

# 7 Day Flat Abs Solution



***Warning! Results May Be Addicting***

**Dawn Sylvester**

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The information in this ebook is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this ebook, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including any exercises in Final Fat Meltdown. If you experience any light headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years of age.

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# **7 Day Flat Abs Solution**

## **The 7 Day Plan**

### **Congratulations!**

**Before you start this plan, I want to let you in on some exciting news! Not only is this plan going to have you looking and feeling great, this plan can be used whenever you feel you have overindulged or put on a few extra pounds. Going on a vacation, a special event, or after the holidays, might be a great time to put this plan into action. Follow every step to your flattest and leanest waistline.**

**This plan is not however, meant to be used for more than seven days, as you might start to lose a bit of muscle after that point and that would be detrimental to overall metabolic enhancement. Save this plan as a kickstart to a healthier lifestyle or if you feel you need a few inches lost in a short amount of time.**

## Facts on Belly Fat

All belly fat is NOT the same. There is the unsightly fat right under the skin that lays on top of your muscles, which is called the subcutaneous fat. Under that is the deadly fat called visceral fat that surrounds your organs. That is the fat that we don't necessarily see, but is the fat that can lead to disease. Both are bad looking, and bad for your health, and both need to go.

Of course, some body fat is necessary for bodily function, but in our society, most people have an excess of body fat that looks unappealing, and is the puts us on the path to obesity related illnesses and disease, let alone pain from carrying around extra weight.

Diabetes, heart disease, stroke, cancer, and just flat out lethargy are all part of carrying around excess weight. BUT, when most of your excess weight is carried in your belly...it is like your body is a time bomb just waiting to blow. (and that's what a fat belly feels like right!)

I am sure that with that extra weight around your middle, you know what it feels like to be sitting down after an unhealthy meal wearing a pair of jeans and a belt. Or don't even bother with fitted clothing due to how uncomfortable you feel. Or maybe you have stated at some point in your life "I feel like I'm going to explode!" after eating or drinking too much junky food. (Exactly why you are reading this and need to follow every step.)

Let's get serious now. It is one week out of your life that can put you in the right direction to changing how you look and how you feel. Better yet, how the future of your health is when you take this plan and put it into action and REALLY commit to it. Seven days that will leave you feeling lighter, tighter and ready to take on the path you have chosen for a healthier and more vital life.

**Congratulations!**  
**Be proud of yourself for being an action taker**  
**and committing to looking and feeling better**  
**Your sexy flatter belly is one week away!**

### **Causes of Belly Fat**

Sure there are obvious reasons that I'm sure you are aware of that lead to a protruding and big belly. Beer, fried foods, sugary and salty snacks...simply too much food etc. In fact, some foods that you might THINK are healthy are the foods that keep belly fat on!

Food that is pre-packaged or loaded with chemicals, too much sugar and simple carbs, alcohol, and sedentary lifestyles are some of the most known culprits of extra weight around our middles.

Some of the more "invisible" reasons we carry around extra belly fat is due to hormones, stress, lack of sleep, preservatives and " Frankenfoods" that are common in our diets, and xenoestrogens. Xenoestrogens are hormonal disrupters that come from our toxic environment and chemicals that we come into contact with every day!

By eliminating certain foods, and liquids for as little as one week, we can kickstart our hormonal balance to start working FOR US, instead of AGAINST US, in our quest to eliminate belly fat forever!

## **Why extreme cardio and quick fix diets won't give you 6 pack, flat, strong or defined abs**

Doing hours of cardio actually can prevent you from having the sexy and shapely, flat stomach that you long for. Why? Because you are burning through the exact tissue that gives you that tight and sexy look. Muscle is what I am talking about. So in order to have firm, flat and sculpted abs, you have to train with the intensity that targets belly fat. Short bursts of exercise that involve high intensity moves that use muscles, not your lungs are proven to burn through excess body fat (especially around the waist).

High intensity exercise is extremely important at releasing fat burning hormones so that you can tap into all fats, but especially stored visceral fat...the most deadly of body fats.

The sculpting moves that will give you the look you long for are exercises that force you to hold your body erect, with your entire midsection engaged as you strengthen your core and back as you flatten your belly and keep it tight, without having to suck it in!

Cutting too many calories and fasting, or cleansing will not only slow down your metabolic rate, it will force your body to lose a tiny bit of water, and then target your muscle tissue...actually sparing fat! So you will only end up with a softer, mushier middle and be a smaller, fatter you. Exactly the opposite of what you long for.

To create a strong, lean and sexy bikini ready body, you need to drink the right fluids, eat the right foods, and exercise the right way.

In this guide, I will give you the tools to create a slimmer, leaner and more defined midsection at any age.

Imagine how great you will feel when your clothes aren't uncomfortable and you can tuck in your shirt? Think of how much more confident you will be when Summer comes around and you aren't living in baggy clothing, hiding your belly!

## **Why sit ups are a waste of time and your ab training methods are leaving you soft**

Lying on the floor with your hands behind your neck doing sit ups, will not give you strong, flat sexy abdominal muscles. Infact, you can hurt your back and your neck with those "old school" exercises. You have to train your entire midsection. Front, back, and sides so that your muscles pull your core in tight and support that flat, lean look you love.

## **Hydration**

**For 7 Days you will drink ONLY the following beverages**

**Purified Water with Lemon/Cucumber/ and Mint** - (put in large glass container and let steep in the fridge, reduces water retention and acts as a natural "pick me up")

**Purified Alkaline Water** - Keeps pH in a more efficient range, reduces toxicity from acid producing elements and foods

**Coffee** - black

**Tea - Herbal, Green, or Black** - unsweetened plain or with lemon

## **Toxicity and What to Eliminate Completely!**

Sugar

Dairy

Spicy or Salty seasonings that cause bloating or water retention (use Mrs. Dash or equivalent with natural ingredients)

Fake Sugars

Anything labeled “diet” drinks or food

Anything Carbonated

Pre-packaged foods

Sports drinks (even your pre or post workout drink, too much sugar this week)

Alcohol

**\*\*NOTE:** For the best results, it is better to not eat in restaurants for this 7 Day Plan. Most restaurant food is prepared with too much salt and unknown offenders. If you must eat out, stick to grilled, lean protein, vegetables and salads.

## **Why Sugar and Simple Carbs are the “recipe” for storing belly fat**

Blood sugar spikes force your body to store fat and turn on fat STORING hormones. Simple carbohydrates also force you to crash after the “sugar high” ends and this is when people usually grab another simple carb. Ditch your carb addiction and add in foods that are high in protein and healthy fats so that you don’t keep repeating the cycle and will not be setting up yourself for a binge. By eliminating simple carbs and all forms of sugar for even one week, you can tap into fat BURNING hormones and start whittling away at stored fat that has been on your body for years. After this seven day plan if you want to keep the weight off and your midsection lean,



then keep sugar to a minimum and become label savvy. Do not eat foods that contain more than 8-10 grams of sugar per serving. Better yet, don't eat foods that have to be labeled!

## **Supplements that support abdominal fat loss**

**Probiotics** - keep intestinal flora balanced so that bad bacteria is kept at bay and good bacteria that aids in absorption and elimination is high.

**Digestive Enzymes** - break down compounds in protein, fats and carbohydrates so that they can be absorbed properly

**Green Tea** - Capsules or tea. Compounds EGCG found in green tea have shown promising results when combined with a healthy diet that subjects have lost more inches from their bellies than those that took a placebo.

**Taurine Powder and B6** - (found in health food stores acts as a natural diuretic to release toxins and excess fluids)

## **Bloating**

Certain foods cause bloating and or gas, let alone triggering fat storing hormones. The object of this plan is to quickly "de-bloat" your belly and to get your fat burning hormones to work for you so that you can safely drop inches off of your waistline. Since so many calories come from liquids, and since so many people that are trying to lose weight drink "low carb, low sugar or fake sugar" laden drinks...you will eliminate those completely since they wreak havoc on hormones and encourage belly fat storage.

For 7 days you will be choosing from an extensive list of foods. You will stay full, feel energized and see your belly shrink.

This might be tough for the people that eat a very poor diet. However, I urge you to follow it completely. IF you have a bad moment and eat or drink something that is NOT on the plan...simple move forward, drink some water and make the next choice one that reflects your goals.

**REMEMBER.**

**THIS IS FOR ONLY 7 DAYS. YOU ARE CAPABLE OF DOING THIS!**

**Eliminate**

Fiber supplements

Salty crunchy “healthy” snacks

Carbonated diet drinks and sparkling water

Pre-packaged foods

Sugar and ANY fake sugar. Including, stevia, honey, splenda, or any other chemical masquerading as “sugar”.

Beans

**Add these foods**

Chia or Flax Seeds

Asparagus - Diuretic and detoxifying properties

Brussel Sprouts/Kale/Bok Choy/Cabbage - Contains compounds that release fat storing hormones and promote belly fat reduction.

Carrots and celery with hummus

Raw unsalted Almonds

Coconut Oil (can add to coffee!)

Avocados and Avocado Oil

# 7 DAY FLAT ABS SOLUTIONS

## THE EXERCISES

Certain exercises are beneficial to a strong, lean and fit body. On the other hand, there are exercises that are either a waste of time, or can do more harm than good. Unfortunately the exercises that most people do are the ones that won't get results. Here is a list of the exercises to NEVER do, followed by the workouts that will get you to your goals, quickly and safely.

### **NEVER DO THESE EXERCISES**

**Sit ups** - too much strain on neck - no benefit to a flat belly

**Standard crunches** - too much strain on neck and lower back.

**Steady state long bouts of cardio** - burns through muscles that pull in abdominal wall and keep it tight and flat.

## **Flat Abs Workouts Keys to success**

\*All workouts are done in 12 minutes. and will be done every other day.

\*Flat Abs Workouts #1 start on day one and are all the odd numbered days.

\*Flat Abs Workouts #2 will be done on the even days.

\*Both can be made more challenging by following the "bonus" exercises given at the end.

\*Remember to always keep your belly pulled in tight to spine and spine elongated during exercise.

\*Keep core "braced as if ready to take a punch." This assures that you are engaging your core and full pelvic region, and will get the full benefit of these belly strengthening, and flattening moves.

Your heart rate will be racing as you engage your body in moves that go from explosive to slow, with just enough time to catch your breath before you go into the next set of exercises.

These exercises ALL target the entire core that consists of the front, back and sides of the abdomen. These are the entire abdominal wall, the obliques and lower back.

# **Flat Abs Workouts #1** (done on days 1, 3, 5, and 7)

## **Warm Up**

Warm up with 1-2 Minutes of running in place, or jumping rope.

5 Shoulder circles each way

5 Hip Bridges

5 Push ups - (if you cannot do a pushup with perfect form, do a “negative pushup. Start in the plank position, and lower slowly for the count of 3, keeping glutes and core tight until you gently touch the ground. Return to plank position for next rep)

## **Set clock for 12 Minutes after warm up**

**Mountain climbers** - Keep abdominal wall pulled in tight. This burns calories while torching abdominal fat and strengthening core in a short amount of time.

**30 Seconds on, 15 second rest. Repeat 1 X.**

**rest 30 seconds**

**Planks with shoulder taps** - In plank position, squeeze glutes and DO NOT LET HIPS MOVE, while alternating tapping opposite shoulder. Engages entire core and midsection without injury to back.

**Plank, 20 alternating taps. Rest for 15 seconds. Repeat 2 X.**

**rest 30 seconds**

**Sprints** - Studies show that short exercise bursts at your maximum output burns the most calories from belly fat in the shortest period of time.

**Sprint for 1 minute, walk for 1 minute and Repeat 2 X.**

- Note- if you are indoors, do 10 burpees, rest 30 seconds Repeat 1 X

**rest 30 seconds**

**Side Planks** - Start with feet together. As you get stronger, lift one leg.  
**Plank on right for 15 seconds. Switch sides, hold for 15 seconds.**  
**Repeat 1 X.**

**rest 30 seconds**

**Shadow Boxing** - Stand with feet hips width apart, knees slightly bent, glutes tight. For 30 seconds, alternating cross “punching’ fist across and in front of opposite side of body (as if boxing), in short explosive bursts. (ever see a fighter with a soft and flabby middle?)  
**“Box” for 30 seconds, rest for 15 seconds. Repeat 1 X.**

**rest 30 seconds**

**Heel taps** - Lay on back, propped up on elbows, legs straight out in front of you. Pull belly button into spine. Pull both knees up towards chest and straighten legs out in front of you and lightly tap heels to floor. Immediately pull knees back up to chest and repeat.

**Do 10 Heel Taps. Rest 15 seconds. Repeat 1 X.**

**\*\* For a more advanced workout, add in one minute of jumping rope after each group of exercises, followed by 30 seconds of “shadow boxing”. This will add 5 minutes to the full workout.**

# **Flat Abs Workouts #2** (done on days 2, 4 and 6)

## **Warm Up**

Warm up with 1-2 Minutes of running in place, or jumping rope.

5 Shoulder circles each way

5 Hip Bridges

5 Push ups - (if you cannot do a pushup with perfect form, do a “negative pushup. Start in the plank position, and lower slowly for the count of 3, keeping glutes and core tight until you gently touch the ground. Return to plank position for next rep)

## **Set clock for 12 Minutes after warm up**

**Burpees** - Explosive power and keeping tight core ensures a lean and muscular body that is torching calories quickly!

**10 burpees, rest for 30 seconds. Repeat 1 X.**

**rest 30 seconds**

**Shadow Boxing with Squat** - Stand with feet wide and with knees bent in a squat position.

**Alternate “boxing” right then left, crossing body for 30 explosive punches. Rest 15 seconds. Repeat 3 X.**

**rest 30 seconds**

**Hand to Elbow Plank** - From plank position, lower body into plank position on to elbows and back up to hands.

**Alternate hands, to elbows plank for 20 reps (each motion is counted as one). Rest 30 seconds. Repeat 1 X.**

**rest 30 seconds**

**Criss Cross Kicks** - While laying on back, propped up on elbows, straighten legs out and hold 6" from floor. While alternating left over right, quickly cross legs back and forth over one another while extending legs and keeping back flat on floor and belly pulled into spine.

**Criss cross for 30 Kicks. Rest for 15 seconds. Repeat 2 X.**

**\*\* For a more advanced workout, add 1 set of 1 minute of sprinting, then a 30 second break, between each group of exercises.**



# 7 Day Flat Abs Meal Plan

## **Flat Abs Meal Plan Key to Success**

This plan is not about counting calories or exact portions. It is based on eliminating “filler” and junk foods, toxins, additives, simple and most starchy carbs, sugars and fake sugars, preservatives and additives so that your body stops cravings and uses all foods for energy without storing any as fat. Lean proteins, healthy fats, tons of veggies and moderate amounts of fibrous fruits will keep you full and keep cravings at bay. The healthy fats without the combo of simple carbs will kickstart your belly fat burning hormones while giving you enough energy to power through the 12 minute belly fat torching workouts.

## **Basic portions are as follows:**

**Protein:** The size of your palm or a deck of cards

**Fats:** Two Tablespoons per meal or approx. 10 nuts

**Carbohydrates:** All veggies (which are carbs) are “free” as in you can eat as often and as much as you want. The fiber will naturally help with elimination.

**Fruits:** Will be stated in 1/2 cup measurements most of the time.

**Potato:** 3 Servings in the week allowed. Best time to eat is right after a workout so they will be used to replenish your tank for the next workout and help preserve lean muscle tissue.

## **Your Flattest Abs are just 7 Days Away!**

**Set up for success by grocery shopping from the list before you start the 7 Day plan.**

**When you prepare and set up for the next day, you will stick to your plan and reach the goal of a smaller, firmer waistline that looks and feels great in 7 days.**

Each day, you will choose from options for breakfast, lunch, and dinner. You can choose 2 snacks daily from the grocery list.

Remember that if you choose ONLY from the list, you will see a definite difference by the end of the week but feel great within the first few days.

Drink 8-10 Glasses of pure filtered water daily. (Add lemon or lime)

# **Flat Abs Grocery List**

(GFO) refers to grass fed and/or organic when available

## **PROTEIN**

Pasture raised Eggs

GFO Chicken

GFO Beef - strip steak, bison, filet

Turkey

Shrimp

Tuna

Salmon

Nitrate Free Bacon and/Sausage

## **HEALTHY FATS**

Grass Fed Butter

Avocado Oil

Avocados

Olive Oil

Coconut Oil (organic fresh pressed)

Raw Unsalted Almonds

Almond Butter - one ingredient only

Pistachios

## **All organic vegetables are allowed - Including**

Lettuce - Green leafy of any kind except Iceberg

Spinach

Kale

Bok Choy

Cabbage

Green Beans

Asparagus

Zucchini  
Mushrooms  
Tomatoes  
Green, Red, and Yellow Pepper  
Cucumbers  
Radishes

**LIMITED CARBOHYDRATES\*\***

Sweet Potato  
Baked Potato  
Steel Cut Oats

**\*\*limiting to 3 X weekly 1 serving of a baked potato or sweet potato with grass fed butter or coconut oil, preferably within 30 minutes after a workout.**

**Fruits limited to:**

Strawberries  
Raspberries  
Blackberries  
Apples  
Oranges  
Grapefruit  
Red Tart Cherries  
Avocado  
Limes  
Lemons

Balsamic Vinegar  
Apple Cider Vinegar  
Mrs. Dash Salt Free Seasoning (or equivalent, organic and salt free)

## **Here is the meal plan that you can follow for the next 7 days.**

- Drink water before all meals to start the “already full” feeling.
- Drink 8-10 glasses of water daily so that you flush out toxins.
- Stick to the foods that are on the list. They will prevent belly fat storage.
- Eat 3 meals and 2 small snacks daily only from the list so that you get to your results quickly while feeling full and energized.

## **BREAKFAST OPTIONS**

### **#1**

3 Pasture raised eggs + 2 T. Grass Fed Butter, scrambled or made into an omelet

with any of the following:

spinach

mushrooms

tomatoes

onions

green pepper

asparagus

Plus 1/2 Cup berries

### **#2**

1/2 Cup (measure dry) Steel Cut oats made with Almond, Cashew or Coconut Milk plus: 2 of the following

5 Chopped Almonds

1/4 Cup. Bluberries

1/4 Cup Raspberries

1/4 Cup Blackberries

1/4 Cup Red Tart Cherries

### **#3**

3 Eggs plus 2 Slices Nitrate Free Bacon or 2 Nitrate Free Sausage Links cooked in Grass Fed Butter

Plus 1/2 Grapefruit

#### **#4**

Power Smoothie

Smoothie made with 1 Cup Almond/Coconut/or Cashew Milk  
and any of the following ingredients, including 1/4 cup dry oats.

1/2 Cup of Berries

Bunch of Spinach

Bunch of Kale

1 T. Chia Seeds

1 T. Flax Seeds

## **LUNCH and DINNER OPTIONS**

#### **#1**

Grilled chicken breast or Turkey Breast

Sauteed Zucchini/Onion/Mushrooms

Salad with Lettuce/Tomatoes/Cukes/Radishes/ and Olive Oil Dressing with  
Lemon Juice

Small Baked Potato

#### **#2**

Grilled Steak or Bison

Small Sweet Potato

Asparagus Steamed or Grilled with Olive Oil or GF Butter

Spinach Salad with Chopped Pistachios/ Olive Oil/Balsamic Vinegar

#### **#3**

**Chicken/Pistachio Salad**

Bed of Mixed Greens Salad

topped with Sliced Chicken Breast

Pistachios

Peppers

Olive Oil/Balsamic Vinegar

**#4**

**Spinach/ Egg/ Bacon Salad**

Bed of raw spinach  
topped with 3 hard boiled eggs  
2 pieces cooked crumbled bacon  
Olive Oil/Balsamic Vinegar  
Seasoning

**#5**

Cold Sliced Chicken Breast on Bed of Mixed Greens  
topped with diced 1/2 Avocado  
Tomatoes  
2 Slices cooked bacon chopped  
Avocado Oil/Lemon Juice

**#6**

Grilled Shrimp  
Steamed or Grilled Zucchini and Peppers  
Salad with mixed greens and assorted veggies Olive Oil/Lemon Juice

**#7**

Grilled Steak Burger  
Grilled Mushrooms  
Small Baked Potato  
Salad of Mixed Greens and assorted veggies Olive Oil/Lemon Juice

**#8**

Grilled Salmon  
Grilled Asparagus  
Spinach Salad with Pistachios/Bacon/Egg and Avocado Oil/Balsamic



## **#9**

Spinach Salad topped with Sliced grilled Steak or Shrimp  
1/2 Avocado  
Tomatoes

## **SNACKS**

### **#1**

Sliced Apple  
with 2 T. Almond Butter

### **#2**

10 Almonds  
1 Apple

### **#3**

Smoothie made with Almond/Cashew or Coconut Milk  
and 1/4 Cup each of 2 berries  
Bunch Spinach  
Blend in Blender

### **#4**

Smoothie made with Almond/Cashew or Coconut Milk  
and 2 T. Coconut Oil  
1 T. Chia Seeds  
1 T. Flax Seeds  
Ice  
Blend in Blender

### **#5**

Smoothie Made with Green Tea  
1 Cup Assorted Berries  
1/2 Avocado  
Blend in blender

## **What to do after the 7 Day Flat Abs Solution**

The 7 Day Flat Abs Solution is the best way to lose belly fat quickly or to kickstart a weight loss plan.

This plan should not be used for more than seven days even though you might like the results. There are not enough carbs or calories in the seven day plan to sustain the Final Fat Meltdown program and you would put yourself at a risk for muscle loss if you follow it for longer. The main key to a faster metabolic rate is MORE muscle on your frame to support a faster metabolic rate.

Furthermore, the workouts in Final Fat Meltdown are 20 minutes long and require more calories and more carbohydrates on a daily basis to sustain energy levels while losing fat.

Contact me with any questions or concerns. I am here as your coach and want you to succeed!

Your friend and coach,

Dawn Sylvester

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**\*\*AS AN ADDED BONUS TO HELP YOU TRANSITION INTO HEALTHY EATING, HERE IS A GIFT OF 8 FITNESS FRIENDLY RECIPES FOR YOU TO ENJOY!**

As you transition into a healthier way of eating so that you can keep your energy levels, your flatter tighter abs and not gain it all back, here is a list of my personal favorite recipes that you can use together with your Final Fat Meltdown plan.

# 8 Easy Fitness Friendly Recipes

If you are working out hard, and trying to stay lean then you know that you must pay attention to your diet. If you are trying to add muscle and have enough energy to power through your workouts, then you know you have to get enough protein for recovery and healthy fats and carbs for fuel.

Here are some of my favorite personal recipes that are easy to follow that I have made for years. I never use the word diet, I prefer to use the word nutrient plan. With a healthy relationship to food, I don't count calories. I eat 4-6 times daily and have protein with every meal and snack. I generally try to avoid starchy carbs in my last 2 meals, and stay away from added sugars and processed ingredients.

I love to eat, love to work out, and plan on living for many years with energy, strength and vitality.

**Congratulations. You are now on the path to fitness, and wellness for life!**

Here are 8 Easy Fitness Friendly Recipes below:

## 8 Easy Fitness Related Recipes

### Breakfast

#### **Breakfast Frittata**

8 eggs

2 cups fat free milk

2 cups chopped spinach

1 cup cooked crumbled turkey sausage - drained on paper towel

1 small onion diced

1/4 cup green pepper

1/4 cup feta cheese (optional)

6 pieces day old whole grainy bread (or Ezekiel bread) cut into cubes

In 9 x 13 baking pan sprayed with cooking spray, put all chopped bread cubes on bottom of baking pan.

Mix all remaining ingredients into separate bowl.

Slowly pour liquid mixture over bread cubes.

Let sit overnight, covered in refrigerator, or at least 8 hours until liquid is absorbed.

Pre-heat oven to 375.

Take frittata out of refrigerator and let sit for 30 minutes at room temp.

Bake for 1 hour, or until toothpick inserted into the center comes out clean.

Take out of oven and let sit for 15 min before cutting into squares.

This can be wrapped and frozen into single serving sizes.

Microwave for a quick breakfast.

## **Power pancakes**

4 Scoops Vanilla Protein Powder

1.T ground Chia Seeds

1.T ground Flax Seeds

3 Eggs

1/2 Cup coconut milk (I use So Delicious non dairy coconut milk)

1/2 Cup Dry Oats

Blend by hand until smooth. (add additional coconut milk if needed)

Heat pancake griddle with coconut oil.

Pour mixture onto heated griddle.

Flip after pancake is covered with bubbles.

I top these with greek yogurt and blueberries for an awesome pre-workout meal on heavy lifting days!

## **Lunch**

### **Grilled Chicken with Black Bean Salad**

2 chicken breasts grilled with cumin, garlic powder and sea salt. (dice then set aside)

1 C. Black beans  
1/2 cup organic salsa  
2 C. mixed greens  
2 diced jalapenos  
1 sliced avocado

Layer in the following order.

Mixed greens  
Black beans  
Salsa  
Chicken  
Avocado  
Jalapenos

Enjoy!!

### **Spinach, Avocado and Strawberry Salad**

4 cups baby spinach  
1 sliced avocado  
1 cup sliced strawberries  
2 T. raw pumpkin seeds  
2 T. crumbled goat cheese

## **Dressing**

2 T. olive oil

2 T. honey

juice of one lemon

mix together with whisk

(Great topped with grilled chicken!)

## **Lentil Chili**

1 C. dry lentils

1 small yellow onion diced

2 cloves garlic chopped

2 T. cumin

2.T. chili powder

1 T. sea salt

2 small jalapeno or serrano peppers diced (optional)

1 16 oz. can chopped tomatoes

1 16 oz. can tomato sauce

2 cups organic vegetable broth

Saute onion/garlic/peppers and spices in 2 T. oil

In microwave safe bowl, combine 2 cups vegetable broth with lentils. Cover and microwave on high for 10 minutes. Let cool for 10 minutes to absorb some of the liquid. Microwave again for 10 minutes.

Transfer lentils and liquid to large stock pot.

Add in chopped tomatoes and tomato sauce, sauteed onion and garlic mixture.

Cover, simmer on low for 2-3 hours, adding up to 1 cup water in last hour of cooking if a thinner chili is desired

## **Dinner**

### **Chicken with Artichokes**

4 organic chicken breasts  
1 cup canned artichoke hearts chopped  
1 lemon  
2 garlic cloves sliced thin  
2 T. olive oil  
2 T. ghee or organic butter  
3 T. capers (optional)  
1/2 cup dry white wine (optional)  
Sea Salt  
Ground Pepper

### **Brown Rice**

Slice Chicken Breasts in half the long way to make a thin fillet.  
Pound with a mallet on a cutting board to make very thin.

In large saute pan, saute garlic, oil, butter and seasonings  
Lay on top of mixture the thin chicken breasts and cook over medium heat,  
turning once, until almost completely done.

Cover chicken with artichokes and capers. Pour in wine(optional) cook for  
additional 5 minutes until flavors blend.

Serve over brown rice, with steamed broccoli.



## **Hearty and Healthy Meatloaf**

Pre-heat oven to 375 degrees

2 lbs. grass fed ground beef 85/15 fat content

1 small diced yellow onion

2 cloves garlic diced

2 T. ground chia seeds

1/4 cup dry oats

1 - 4 oz. can organic crushed tomatoes

1 cup packed chopped fresh spinach

2 eggs

Sea Salt

Pepper

Blend all ingredients together and form into bread pan.

Bake at 375 for 45 minutes, or until fork stuck in the middle comes out clean.

Serve with salad, and green beans.

## **Dessert**

### **Sinful & Healthy Dessert Shake**

1/2 Cup coconut milk

2 Scoops chocolate protein powder

1 C. plain nonfat Greek yogurt

1/4 Cup frozen tart cherries

Add ice, blend, enjoy!!

These recipes are great sources of needed nutrients, while being tasty and easy to prepare. Some are also high in healthy doses of beneficial carbs to give you enough energy for intense workouts and recovery. The best way to a healthy and strong physique is getting the right nutrients at the right time. If you are pressed for time, smoothies are a great option that are portable and nutritious!

Stop starving your body in the quest for fat loss. Keep it fueled so that you can intensify your workouts, build muscle and keep your metabolism raised for the fittest body ever!