



# 21 Day Flat Belly Detox

8 Rules – Tips & Tricks – Food List – Sample Menus

Derek Kuryliw

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## **21 Day Flat Belly Detox**

I have yet to have anyone follow these rules and not drop a lot of fat in 21 days. To this day, NO ONE has had to count calories on this type of program because by simply following these “rules”, you eliminate MANY calories without having to feel like you're starving.

### **The “Rules”**

- 1) Eliminate all starches** – this includes breads, rice, pasta, crackers, etc., etc.
- 2) Have 2 servings of fruit per day** – one in the morning and another serving right before your workout. If you workout in the morning have your second serving of fruit with lunch or for a mid afternoon snack. Any fruit is ok, but apples and varieties of berries are best. Remember – keep it at 2 servings at the most!
- 3) Your primary focus is non-starchy veggies** – refer to the list at the bottom of this report (at least 1 serving at each meal you have)
- 4) Your secondary focus is lean proteins** – refer to the list at the bottom of this guide. Aim for around **70-120 grams of protein per day for ladies, 120-170 grams of protein per day for men** (this will help you keep lean muscle while dropping fat)
- 5) Your third focus is healthy fats** – keep it around 3 servings a day. For oils, a serving is 1 TBSP and for nut butter/avocado/nuts, it is 2 TBSP (or 16g of fat).
- 6) Eat at home whenever possible** – if eating away from home order grilled meat w/ veggies (no butter) or salad (w/ oil & vinegar or vinaigrette)
- 7) No fried foods** – it's only 2 weeks, you'll be fine 😊
- 8) Eliminate any caloric beverages** – if necessary 0 calorie drinks are acceptable. If drinking alcohol, limit to vodka or tequilla w/ sugar free mixers only.



## **Tips for Success**

### **If you find yourself hungry, try the following:**

- 1) Drink a large glass of water
- 2) If that doesn't work, then eat more non-starchy veggies (these foods have a lot of "volume", but without many calories). You'll feel full, but you won't be consuming a lot of calories.

### **Eat food that you like:**

Just because you are following "rules" or guidelines does not mean that you can't enjoy what you're eating. Feel free to mix it up and try different foods, but always know your go-to favorites if you start feeling bored or frustrated.

### **K.I.S.S.- keep it simple stupid**

When I do an accelerated detox style plan, I keep it as simple as I can. I drink A LOT of protein shakes with Almond Milk and I eat a TON of veggies w/ every meal. This keeps me focused and it's convenient and fast. You can find a low carb/low-fat protein powder at your local nutrition store or you can order online. The one I highly recommend is Dymatize Elite Whey or Rule 1 protein.

### **Know what you're doing:**

I highly advise that you plan out your meals ahead of time. Know exactly what you're going to be eating to avoid binging and to keep you focused. Remember, this is a tough nutrition program, but it is only for 21 days. You can do this.



## **Food Swaps & Options**

Below is a list of foods found in this type of program... but be sure to follow the guidelines above!

### **Protein**

Chicken breast	Salmon
Cod Eggs (organic if possible)	Shrimp
Egg whites / liquid egg whites	Tilapia
Extra lean ground beef	Tuna steak
Extra lean ground turkey	Tuna (canned in water) – up to 2 servings a week
Low fat dairy	Turkey breast
Protein powder (low-fat/lowcarb)	

### **Fats**

Almonds / almond butter	Flaxseed / Flaxseed oil
Almond milk	Olives (all kinds)
Avocado	Peanut butter (natural only)
Avocado oil	Pecans
Cashews / Cashew butter	Pistachios
Coconut milk / Coconut oil / Coconut	Sesame seed oil
Extra virgin olive oil	Walnuts
	Whole Egg



**Non-starchy carbs (veggies)**

Artichoke

Artichoke hearts

Asparagus

Beans: green, Italian, wax

Bean sprouts

Beets

Broccoli

Eggplant

Green onions or scallions

Greens: collard, kale, mustard, turnip

Leeks

Lettuce (green, red, romaine, etc., etc.)

Mixed vegetables without corn, peas or pasta

Mushrooms

Onions

Oriental radish or daikon

Pea pods

Brussels sprouts

Cabbage: bok choy, Chinese, green

Carrots

Cauliflower

Celery

Chayote

Cucumber

Peppers, all varieties

Radishes

Rutabaga

Sauerkraut

Spinach

Summer squash

Swiss chard

Tomato

Turnips

Zucchini



## **Sample Menu**

(3 options listed for each meal)

### **Breakfast –**

- #1 Whole eggs (2 ladies, 3-4 men), a bowl of strawberries
- #2 Protein shake blended with fruit
- #3 Egg soufflé muffins (mix eggs and veggies, add to muffin tin, 350 degrees for 10 min)

### **Lunch –**

- #1 Large salad with chicken, mushrooms, onions, bell pepper (and any approved veggies), 1 tbsp olive oil, vinegar, lemon juice, salt and pepper
- #2 Chicken (or lean turkey / beef) mixed bean chili
- #3 Tuna w/ chopped apple, celery, stuffed in green or red pepper

### **Snack –**

- #1 Celery stalks with 2 TBSP of hummus
- #2 Greek yogurt (non fat) with berries
- #3 Cottage cheese (reduced or non fat) with sliced apple

### **Dinner –**

- #1 Tilapia (or any fish), asparagus, mixed green salad
- #2 Chicken breast or turkey breast, green beans and spinach salad
- #3 Stir fry vegetables and chicken breast

\*If you get hungry between meals, refer to the tips above. You can also add in an extra whey protein shake with almond milk between meals or before bed.