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**10  
FLAT BELLY  
RECIPES  
FOR OVER 45  
BODIES**

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**Renew, Reset & Revitalize  
Your Body**

**A Fitness St Pete | Tierra Verde Fitness Guide To Achieving A Flat  
Belly Without Starvation Diets, Icky Shakes, Pills That Make  
You Jittery**



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## **Disclaimer:**

We make every effort to ensure that we accurately represent these products and services and their potential to empower you to lose weight and live healthy. Weight loss statements made by our company and its customers are estimates of what we think you can possibly achieve. There is no guarantee that you will lose this amount of fat or achieve similar results , and you accept the risk that the changes will differ by individual.

As with any program, your results may vary, and will be based on your individual capacity, experience, expertise, and level of desire. There are no guarantees concerning the level of success you may experience. The testimonials and examples used are exceptional results, which do not apply to the average purchaser, and are not intended to represent or guarantee that anyone will achieve the same or similar results. Each individual's success depends on his or her background, dedication, desire and motivation.

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Thank you so much for downloading our 10 member favorite flat belly recipes for over 45 bodies! My mission in life is to teach men and women over 45 how to eat more, train less and get the results they want and deserve! I hope you love them as much as I loved creating this for you.



Committed To Your Success & Awesomeness,

Dianne Villano, Your Personal Fitness & Transformation Expert

Dianne Villano, Your Personal Fitness & Body Transformation Expert

If you want more recipes, weekly challenges and the support and accountability to finally get the results you deserve, [shoot me an email](#) and I will add you to our FREE Facebook Community, Transform St Pete where you can get more recipes, weekly challenges and the support and accountability you need to get the results you want and deserve 😊



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## MANGO SALSA

### INGREDIENTS:

\*4-6 servings

Serving Size is ½ cup

- 2 mangos (peeled & cubed)
- 1 purple onion (peeled & diced)
- 2 kiwi (peeled & diced)
- 1 jalapeno (seeds removed, minced)
- 1 red pepper (seeds removed, diced)
- 1 avocado (peeled & diced)
- 1 tomato, diced
- Juice of 1 lime
- Bunch of cilantro, chopped
- ½ tsp sea salt

### DIRECTIONS:

Mix ingredients in a bowl & refrigerate for 2 hours.

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## Sweet Potato Pizza Sliders

**Serves:** 30 pizza slices

### INGREDIENTS:

- 2 large or 5 small sweet potatoes
- 4 teaspoons olive oil
- ¾ cups all natural, no HFCS or preservative added Marinara sauce
- 2 cup freshly grated mozzarella cheese
- 2 garlic cloves, diced
- 1 Chicken Breast, cooked, sliced into 30 chunks

### DIRECTIONS:

- Preheat the oven to 450°F and line a baking sheet with parchment paper.
- Wash and trim the sweet potatoes, and cut them into ½ inch slices. (You should have about 30 slices.)
- Brush the sweet potato slices with the oil and place them on the lined baking sheet.
- Bake for 6-8 minutes or until the bottoms have browned and the sweet potato slices are almost tender.
- Remove them from the oven and flip them over so the browned side is facing up.
- Top each slice with about 1 teaspoon of marinara sauce. Sprinkle the garlic and grated mozzarella evenly over the top of each sweet potato slice, and top with one piece of chicken (I have also done meatball halves).
- Place the sweet potato slices back in the oven, and bake until the cheese is molten and the edges are crispy, about 5-8 minutes.
- Serve immediately

**NOTE:** You can cook the sweet potato slices to the halfway point and store them in the fridge if you want to plan ahead for a party



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## Mexican Chicken Skewers

### INGREDIENTS:

- 8 Oz Chicken breasts cut into cubes
- 3 tbs. olive oil
- 1 garlic clove, crushed
- 1 tsp. ground cumin
- 1/2 tsp. cayenne pepper
- 2 small red pepper and 2 small green pepper, deseeded and cut into bite-size pieces
- 1 small to medium onion, cut into 8 wedges
- Bamboo or wooden skewers · 1 Avocado, mashed

### DIRECTIONS:

1. Put the oil, garlic and spices into a bowl and mix well.
2. Add chicken to the marinade, mix and leave to marinate at room temperature for 30 minutes.
3. Meanwhile, soak 8 bamboo or wooden skewers in cold water for the same time.
4. Thread the chicken, peppers and onion alternately onto the skewers.
5. Brush any remaining marinade onto the peppers and onion pieces.
6. Put on a cooking grate and cook directly over a medium heat source for 10-12 minutes, turning halfway.
7. Serve with Avocado

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## Chicken Fajitas

**Serves:** 4

### **INGREDIENTS:**

- 4 4 oz boneless, skinless chicken breasts cut into strips
- Juice of 1 or 2 limes
- 2 tbs Olive Oil
- 4 tbs chili powder or ground red pepper
- 2 red onion, sliced
- 2 red or green bell pepper, sliced
- Garlic clove, minced
- 4 lg corn tortillas
- Salsa
- 1 avocado, mashed

### **DIRECTIONS:**

1. In shallow dish, combine lime juice, 1 tbs oil and pepper or chili powder
2. Add chicken breast strips and toss to coat
3. Set aside for 10 minutes to marinate
4. Heat remaining oil in a heavy skillet over medium heat
5. Add onions and peppers and saute until they soften
6. Add garlic and cook 1 minute
7. Increase heat to high
8. Add chicken strips and saute until chicken is cooked through (about 4 minutes)
9. Remove chicken from pan
10. Place tortillas onto skillet to heat and flavor
11. Place chicken onto tortilla, remove from heat
12. Top with salsa and avocado



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## Hummus and Roasted Veggie Pizza

**Serves:** 4 - 6

This is one of my go tos for a quick and tasty recipe. You can make the crust yourself or use a pre made on to save some time. It's one of the few things I buy pre made.

Top it with 4 -6 ounces of Shrimp or Chicken for protein and you've got yourself the perfect meal!

### INGREDIENTS:

- Pre made cauliflower pizza crust
- 4 cups spinach, rinsed
- 8 oz feta cheese
- 1 c. each of freshly cut: broccoli, sweet bell peppers, cherry tomatoes and zucchini
- Sea Salt & pepper to taste
- 2 tbs Olive oil
- 2 garlic clove, minced
- 2 tbs Oregano
- Roasted red pepper hummus (see bonus recipe below)
- 4-6 ounces of your Protein of choice

### DIRECTIONS:

1. Combine vegetables for roasted on an oven-safe baking sheet and toss with olive oil and spices.
2. Place in the oven and roast at 400 F for 20 minutes or until desired texture is reached.
3. While the veggies are roasting, pre-bake crust according to package directions short 10 minutes.
4. Remove crusts from the oven and top each with red pepper hummus, a layer of spinach, 1/2 c. roasted veggies and Feta Cheese.
5. Place pizza back in the oven and bake for an additional 10 minutes at 350 until golden and bubbly.





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## The Ultimate 5 Minute Hummus Recipe

**Serves:** 4

### **INGREDIENTS:**

- 2 15 oz cans of Chick Peas, drained and rinsed
- 2 garlic cloves, chopped
- 2 tbs tahini
- 1 tbs extra-virgin olive oil
- 3 tbs fresh-squeezed lemon juice (from 1 lemon)
- 1/2 tsp ground cumin
- 1/2 tsp turmeric
- 1/2 tsp cayenne (less if you don't want it too spicy)
- 1/2 tsp Sea Salt
- 2 tablespoon parsley, finely chopped

### **Directions:**

1. Add water, tahini, olive oil, lemon juice, beans, spices, salt, and parsley into your food processor.
2. Process until creamy and smooth.
3. Transfer to a bowl, then cover and chill for at least an hour before serving.

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## Jalapeño Hummus

**Serves:** 4

### INGREDIENTS:

- 2 15 oz cans of Chick Peas, drained and rinsed
- 3 jalapeños
- 4 garlic cloves
- 1/2 ripe avocado
- 1/4 cup tahini paste
- 1 lemon juiced
- 1 lime, juiced
- 2 tsp cumin (separated)
- 2 tsp sea salt (separated)
- 4 Tbsp olive
- handful fresh cilantro
- 1/4 cup pumpkin seeds

### DIRECTIONS:

1. Pre heat oven to 300.
2. Spread Pumpkin seeds in a single layer on a baking tray.
3. Spritz with olive oil, sprinkle 1 tsp sea salt and 1 tsp cumin.
4. Bake 15 minutes.
5. In a food processor blend chickpeas, oil, cilantro, avocado, salt, cumin, lime, lemon, jalapeños (start with one and work your way up to desired spice level), tahini and peeled garlic cloves
6. Blend until creamy and smooth, scraping down sides as needed. Taste and add more jalapeños as desired.
7. Top with pumpkin seeds and cilantro.
8. Transfer to a bowl, then cover and chill for at least an hour before serving

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## Broccoli-Quinoa Pilaf

Serves: 4

### INGREDIENTS:

- 1 cup quinoa, rinsed well
- 3 teaspoons olive oil
- 1/2 small onion, chopped
- 2 cups broccoli, chopped
- 1/4 cup Goji Berries
- 1/2 cup almonds, coarsely chopped
- ½ tsp black pepper

### DIRECTIONS:

1. Heat 1 teaspoon of the oil in a medium saucepan over medium- high heat.
2. Add the onion and season with pepper.
3. Cook, stirring occasionally, until softened and starting to brown, (3 to 4 minutes).
4. Add the quinoa and 1½ cups water to the saucepan and bring to a boil.
5. Reduce heat to low, cover, and simmer gently until almost all the water has evaporated, 10 to 12 minutes.
6. Fold the broccoli and Goji Berries into the quinoa, cover
7. Cook until the quinoa and broccoli are tender, (8 to 10 minutes more).
8. Remove from heat and fold in the almonds

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## Apple and Quinoa Pilaf

**Serves:** 4

### **INGREDIENTS:**

- 1 Cup Quinoa, rinsed
- 1/2 Onion, minced
- 1 T Olive oil
- 1/4 Cup low-sodium chicken broth
- 1/2 tsp dried Thyme
- 4 Golden Delicious apples, cored and diced
- 1/2 T Parsley, chopped
- Pepper to taste

### **DIRECTIONS:**

1. Cook Quinoa according to package directions
2. Sauté onion in oil in nonstick skillet until tender.
3. Stir in quinoa and brown slightly.
4. Stir in broth, thyme, salt and pepper; bring to a boil.
5. Cover tightly and reduce heat; simmer 15 minutes.
6. Remove from heat; stir in apples and parsley.

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## Triple Berry Cream Pie

### INGREDIENTS:

#### Crust:

- cups almonds
- ½ tablespoon cinnamon
- ½ cup honey
- 2 tablespoons Olive oil
- 1 tablespoon lemon zest
- 1 teaspoon almond extract
- 1 teaspoon of sea salt

#### Filling:

- 2 Teaspoons gelatin, dissolved in 2 tablespoons hot water
- ⅓ cup freshly squeezed lemon juice
- ⅓ cup honey
- 1 can coconut milk, chilled
- 5 cups mixed berries, separated

### INSTRUCTIONS:

#### Crust:

1. Place the almonds and cinnamon in a food processor and pulse until desired texture is reached.
2. Add the rest of the crust ingredients and pulse until a sticky dough forms
3. Pat the crust into a pie plate, (use water to keep your hands from sticking to the crust).



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## **Filling:**

1. Mix gelatin and water together.
2. Stir to dissolve.
3. Add the lemon juice immediately.
4. Pour coconut milk into an electric mixer, add 4 cups of mixed berries and honey and whip on high until peaks form (about 15 minutes).
5. Add the gelatin mixture to the whipped coconut milk.
6. Pour the filling into the crust.
7. Chill for at least 4 hours until set.
8. Serve topped with remaining cup of mixed berries.

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## Roasted Red Pepper Hummus

### Ingredients:

- 3/4 cup roasted peppers. (I use the ones in the jar)
- 2 15 oz cans of Chick Peas, drained and rinsed
- 1/4 cup tahini paste
- 1 tbsp extra virgin olive oil
- 1 1/2 tbsp fresh lemon juice
- 2 tsp crushed garlic
- 1 tsp smoked paprika
- 1/2 tsp garlic salt
- 1/4 tsp cayenne pepper

### Directions:

1. Combine ingredients into food processor and pulse until smooth.
2. Scrape sides and add ingredients if necessary.

Hearing from our readers is one of the best parts of my day. Don't hesitate to [email me](#) with any questions, comments or just to say "Hi"!

Dianne

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