5 Secrets to a Flatter Belly In Just 7 Days

If you want a flatter belly, there's a lot more to it than just exercising and eating "healthier".

And after running a fitness boot camp, working with hundreds of clients in person, along with tens of thousands online, I realized there are a lot of myths and lies people follow that end up sabotaging their results.

I can't tell you how many people with GREAT intentions end up ruining their progress because they followed some bad information from some fitness "expert" or nutritionist.

The truth is…

Over the past decade, I've found 5 unique, concrete secrets that can help flatten your belly in just 7 days.

And don't worry, this isn't the same generic advice you've heard for years like "eat more vegetables" or exercise 5 days a week. That basic stuff is common knowledge these days, and although it is important, I wanted to dig a little deeper for you :)

Some of it may seem controversial and go against what you've heard for decades, but it's worked for me and my hundreds of clients, and I know it'll work for you too.

So let's get started!

1. Avoid all fruit except berries.

Let me start off by repeating, these secrets are for flattening your belly in just 7 days. We're going for DRAMATIC results in an extremely short period of time here :)

Look, fruits are not bad for you. In fact, most of them are extremely healthy!

However, if you want to get the fastest results possible in just 7 days, let's cut out all of them except berries.

Your goal for these 7 days is to eat as little sugar as possible, and although the sugar found in fruit isn't the same as what you get with a Snickers bar, your liver still treats it as sugar.

Once you've reached your ideal weight, you can go back to adding fruits in on a daily basis.

2. Eat all of your meals at home

With a newborn and 2-year old at home, I know how easy and tempting it is to go out and get dinner a couple times a week :)

However, even with healthier options at restaurants, you don't know about all the oils, sauces, and chemicals your food is cooked in.

These hidden ingredients can add an extra 500 calories or more to your meal without you even knowing. That's how a seemingly healthy chicken breast turns into a fat-storing nightmare.

So for the next 7 days, let's make all our food at home so you know EXACTLY what you're eating.

3. Eat A LOT of healthy fat

Fats have been demonized in the media for decades and it used to be that a low-fat diet was the key to burning fat and long lasting health. However, according to scientific research, that's completely NOT true.

The truth is…

If you want to flatten your belly you should be eating MORE fat.

Now, let me be clear…

You want to be eating a certain type of healthy fat that fills you up while your body gets leaner at the same time.

Some great options are avocado, cooking your veggies in grass fed butter, black olives, ground beef, eggs, coconut oil, and full fat plain Greek yogurt just to name a few.

When you hear the word "fat", think of it as energy instead. Because these healthy fats energize your entire body no matter how busy your day gets.

4. Protein + Veggies at every meal

It's extremely simple, and some may think it's "boring", but if you truly want to burn as much unwanted fat off your body as possible in the next 7 days, build your meals around protein and veggies…

Along with some healthy fats.

You won't have to spend hours prepping meals, or go through the frustrating task of creating a meal plan that you never end up sticking to anyways.

Instead, for the next 7 days, stay focused on protein, veggies, and healthy fats at all meals.

And to give you a peak behind the curtain, here's what a typical day looks like for me...

Breakfast: 4 scrambled eggs (cooked in coconut oil), 3 pieces of Canadian bacon, ½ avocado

Lunch: 6 ounces ground beef, 5 cups of broccoli cooked in grass fed butter, ½ avocado

Dinner: Chicken breast, a big bowl of cauliflower, mixed berries

Does my wife make fun of me for basically eating the same thing every day?

Yep, she does :)

Yet I'm in the best shape of my life with single digit body fat levels while working out LESS than I ever have before.

I used to be in the gym 6 days a week, for 45-60 minutes at a time. I never took a week off unless I was sick, and I was exercising like crazy.

Now, I'm LEANER with less fat on my body while working out for 20-30 minutes, 3-4 days per week TOPS.

How is that possible?

I started eating MORE healthy fats, protein, and veggies and LESS grains, sugar, and wheat.

And if you don't eat meat, you can always get your protein from raw nuts, tofu, protein powder, plain Greek yogurt, and a bunch of other vegetarian sources.

5. Go At Least 12 Hours Between Dinner and Breakfast

After suffering through my horrible digestive issues that ultimately led to my 6-hour emergency stomach and bowel surgery...

I've spent A LOT of time researching gut health and how it relates to losing weight, increasing your energy, and just becoming a healthier person overall...

And what I've found is that most of us do not give our body enough of a break to digest our food.

I know that may sound confusing, so here's what I mean...

Digesting food takes a HUGE toll on your body, even though you don't really feel a thing. It puts a large amount of stress on your organs and digestive system.

So if you're eating every 2-3 hours, your body is still trying to digest the food from your previous meal right as your dumping more food into the fire.

However, if you take longer breaks between meals, your digestive system runs a lot smoother and you'll end up burning off your food for energy instead of having it stored as fat.

Now, when it comes to dinner and breakfast the next morning, try to have at least 12 hours in between.

So if you finish eating dinner at 7 pm, don't eat breakfast until after 7 am the next morning.

And if you can push that out to 14 hours, it's even better because you're giving your fat-burning hormones a longer window to work their magic.

You'll also quickly begin feeling lighter and leaner because you don't constantly have a stomach full of food that's waiting to be digested.

Spread your meals out, go at least 12 hours between dinner and breakfast the next morning, and you'll start seeing some amazing results faster than you ever imagined possible.

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There you have it, the TOP 5 fat-burning secrets to flatten your belly in just 7 days.

If you implement these secrets and stick with them for the next week, you will not only start losing weight and burning belly fat…

You'll become healthier overall and you can reduce the risk of some horrible diseases like type 2 diabetes, heart disease, stroke, and high blood pressure, just to name a few.

And if you want even BETTER results, keep going after the 7 days are over. By then, you'll have switched your body into fat-burning mode and the results will come even FASTER.

To your health,

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