

Welcome to the Flat Belly Now Cheat Sheet!

The whole goal of this “cheat sheet” is to cut through all the noise...

And show you the fastest and easiest way to get started with the Flat Belly Now program.

So let's do it!

There are two options to get started.

Pick the one that will fit you, your schedule and your current lifestyle the best.

After you read both options, go with your gut and choose the one that feels most “doable” to you.

No matter which option you choose, you'll get great results as long as you follow the plan.

Option #1 – Rapid Fat Loss Mode

Here are the guidelines:

- 2% plain Greek yogurt for breakfast (start with 1-2 cups)
 - Acceptable toppings are listed below
 - Eat until you're full but not stuffed
 - You can also skip breakfast and fast if you'd like
- 2 plain Greek yogurt for lunch (start with 1-2 cups)
 - Same guidelines as breakfast
 - Wait 15 min. after eating, if you're still hungry, have another bowl
- Flat Belly Now Dinner
 - Menu options listed in main manual
- Apple cider vinegar drink first thing in the morning before you eat and another one before you go to bed

Weight Loss Toppings (Pick 1-2):

- ¼ cup raspberries
- ¼ cup blackberries
- ¼ cup chopped strawberries
- 1 scoop protein powder
 - I love the chocolate and vanilla flavors from Sun Warrior.
- Cinnamon
- Chia Seeds/Flaxseed/Hemp seeds
- Lily's Dark Chocolate Chips
 - These are sweetened with stevia instead of sugar, so they're a lot better than regular chocolate chips. Read the label and stick with one serving size. Available at most grocery stores and online.
- Cocoa powder
- Stevia

Best Brands of 2% Plain Greek Yogurt

Two of the best brands you can buy are:

- Fage
- Two Goods
- Otherwise, check the ingredient label to make sure there's no added sugar, dextrose, starches, or weird chemicals you've never heard of me.

Acceptable Drinks

On this plan, you can have:

- Water
- Carbonated water
- Lemon water
- Coffee
- Hot tea
- Unsweetened iced tea
- Apple cider vinegar
- Bone broth

- Diet soda

Apple Cider Vinegar Morning & Bedtime Drink

Drink one first thing in the morning before you eat anything...

And about an hour before you go to bed.

- 8 ounces lukewarm water
- 2 tsp. apple cider vinegar
- 1 pinch sea salt or pink Himalayan salt
- Juice from ½ lemon
- Stevia to taste (optional)

Option #2 – I Like Greek Yogurt but Not THAT Much

I get it, eating just one food for breakfast and lunch might be a bit too much...

Or maybe you think you'll get bored with it after a day or two.

That's perfectly fine.

Option #2 can work just as well...

Because we're following the same foundation of high protein and reduced carbs and fats...

It all comes down to your personal preference.

Here are the guidelines:

- Fast in the morning (*aka skip breakfast*)
- Lean Lunch
 - Options listed in the Flat Belly Now main manual
- Flat Belly Dinner
 - Options listed in the Flat Belly Now main manual

- Greek yogurt as your dessert after lunch or dinner (or both if you want)
- Apple cider vinegar drink first thing in the morning before you eat and another one before you go to bed

This approach follows the foundation of lots of healthy proteins, good fats, and low-sugar carbs.

Most people will look at the food options and assume this is keto.

It's not, although your body can get into ketosis eating this way.

Keto is 75% fat, 20% protein and 5% carbs...

And for someone with 15+ pounds to lose...

Who's looking to burn fat...

I would not recommend eating that much dietary fat, because then you won't burn as much of your stored fat for energy.

This plan prioritizes protein...

Because it's the most filling and satisfying macronutrient...

While keeping the carbs and fats lower (both are energy sources for your body)...

So your body burns more of your stored fat for energy.

As you reach your goal weight, you can add in more carbs and/or healthy fats to help maintain your new, healthy weight.