfast, lunch, dinner, and snacks for the entire week (a sample meal plan for an entire month is included in this manual).

I recommend shopping for the upcoming week on Saturdays and then precooking all your meals on Sundays. You can do this on other days, though; that's just what works for me. If you don't have them already, invest in meal-sized containers so you can portion out all your food.

This will make following the program super easy and convenient, which is exactly what you'll need after a long day at work to keep yourself from using stress or exhaustion as an excuse to order pizza or Chinese food.

I usually cut up all of the vegetables I'll use for the week and cook at least one protein source on my designated cooking day. Often I cook two or three. Last week I did shrimp, steaks, and chicken tenderloins.

3. How To Cure Cravings

We all have foods that are our weaknesses. I love nachos and Butterfingers. And beer. I'm sure there’s something you can think of something you’re craving right now. And if there isn’t, just try this program for a few days and I'm sure a few will come to mind!

Remember: all of these cravings are temporary. The transition to a better diet will be hard for the first 2 weeks. But once your body chemistry changes back to how it should be, you'll stop craving carbs and sugar so much.

You get sugar cravings because your body is used to burning sugar for fuel. With this diet, you won't be giving your body the amount of sugar it's used to, so it'll turn to burning fat for fuel. And that's exactly what you want. Your body will burn your fat stores and the fat you eat.

If a craving gets so bad that you can’t stand it any longer, here are a few tricks to try to keep you on path to fat loss:
If you’re craving something sweet like candy or cookies, try eating one of the sweeter fruits instead. Sweeter fruits include bananas, mangos, melons, and pineapples.

If you’re craving something crunchy like potato chips, try eating a crunchy apple or a crunchy vegetable like celery or carrots. But if it’s salt you’re craving, I have some recipes for you. Take a look at the kale chips and vegetable chips recipe towards the end of the manual.

If you’re feeling hungry all the time, try increasing your healthy fat intake. Eat some nuts, an avocado, or a boiled egg or two. When you eat fat, your digestive system signals the brain that you’re full.

One thing I still use as a craving killer is dark chocolate.

Yep, that’s right. You can have chocolate. But you need to make sure it’s at least 65 percent dark, and you can’t pig out on it. One small piece a day at the most.

4. But What If You’re A Vegetarian?

I’m not going to pull any punches here. Losing fat as a vegetarian can be pretty difficult unless you’re willing to change things up a bit.

The reason for this is that many vegetarians are just trying to avoid meat. They end up gorging on the foods that contribute the most to a big belly.

Insulin-spiking foods like rice, bread, pasta, and dairy are staples in many vegetarian diets.

Here’s how I would handle it: change your outlook. Stop thinking of yourself as “anti-meat,” and start thinking of yourself as a vegetable lover.

The fastest way to burn fat as a vegetarian is to base your diet around vegetables, nuts and fruits (plus fish and eggs if you’re okay with that).

Big servings of green salads, kale, broccoli, peppers, asparagus and other veggies will melt the fat right off your body!
I’m not here to challenge your beliefs if you’re a vegetarian for moral, religious, or ethical reasons.

However, if you’re a vegetarian is because you think it’s healthier, you may need to consider that you’re reading a fat-loss book right now. Something about the strategy isn’t working. Maybe it’s time to reevaluate your thinking.

Don’t get me wrong. You absolutely can lose your belly as a vegetarian. The key is to focus your diet more around vegetables and less around grains and dairy products.

Vegetarians also need to get some protein-rich food with each meal from some of the sources below:

- Tempeh
- Quinoa
- Beans
- Almonds/Almond Butter/Cashew Butter
- Hemp Protein Powder
- Soy Protein Powder

These sources of protein aren’t ideal, but you can use them if necessary.

As a vegetarian you can stick to the rest of the Flat Belly After 50 program for the most part. Just remember the basics: avoid drinking your calories, eat lots of vegetables, and consume some fruit and nuts.

Leafy green salads should be a staple of your diet, and if you’re willing to eat fish and eggs, please do that too. It will help speed up your fat loss and give you the protein you need to thrive.

5. Action Steps And Review

So, this is the end of the manual portion of Flat Belly After 50. It’s decision time.

You can take action for the next 14 days and see what happens... or you can just keep doing what you’ve been doing and getting the results you’ve been getting. Remember Einstein’s definition of insanity?
Seems like a no-brainer to me.

In the introduction to this manual, I encouraged you to give the Flat Belly After 50 program a try for 14 days. Just two weeks!

You can stick with *anything* for just two weeks.

If you're not a true believer in the plan yet, that's okay. But if you try it for two weeks, I know you will be. This is the *simple* solution you've been searching for all along.

Ready to take action? Here we go:

1. **Clear out your kitchen.** Go to your kitchen and follow the recommendations in the “Clean Out Your Kitchen” section. When in doubt, throw it out. Also, make sure you get any stashes of junk food you might have hidden around the house.

2. **Preplan your meals for the next two days.** Think about where you'll be and what your plans are. You'll probably have enough healthy food on hand to go for two days, but if not, head to the grocery store. Also, two days is the minimum; feel free to plan a week right now.

3. **Make your grocery list.** Take your freshly planned meals and make a list of all the things you'll need. This is usually my favorite part of the process. I sometimes go to a regular grocery store, a health food store, and a farmer's market all on the same day. Remember to stick to the perimeter of the store.

4. **Precook and prepackage your meals.** Chop up and cook your vegetables and prepare at least one protein source. Variety is good though, so feel free to do more. Then store your food in separate meal-sized containers.

5. **Expect resistance.** Remember: losing your belly is *simple* but *difficult*. Expect resistance from family, friends, coworkers, and your own body. Stay strong. Do whatever you need to do to get by. I had one client who used affirmations and she said they worked like a charm.
IV. Examples: My Personal Menu And Grocery Shopping List

I figured it’d be helpful if I gave you an example of the exact foods I eat in a given week.

Remember: this is just what works for me. I’m not saying you have to copy this exactly. For the Flat Belly After 50 program to work for you for the long term, you’ve got to do what works best for you. **This list is just a jumping off point to give you some ideas to get started.**

By now you know that that I like keeping things simple, so I often eat the same thing several days in a row. If that works for you, great. If it doesn’t, feel free to add more variety to your list. FYI, there’s also a one-week sample menu included later on in this book.

1. My Fat-Loss Grocery List

Coconut Oil
Extra Virgin Olive Oil
Balsamic Vinegar
1 ½ Dozen Eggs
1 Package of Bacon
4 Boneless Skinless Chicken Breasts
3 Pack of 4-Ounce Cans of Tuna
2 Petite Sirloin steaks
1 Bag of Baby Spinach
1 Bag of Pre-cut Broccoli
1 Small Bag of Baby Carrots
1 Bunch of Asparagus
1 Cucumber
2 Red Bell Peppers
1 Bunch of Kale
1 Bag of Frozen Green Beans
7 Ruby Red Grapefruits
1 Large Bag of Apples
1 Bag of Raw Almonds
2. Sample Fat-Loss Meal Plans

I’ve found that when I follow this eating style I don’t get hungry often. Sometimes I don’t eat breakfast until noon. And I sometimes only eat two meals a day.

The key is your body getting used to burning fat instead of sugar to get its energy. Once that happens, you’ll find you stick to the program without feeling hungry all the time.

When you’re first getting started, focus on eating as much high-quality food as you need (and as often as you need) to curb cravings and adjust to the program.

Here’s the sample plan I recommend for my new clients. And remember: you don’t have to follow this exactly. If you don't like something on here, you can find a substitute.

**Monday**
8:00am  1 Grapefruit, small handful of walnuts, large cup of black coffee.
10:00am  1 Apple, small handful of almonds.
12:00pm  Large salad with spinach, chicken, cucumber, red bell pepper, grape tomato, and balsamic vinaigrette.
3:00pm  1 Apple, small handful of walnuts.
4:30pm  1 Cup of Green Tea, small piece of dark chocolate.
6:00pm  2 Eggs scrambled with asparagus and bell pepper.
8:00pm  Small handful of baby carrots.

**Tuesday**
8:00am  1 Grapefruit, small handful of walnuts, large cup of black coffee.
10:00am  1 Apple, small handful of almonds.
12:00pm  3-Egg Omelet with sautéed spinach.
3:00pm  1 Apple, small handful of almonds.
4:30pm  1 Cup of Green Tea, small piece of dark chocolate.
6:00pm  Chicken with broccoli and walnuts.
8:00pm  3 Sticks of celery.

**Wednesday**
8:00am  1 Grapefruit, small handful of walnuts, large cup of black coffee.
10:00am  1 Apple, small handful of almonds.
12:00pm  Large salad with spinach, grilled chicken, cucumber, red bell pepper, grape tomato, and balsamic vinaigrette.
3:00pm  1 Apple, small handful of walnuts.
4:30pm  1 Cup of Green Tea, small piece of dark chocolate.
6:00pm  1 Can of Tuna with green beans.
8:00pm  Small handful of baby carrots.

**Thursday**
8:00am  1 Grapefruit, small handful of walnuts, large cup of black coffee.
10:00am  1 Apple, small handful of almonds.
12:00pm  Chicken with large serving of broccoli.
3:00pm  1 Apple, small handful of walnuts.
4:30pm  1 Cup of Green Tea, small piece of dark chocolate.
6:00pm  2 Eggs scrambled with sautéed spinach, asparagus, and bell peppers.
8:00pm  3 Sticks of celery.

**Friday**
8:00am  1 Grapefruit, small handful of walnuts, large cup of black coffee.
10:00am  1 Apple, small handful of almonds.
12:00pm  Large salad with spinach, grilled chicken, cucumber, red bell pepper, grape tomato, and balsamic vinaigrette.
3:00pm  1 Apple, small handful of walnuts.
4:30pm  1 cup of Green Tea, small piece of dark chocolate.
6:00pm  1 Can of Tuna with green beans.
8:00pm  Small handful of baby carrots.

**Saturday**
8:00am  1 Grapefruit, small handful of walnuts, large cup of black coffee.
10:00am  1 Apple, small handful of almonds.
12:00pm  Large salad with spinach, chicken, cucumber, red bell pepper, grape tomato, and balsamic vinaigrette.
3:00pm  1 Apple, small handful of walnuts.
4:30pm  1 Cup of Green Tea, small piece of dark chocolate.
6:00pm  2 Eggs scrambled with asparagus and bell pepper.
8:00pm   Small handful of baby carrots.

**Sunday**
8:00am   1 Grapefruit, small handful of walnuts, large cup of black coffee.
10:00am   1 Apple, small handful of almonds.
12:00pm   3-Egg Omelet with sautéed spinach.
3:00pm   1 Apple, small handful of almonds.
4:30pm   1 Cup of Green Tea, small piece of dark chocolate.
6:00pm   Chicken with broccoli and walnuts.
8:00pm   3 Sticks of celery.

3. Breakfast Recipes

**Breakfast is really just “dessert in disguise” for most people.** They eat muffins, bagels, pancakes, and even Pop Tarts!

These typical breakfast foods are loaded with sugar, spike your insulin levels, and are awful for your health. It can be hard to eat clean for breakfast. **Eggs are simple and my go-to breakfast food.** I’ve even tried duck eggs recently and they’re quite good.

Sometimes I just have a fruit smoothie with coconut milk; that holds me over well until the afternoon. You can pick up frozen fruit in the freezer section. Or, if you want to get more natural, go to one of those you-pick orchards and go to town. My family and I did this last summer and stocked up on peaches; I’m still using in my smoothies to this day.

Here are 10 of my favorite breakfast recipes that will help you shed your belly fat:

**Eggs And Fruit**

2-3 Eggs
Bowl of Fruit (or piece of fruit)
Drink (water, tea, coffee)

You can prepare your eggs however you like. Cook them in a pan with a bit of olive oil (around a tbsp). If you make an omelet, you can add vegetables like onions, peppers, tomatoes, and broccoli.
Make sure you have a small bowl of fruit like strawberries, bananas, apples, or oranges. If you're over 160 pounds, you can eat a larger bowl of fruit or just add in a whole piece of fruit (such as one of the fruits above).

**Strawberry-Banana Smoothie**

Get out your blender and fill it with 5 ice cubes, 8 strawberries, a banana, and \( \frac{1}{4} \) cup of coconut milk.

These ingredients are enough to make a 12-16 oz. smoothie.

You can also use frozen fruit. It lasts longer than fresh fruit and there’s no prep needed. If you’re using frozen fruit, adding a bit more water and using less ice will help your smoothies turn out better.

**Blueberry-Banana-Pineapple Smoothie**

Get out your blender and fill it with frozen blueberries (1 cup or less), a banana, and frozen pineapple (\( \frac{1}{2} \) cup or so).

Add some water to the blender (about 1 cup or less). Blend up and enjoy!

**Boiled Eggs**

It’s easiest to boil eggs in bulk. You can do 8-12 on your food prep days. That way you can just grab them out of the fridge whenever you want them throughout the week! Boiled eggs are also great for when you’re on the go.

Here’s the best way I've found to boil eggs so they come out perfect:

Put them on high heat until the water just starts to boil. Then let them boil for exactly one minute. Remove them from the heat and cover the pot. Set the timer for 10 minutes.

Once the timer’s up, you can run cold water over the eggs to make them easier to peel.
Sometimes I take boiled eggs off at 8 minutes because I like the yolks just a little squishy.

**Homemade Apple Sauce**

2 Apples chopped (I use Pink Lady apples - if you can get these they are out of this world!)  
1 cup Strawberries, sliced (I use frozen strawberries)  
1/2 tsp Cinnamon  
1/2 tsp Nutmeg  
1/2 tsp Allspice  
8 Macadamia Nuts (or Walnuts)

Take all of the ingredients above and put them into a food processor. Then mix everything up until it takes on an applesauce-like consistency. If you don’t have a food processor, you could use a blender for this instead.

**FBA50 Granola**

**Ingredients:**  
1/3 cup Coconut Oil  
1/3 cup Honey  
2 teaspoons Vanilla Extract  
1 cup Raw Walnuts  
1 cup Raw Slivered Almonds  
1/2 cup Raw Sunflower Seeds  
1/2 cup Raw Pepitas (pumpkin seeds without the shell)  
1 cup Unsweetened Shredded Coconut  
1 cup Almond Meal

**Directions:**  
Preheat your oven to 325 degrees.

Put the coconut oil, honey and vanilla into a small pot. Mix and heat on the lowest setting. (You can just leave it heating while you do the other steps).

Add the pecans, almonds, sunflower seeds, pepitas, and coconut into the food processor. Pulse until it's a course flour.
Put the nut/seed mixture into a large mixing bowl. Add the almond meal and stir to mix all the dry ingredients together really well.

Stir the warm honey mixture one more time and then pour over the dry ingredients. Keep stirring until everything’s evenly coated, making sure to break up any chunks. Spread over a cookie sheet evenly and pack it down with your hands.

Bake at 325 degrees for 10 minutes. Remove from the oven and stir it up. Respread evenly (but don't worry about packing it down this time). Bake for another 8 minutes. Allow it to cool. Break up and store in an airtight container.

This makes about 10-15 servings. I eat this like cereal with almond milk and usually add blueberries or blackberries.

**Berry Morning**

1 cup Fresh Strawberries  
1 cup Fresh Blueberries  
½ Tangerine, sectioned  
1 tablespoon Fresh Squeezed Orange Juice  
1 teaspoon Vanilla (optional, but very good)  
Ground Nutmeg  
Fresh Mint

Simple… mix all of the ingredients together into a bowl and enjoy!

**Salmon Rolls**

1 Avocado  
1 tablespoon Limejuice  
1 tablespoon Olive Oil  
2 cloves Garlic  
4-5 Thin Slices Of Smoked Salmon

Mash the avocado together with finely chopped garlic, the limejuice, and the olive oil. Allow to cool in the refrigerator.
Lie out the salmon in strips and place a few spoons of the mash onto it. Roll the salmon up like a sushi roll.

This recipes works well for either breakfast or lunch. You can also make it ahead of time, as it keeps well in the fridge.

**Easy and Delicious Egg Muffins**

Here’s one you can make ahead of time and enjoy all week!

- 2 Chicken Sausages, removed from casing
- 10-12 Eggs
- ¼ cup Red Bell Pepper, diced
- ¼ cup Carrots, grated
- ½ cup fresh Spinach, chopped
- 2-3 tablespoons fresh Basil, diced
- Salt and Pepper to taste

In a skillet, break up the sausage into crumb-sized pieces. Cook the sausage until it’s cooked through and no longer pink.

Combine the sausage, red bell pepper, carrots, spinach, and basil in a medium bowl and set it aside.

Whisk together the eggs and salt and pepper in a larger bowl. Then add them to the sausage and vegetable mixture. Make sure to stir them to combine.

Next, fill muffin cups with the egg mixture. Make sure not to fill them to the rim. You can use a measuring cup or ice cream scoop to do this.

Cook the egg muffins for about 20-25 minutes or until they set in the middle

This recipe makes between 12 and 16 muffins. You can save your leftovers for a few days if you refrigerate them in an airtight container.

**Fiesta Omelet**
3 Eggs
½ cup of Red Pepper, Onions, and Garlic
1 tablespoon Olive Oil
Tomato Salsa (tomato + red onion + cilantro + lime juice)
Side of Fruit (berries, apples, banana, orange)

Cook the vegetables in a tablespoon of olive oil, and then throw the garlic in for about 30 seconds. Scramble the eggs into a small bowl and add them to the pan. Cook until your desired doneness.

Serve with tomato salsa on top and a big side of fruit.

4. Lunch Recipes

My experience working with clients has taught me that lunch can be the toughest meal for people to stick to the Flat Belly After 50 plan.

It’s easy to make excuses when you work in an office. Sometimes you need to “grab something quick,” you get invited out to lunch with coworkers, or you have to resist the donuts and other carb-filled treats that are always in the office.

The key to overcoming these challenges is proper planning and preparation. Do that, and lunch can become a piece of cake… figuratively speaking, of course!

Like I said earlier, pre-planning and preparation is crucial to your success, especially when it comes to lunch.

I suggest pre-cooking your meals and separating them into single serving containers. Then all you need to do is grab one each morning and take it to work with you.

Grilled Chicken Salad

This is my go-to meal for lunch when I’m trying to get lean. This is also my favorite meal when I’m eating out. Pretty much any restaurant can make this for you… even if it isn’t on the menu.
Chicken Breast (size of your palm)
Chopped Tomatoes
Chopped Cucumbers
Any Other Vegetables you’d like (carrots work well)
Balsamic Vinegar (3 parts olive oil and 1 part balsamic vinegar. Add spices and garlic if you like)
Bag of Spinach

Grill your chicken breast in a pan with some olive oil. Add any spices you’d like to your chicken.

Chop up your tomatoes and cucumber (plus any other vegetables). Put them in a big bowl of spinach (use as much spinach as you’d like). Cut up your chicken breast and layer it on top of the salad.

For the vinaigrette, mix 3 parts of olive oil with 1 part of balsamic vinegar. You can put this in a blender or just mix it with a fork. Drizzle the dressing over the salad and it will be ready to serve.

This meal is perfect for taking to work. You can just package up your spinach/vegetables/chicken/dressing in separate containers or bags and prepare them for 2-3 days of the week.

**Pan Seared Chicken With Cilantro Salsa**

Chicken and salsa complement each other well. This is a pretty easy dish to make, and you can tweak it to make it exactly how you’d like.

1 Chicken Breast (size of your palm)
2 Tomatoes
1 small bunch of Cilantro
¼ cup of Red Onion
¼ cup of Green or Yellow Pepper
1 squirt of Limejuice
Salt and Pepper to taste

Cook your chicken breast however you’d like. If you can do it on a grill, then go for that. Otherwise, pan sear it with a bit of olive oil and add salt and pepper to taste.
Get out a cutting board and chop up your tomatoes, onion & pepper. Mix it all in a bowl, and add in some lime juice and salt and pepper for taste.

**Stuffed Chicken Breast**

As far as seasonings for this one, experiment with your favorite fresh herbs and spices. I use garlic powder, oregano, and thyme for this.

Large boneless, skinless Chicken Breasts  
1-2 tablespoon Tahini per chicken breast  
Chopped Tomato  
Shredded Spinach  
Seasonings to taste  

With a sharp knife, slice the chicken breasts lengthwise, making a pocket to stuff. Spread the tahini in each chicken pocket.

Fill with the spinach and tomato, or other vegetables of your choice. Add any seasonings, close the chicken breast, and place in a baking dish. Bake in the oven at 350 degrees for 30 minutes.

**Mustard Dill Tuna**

1 Can Tuna (or bagged tuna)  
¼ cup Celery  
1 tablespoon Mustard  
1 ounce Dill  

While you can make this canned tuna meal with dill spice, using fresh dill will usually taste much better.

To prepare this canned tuna meal, open one can of tuna into a bowl (drain the liquid), then stir in one tablespoon of mustard, a ¼-cup of chopped celery, and one ounce of freshly chopped dill.

**Turkey Salad With Veggies**
1 Cup Chopped Turkey Breast  
Tomatoes  
Celery  
Cucumber  
Red Onion  
Bag of Spinach  
Balsamic Vinegar (3 parts olive oil and 1 part balsamic vinegar. Add spices and garlic if you like)

Chop up your turkey breast into small bite size pieces. Then cut up your tomatoes, celery, cucumber, and red onion.

Get out a big bowl and put as much spinach as you'd like in there. Add in your vegetables & turkey breast. Toss everything together for a little bit and add your dressing.

Toss again, serve, and enjoy.

**The “No Bun” Burger**

¼ pound of Ground Beef  
Grilled Onions  
Lettuce  
Tomato  
Big side of green beans  
Salt and Pepper to taste

Cut up your vegetables into small pieces. Add salt and pepper and steam them in a pan (with a lid) with ¼ cup of water for about 5 minutes. Set them aside and start to work on your burger.

For the burger, put the ground beef into a bowl. Add some salt & pepper. You could also add some hot sauce or Worcestershire sauce if you like.

Next, chop up your onions into small ½ inch pieces.

Make a flat hamburger patty with your hands. The flatter you can make it, the faster it will cook. Pan sear it with a bit of olive oil until your desired doneness.
While this is cooking, make sure to add in your chopped onions to the pan. Let them cook until they are a caramel brown color.

Top your burger with lettuce, tomato and the onions. Serve the big side of fresh vegetables along with it!

If you’re using this recipe for lunch, pack your burger in one container and your vegetables in a separate container. You can take this to work and heat it up in the microwave or oven; it’ll be ready to eat in about 2 minutes.

**Turkey Wrap**

Handful of Chopped Turkey or Chicken  
¼ cup of Carrots  
¼ cup of Cucumber  
¼ cup Tomatoes  
¼ cup of Green Onion  
Balsamic Vinaigrette dressing (optional)  
Big piece of Leaf Lettuce (for the wrap)

In this recipe, we’re ditching the typical tortilla wrap and using a big crisp piece of leaf lettuce instead.

Chop up ¼ cup (or more) of carrots, cucumbers, tomatoes, and green onion. Chop up a palm full of turkey breast as well.

Mix all of the ingredients in a bowl with a tablespoon of your balsamic vinaigrette dressing.

Lie out a big piece of fresh leaf lettuce. Then scoop the ingredients from the bowl into the leaf lettuce. Wrap the leaf lettuce around the turkey and vegetables and enjoy!

**Fruit Salad**

¼ cup of cut up Grapes  
¼ cup of cut up Oranges  
¼ cup of Apples
¼ cup of Bananas
¼ cup of Pineapple

Place all the fruit in a Glad plastic container. Sometimes I like to squeeze the remainder of the orange over the top for more flavor.

Just mix it up; you'll have a quick and healthy lunch you can prepare in a matter of minutes.

**Orange Chicken And Vegetables**

1 Chicken Breast (size of your palm)
½ cup of Broccoli
½ cup of Squash
½ cup of Zucchini
Juice from an orange and lemon juice

Cut up your vegetables into small pieces. Add salt and pepper to taste and cook the vegetables in olive oil.

While they're cooking, squeeze about ¼ cup of the juice from an orange and also a small amount of juice from a lemon and add it to the vegetables. This small amount of juice will be fine for cooking purposes.

Cook a chicken breast in a pan with a small amount of olive oil. Add salt and pepper if you'd like. Once it's done, set it aside and let it rest.

Cut up your chicken breast and add it to the top of the vegetables.

You can easily prepare and package this dish ahead of time to have it ready for lunch the next day.

**Summer Salad**

2-3 cups Mixed Salad Greens
1/2 cup fresh Blueberries
1/2 cup fresh Peach Slices (Mango and Cantaloupe are good, too)
1 ounce Walnuts, chopped
Dressing
1 whole Orange, peeled and sectioned
1/2 cup Red Berries (Raspberries and Strawberries work well. Cranberries are a particular favorite of mine, as I like a bit of tartness in my food.)
1/4 cup Olive Oil or Coconut Oil (Coconut Oil will solidify and make the dressing kind of grainy, but it imparts wonderful flavor.)
1/4 cup Lemon Juice

After you make this dressing, you’ll have enough left over to use on several salads!

Start out by grabbing a big bag of mixed salad greens. Add your blueberries and peach slices. Then add a small handful of chopped walnuts.

Blend the dressing ingredients in a blender until they turn a pinkish color. Drizzle the dressing over your salad and you’re ready to eat.

You can put any excess dressing in a container and store it in the fridge for a few days. It’s that simple!

5. Dinner Recipes

Pork Tenderloin With Homemade Cranberry Sauce and Spinach Salad

Pork (size of your palm)
Cranberries
Big helping of Asparagus with a squeeze of Lemon (Mrs. Dash seasoning is great too)
Spinach Salad with tomatoes, cucumber, and olive oil/balsamic dressing

Cook your cranberries on low heat in a saucepan. You can also add a dash of balsamic vinegar to them as well.

Cook your pork to your desired doneness and then drizzle cranberry sauce over the top. Serve with a large portion of asparagus with lemon squeezed over the top.
Steak With Onions, Green Beans, and Spinach Salad

Steak (size of your palm)
White/Yellow/Spanish Onion, cut up
Fresh Green Beans (w/ salt and pepper if needed)
Spinach Salad with tomatoes, cucumber, and olive oil/balsamic dressing

Grill or pan sear your steak to the doneness you’d like. Add a touch of olive oil to the pan and put the onions in. Grill them until they are caramel in color.

Steam the green beans in a pot with a ¼ inch of water (put the lid on). The beans should take about 5 minutes to finish.

Grab a plate and layer the onions over the steak. Serve the green beans on the side.

Baked Salmon With cucumber salad

Salmon (size of your palm)
½ cup of Cucumbers
½ cup of Tomatoes
1/8 cup Red Onion
1 ½ tablespoon of Olive Oil/Balsamic Vinaigrette
(Piece of fruit/ another vegetable if still hungry)

Preheat the oven to 450 degrees Fahrenheit.

Season salmon with salt and pepper. Place salmon skin side down on a non-stick baking sheet or in a non-stick pan with an ovenproof handle. Squirt some lemon/lime or juice from an orange over top of the salmon. Bake until salmon is cooked through; this usually takes about 12 to 15 minutes.

For the cucumber salad, put the cucumbers, tomatoes, and red onion in a bowl and mix them up. Add in the olive oil/vinaigrette dressing. Let it sit in the fridge for 20 minutes if you have the time; it'll make the salad taste even better. Add some pepper and salt if needed.

Taco Wraps
1 pound of Ground Beef
½ cup of Onions
dash of Garlic
1 Chipotle Pepper (ground up)
1 Tomato
Salt and pepper to taste
Loose leaf Lettuce (crisp if you can find it)

Grill the onions in a pan with a small amount of olive oil. Add in the ground beef and cook until your desired doneness.

Then add in garlic, chipotle pepper, salt and pepper.

When everything is ready, spoon it out and wrap with a crisp piece of lettuce. If you like tomatoes, chop them up and add them in over the top of the meat too.

This will feed multiple people, or you can just refrigerate the leftovers and save them for later.

**Pan Seared Yellow Fin Tuna With Vegetables**

4 ounce Yellow Fin Tuna Steak (about the size of your palm) (sushi grade)
1 cup Yellow Squash
1 cup Zucchini
1 tablespoon Extra Virgin Olive Oil
1 teaspoon Black Pepper

Lightly coat the tuna steak with olive oil and pepper on both sides. Then pan sear the tuna over medium-high heat for 1 ½ minutes on each side (for rare) or 2 minutes on each side (for medium).

Take the vegetables and place them in a pan with ¼ inch of water. Cover the pan with a lid and steam for 5 minutes or so.

Serve and enjoy. This is a very simple but delicious dish.

**Chicken Wraps**
1 Chicken Breast (size of your palm)
¼ cup Chopped Tomatoes
A small palm full of Red Onion (middle of your palm)
Loose Leaf Lettuce
Big serving of a Fruit Bowl (apple, grapes, oranges)
1 tablespoon of Olive Oil/Balsamic Vinegar mix

Cook the chicken breast in olive oil. Usually, it takes about 5 minutes per side to do so. When the chicken reaches your desired doneness, pull it off and set it on your cutting board. Let it rest for 3-5 minutes, then chop the chicken up into small pieces.

Pull out a large piece of leaf lettuce, and lay a portion of your cooked chicken inside it. Add your tomatoes, red onion (and any other vegetables) to it. Drizzle the vinaigrette mix over the top of the chicken and vegetables. Wrap it all up in the leaf lettuce and enjoy.

Eat as many wraps as you need to finish your chicken breast. Add in a side of a big serving of fruit bowl for a complete meal.

**Grilled Cod With Fruity Marinade**

Note: this recipe feeds 2-3 people.

¼ cup fresh Orange Juice (from an orange, not out of the carton)
1 ½ tablespoon Lemon Juice
3 tablespoons Limejuice
1/8 teaspoon Cayenne Pepper
2 minced Garlic Cloves
2 tablespoons Olive Oil
1 pound Cod Filets
2 tablespoons finely chopped fresh Chives
1 tablespoon finely chopped fresh Thyme
Large side of Asparagus

Combine the orange, lemon, and limejuices in a bowl with cayenne pepper, garlic, olive oil, and 1/3 cup of water to make the marinade.
Place fish in a flat dish and pour in the marinade. Marinate the fish for 15 minutes. Light your grill and add the fish. Grill fish 3 to 4 minutes per side, basting often with the marinade. Serve the fish with a spoonful of marinade and sprinkle with chives and thyme.

**Maine Pot Roast**

Note: this recipe feeds 5-6 people.

This is a great recipe to make while you're at work. All you need is a crock-pot.

3 pounds lean Beef Roast  
¼ teaspoon Pepper  
2 Onions chopped up  
4 Carrots chopped up  
1 Celery Stalk chopped up  
1 Bay Leaf  
5 cups of Water  
1 small Cabbage cut into wedges

Sprinkle the meat with seasonings. Place the onions, carrots, and celery into a crock-pot. Top with the meat. Next, add the bay leaf and water.

Cover the pot and cook on low for 5 to 7 hours or until meat is tender. Remove meat; turn the heat to high. Add the cabbage wedges, cover and cook on high for 15-20 minutes or until cabbage is done.

This one is delicious and will save you a lot of time. Because it can make 5-6 meals for you, you can save up the leftovers and enjoy it throughout the week.

**Grilled Pork Chops**

If the weather permits, grill these babies outside. If not, I would just do them in the oven on 375 degrees for about 35-40 minutes. You'll want the internal temperature of the pork chops be around 145 degrees when you take them out.

¼ cup fresh Lemon Juice  
2 tablespoons Olive Oil
3 minced Garlic Cloves
1/4 teaspoon ground Thyme
1/4 teaspoon Black Pepper
1/4 teaspoon dried Oregano
6 lean Pork Chops, one inch thick and trimmed of all visible fat
Large side of Broccoli and Carrots

Blend all the ingredients except the pork in a shallow pan. Add the pork chops and cover. Refrigerate them overnight if you want them to be even tastier.

Grill the pork chops for 8 minutes per side or until done, while frequently basting chops with marinade.

6. Snacks

Snacks should give you just enough food to tide you over until your next big meal. Don't go hog wild on your snacking!

Here are some of my favorite Flat Belly After 50 program snacks:

- 6 -10 Nuts (walnuts, almonds)
- 4 Celery Sticks with a little natural almond or cashew butter
- 1 Apple with natural almond butter/cashew butter
- 1 Orange
- A bowl of Strawberries
- 1 Banana
- A small bowl of Carrots
- A can of Tuna

I usually stick with apples out of convenience; they're just so easy to grab and go! They're delicious, and you can try different types of apples if you get bored with one particular kind.

Here are a few more involved snack recipes you can make and nibble on over the course of a couple weeks:

**Root Chips**

2 pounds Root Vegetables (I used beets, rutabaga, and daikon radish)
3 tablespoons Olive Oil
1/2 teaspoon Sea Salt
1/2 teaspoon Dried Granulated Garlic

Peel the vegetables. Then slice thin with a mandolin slicer. You can use a ruffle edge blade for extra fun.

Toss the vegetable slices in a medium-sized mixing bowl with olive oil. Make sure all the slices are evenly coated. Sprinkle salt and garlic over the vegetable slices, and toss well.

Place the vegetable slices on a cookie sheet in a single layer. Bake at 400 degrees for 20 minutes. Turn chips and cook 20 more minutes until they’re crisp. *Please be aware, cooking times may vary based on the thickness of your slices*

**Trail Mix**

1 cup Roasted Almonds
1 cup Pumpkin Seeds
3/4 cup Sunflower Seeds
1/2 cup dried Banana Slices
1 cup dried Cranberries
1/2 cup Raisins
1/2 cup dried Apricots

This one’s as easy as can be. Just mix the ingredients well and store in an airtight container in a cool location until you’re ready for a snack.

**Kale Chips**

1 bunch Kale
1 tablespoon Olive Oil
1 teaspoon Seasoned Salt

Preheat your oven to 350 degrees Fahrenheit. Line a non-insulated cookie sheet with parchment paper.
With a knife or kitchen shears, carefully remove the kale leaves from the thick stems and tear them into bite-sized pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt; this usually takes about 10 to 15 minutes.

These might sound weird, and to be honest, they do look weird, but they’re delicious and borderline addictive. Try them!

**You Get to Stop Counting Calories, Eat Delicious Meals Like the Ones Above, and Start Getting Results…**

Take a look at the incredible results Deanna, a former calorie-counter, got after following the Flat Belly After 50 Program:

“My daughter and I went to a special ladies’ night out at a local church on Friday night. I met up with two ladies there whom I hadn’t seen in months, and both of them hardly recognized me at first. One of those ladies didn’t know whether to approach me or not as she wasn’t convinced it really was me until she had confirmed it with someone else in the group first! They both kept telling me how good I looked and couldn’t get over the transformation. **On our way home that evening, my teenage daughter told me how proud she was ‘to have such a young looking mother there’**”

- Deanna Carruthers, 53
V. Fat-Blasting Meals For Vegetarians

The biggest challenge vegetarians face on this program being so accustomed to diets that are very heavy in grains, beans, potatoes and dairy (except in the case of vegans).

Here are some delicious and healthy recipes vegetarians can enjoy. Be sure to watch your portion sizes on these recipes because they contain more carbs than I’d typically recommend for maximum fat loss.

**Chili Flavored Quinoa And Black Beans**

1 cup of Quinoa, uncooked  
1 can Black Beans  
1 can crushed Tomatoes  
2 teaspoons Olive Oil  
3 cloves of Garlic, minced  
½ Yellow Onion, chopped  
½ teaspoon of Red Pepper Flakes  
2 teaspoons Chili Powder  
1 teaspoon Cumin  
½ teaspoon Black Pepper  
½ teaspoon dried Oregano  
½ teaspoon dried Basil  
Parsley as garnish if desired

Cook the quinoa by adding one cup of quinoa to 1-½ cups of water. Bring to a quick boil and then reduce to low heat. Cover and cook until done (30 - 35 minutes).

In a large pan or wok, heat olive oil over high heat and add garlic, onion, and red pepper flakes. Sauté for a minute or two and then add the black beans (drained) and tomatoes (undrained). Reduce the heat to medium and cook the bean and tomato mixture for 2 - 4 minutes, stirring occasionally. Then add the quinoa to the pan.
Add the chili powder, cumin, black pepper, oregano, and basil. Stir the entire mixture over medium heat for 5 minutes or until done. Garnish with parsley and serve with a large spinach salad or other vegetable of your choice.

**Stir-Fried Tempeh And Vegetables**

16 ounces Tempeh, cut into cubes
2 cloves of Garlic, minced
1 teaspoon fresh Ginger, minced
1 Red Bell Pepper, cubed
½ Red Onion, cubed
2 Carrots, chopped
1 cup Broccoli Florets
3 teaspoons Olive Oil
1 teaspoon Balsamic Vinegar
2 teaspoons Soy Sauce

Heat 2 teaspoons olive oil over high heat in a large pan or wok. Sauté the garlic and ginger for a minute or two. Add tempeh and, stirring often, cook until browned (about 5 minutes). Then add the vinegar and soy sauce and stir until well coated. Remove tempeh and any remaining liquid and set aside.

Add the remaining oil to the pan and heat. Add onion and peppers and stir-fry for 2 - 3 minutes. Add carrots and broccoli and cook all vegetables for an additional 3 - 4 minutes. Place the tempeh and liquid back into the pan and cook all ingredients for another minute or two.

**Tofu Chili**

1 package of extra firm Tofu, crumbled
1 Onion, chopped
1 Green Pepper, chopped
2 tablespoons Extra Virgin Olive Oil
3 cloves of Garlic, minced
3 tablespoons Chili Powder
½ teaspoon Cayenne Pepper
½ teaspoon Paprika
1 can diced Tomatoes
1 can Kidney Beans, drained

In a large pot, sauté the tofu in the olive oil over medium heat for about 3 minutes. Add the onions, green pepper, and garlic and cook for 3 - 4 minutes. Add the undrained can of tomatoes, kidney beans, chili powder, cayenne pepper, and paprika.

Cook over low heat, stirring occasionally, for at least one hour for the best flavor.

**Sweet Potatoes And Spinach With Curry**

3 Sweet Potatoes peeled and cubed
12 ounces fresh Spinach, chopped and shredded
1 Onion, chopped
14 ounces Coconut Milk
2 tablespoons Curry Paste
1 tablespoon Extra Virgin Olive Oil

Heat the olive oil in a pan over high heat. Add the onions and cook for about 3 minutes. Add the sweet potatoes, coconut milk, and curry paste and stir. Cover the pan and cook over low heat, stirring occasionally, for about an hour. Uncover, add the spinach, and continue cooking for about 3 minutes. Serve immediately.

**Three Bean Salad**

1 can Pinto Beans, drained and rinsed
1 can Kidney Beans, drained and rinsed
1 can Black Beans, drained and rinsed
2 Bell Peppers, chopped
1 Red Onion, chopped
¼ cup fresh Cilantro
½ cup Extra Virgin Olive Oil
½ cup Red Wine Vinegar
2 tablespoons Limejuice
1 tablespoon Lemon Juice
1 clove Garlic, minced
½ tablespoon Cumin
1 teaspoon Black Pepper
½ teaspoon Chili Powder

In a large bowl, combine beans, peppers, and onion. In a separate bowl, blend olive oil, vinegar, lime juice, lemon juice, garlic, cilantro, cumin, black pepper, and chili powder. Pour the olive oil mixture over the beans, peppers, and onions and mix well. Refrigerate and serve cold.

**Spaghetti Squash With Red Sauce**

1 small Spaghetti Squash, halved and seeded
½ Yellow Onion, chopped
2 Green Onions, minced
3 cloves Garlic, minced
2 cans crushed Tomatoes
1 tablespoon Extra Virgin Olive Oil
2 teaspoons fresh Oregano, minced
2 teaspoons fresh Basil, minced

Preheat oven to 350 degrees Fahrenheit. Place each squash half cut side down on a cookie sheet and bake uncovered for about an hour or until a fork easily pierces the shell. Allow to cool a bit and scoop out the strands of squash and set aside.

Heat the oil in a pan over medium heat. Add the yellow onion, garlic, and green onion. Sauté for 2 minutes. Add the tomatoes, oregano, and basil and bring to a low boil. Lower the heat and simmer for at least 20 minutes. Top squash with the tomato sauce and serve.

**Kale Stir Fry With Lemon And Tomato**

4 large Kale Leaves, chopped
2 Tomatoes, chopped
Juice of 1/2 lemon
3 tablespoons Extra Virgin Olive Oil
3 cloves of Garlic, minced
2 teaspoons fresh Basil, minced
½ teaspoon Red Pepper Flakes
Slivered almonds to taste

In a pan or wok, heat oil over high heat. Add the garlic and red pepper flakes and sauté for a minute or two. Add kale and stir for another minute or two. Add tomato, lemon juice, and basil. Cook mixture, stirring frequently until the kale leaves have shrunk to half their original size. Serve and sprinkle almonds over top.

**Cajun Red Beans And Rice**

1 can of Kidney Beans, drained and rinsed
2 cups Brown Rice
2 tablespoons Extra Virgin Olive Oil
1 Yellow Onion, chopped
1 Bell Pepper, chopped
3 cloves Garlic, minced
2 stalks of Celery, chopped
½ teaspoon Cayenne Pepper
1 teaspoon dried Thyme
1 teaspoon dried Parsley
¼ dried Sage
1 teaspoon Cajun Seasoning

Cook rice in a saucepan or rice cooker and set aside. In a pan, heat oil over high heat. Add onion, pepper, celery, and garlic and sauté for 2 or 3 minutes. Add beans, cayenne pepper, and Cajun seasoning and cook for 2 - 3 minutes, adding a small amount of oil if necessary. Combine bean mixture with rice and add thyme, parsley, and sage. Toss well so all ingredients are combined and serve warm.

**Lentil Soup**

1 cup Dry Lentils
1 Yellow Onion, diced
1 Carrot, sliced
2 Celery Stalks, chopped
4 cups Vegetable Broth
1 tablespoon Extra Virgin Olive Oil
2 Bay Leaves
½ teaspoon Black Pepper  
½ teaspoon dried Thyme 

In a large pot, sauté the onion, carrots, and celery in the olive oil for about 3 minutes over high heat. Add the vegetable broth, lentils, pepper, thyme, and bay leaves. Reduce heat to a simmer. Cover and cook until the lentils are soft, about 45 minutes. Remove bay leaves and serve.

**Stuffed Peppers With Quinoa And Tomatoes**

2 Green Bell Peppers, halved and seeded  
1 cup Quinoa, uncooked  
1 Tomato, diced  
2 tablespoons Extra Virgin Olive Oil  
2 Green Onions, chopped  
1 teaspoon dried Basil  
1 teaspoon Italian Seasoning  
¼ teaspoon Black Pepper 

Cook the quinoa by adding one cup of quinoa to 1 1/2 cups of water. Bring to a quick boil and then reduce to low heat. Cover and cook until done (30 - 35 minutes).

Preheat oven to 350 degrees Fahrenheit. Place the peppers cut-side down on a baking sheet, being sure to use some of the oil to "grease" the peppers so they do not stick to the sheet. Bake the peppers for 30 minutes or until tender and the skin starts to brown.

While the peppers are roasting, heat remaining oil in pan over high heat. Cook the onion, basil, Italian seasoning, and pepper for about 2 minutes. Stir in the tomato and cook for 5 minutes. Add the quinoa and stir until well mixed. Spoon the quinoa mixture into the pepper halves and return to the oven for 5 minutes. Serve immediately.
Final Words From Jeff Reagan…
You Can Do This!

A few years ago I was in the same spot you are in NOW...

I was nearly 53 lbs overweight...

I felt like crap. I was embarrassed to be seen without a shirt on. I didn't know if I was gonna live to see my kids & grandkids grow up.

To put it bluntly, my life was a dumpster-fire.

But then everything changed for me.

After a late-night conversation with my dad it dawned on me that the Bible was the place I needed to look for answers.

This was the book that had guided my life every step of the way, yet for some reason I never thought to use the nutrition advice that the Bible provides.

This is when everything changed for me.

Just by using this simple way of eating, I was able to lose 7 lbs in the first week alone. I've had clients lose as much as 11 lbs in the first week using this plan.

It flat out WORKS.

**Maybe you tried to lose weight and failed in the past. You may feel like you're destined to be fat... but I'm telling you: you can do this!**

I'm so confident you can do this because I've seen so many other ordinary people—people just like you— make the 3 simple food swaps, lose their bellies, and keep them off.

People just like Neil…

“It’s been 2 months now. My diet consists mostly of fruit, nuts, veggies, meat, fish and eggs. My wife and I grocery shop to meet your nutrition plan. We plan meals ahead and have fruit and veggie snacks readily available. My favorite treat is a
Strawberry and Banana Smoothie with no sugar and no sweetener. My clothes fit, I can get up out of a chair without aching, and I sleep through the night. In 2 months I've lost 40 pounds, going from 327 to 287. I'm 64 and I feel younger every day. Thanks!"

- Neil Bondoc

Or Gordon…

“I followed this program for a month and I just loved it. I am down 24.5lbs, lost 1.5inches on my waist and 2.25inches on my hips. Thanks for introducing me to my new life!!!”

- Gordon Dunbar

Or Curt…

“ I am 61 and my weight kept creeping up over 20 years to 188. I am now at my 1980 weight of 165. No matter how hard I tried, I couldn't lose more than 5 pounds and then regained it. I plan to stay at this weight for the next 30 years. “

- Curt Sparks, Minnesota, 61

And many, many more!

You owe it to yourself to give this program a try for just 14 days. If you stick to the program as designed, you will see a noticeable drop in the size of your belly in only 2 weeks. And with that success in such a short amount of time, you'll build momentum to get rid of your stubborn belly fat for good.

Getting rid of you belly is just the start, though. Imagine having the energy and vitality you had 20 years ago… today. Think of your long-term health and having an excellent quality of life for the next 30 or 40 years. Seeing your grandchildren marry and have kids of their own.

Those life-changing results are worth following the program for a paltry 14 days. Think of the first 2 weeks as an experiment - an experiment in living as your best self. You can do this.

As always, I'm here to help if you need me. Just email us at help@patriothealthinstitute.com, and I'll help you with anything you need.
Here's to your happy and healthier future! Your friend,

- Jeff Reagan