

7 Day Flat Belly Kit

Bonus Recipes





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Note: Due to recent statements from the FTC, it is required that we identify what a "typical" result is. The harsh truth is that most people never do anything with the products they buy, so most of the time, their typical results are zero. You are the main element of your success! Our clients have lost thousands of pounds of fat, increased lean muscle and increased their performance using this system. The people that show even greater success worked hard, and earned their results. As with any exercise program, obtain the consent of your doctor before the initiation of any physical training program.

For further information and additional services, including consulting and speaking engagements, please [email Dianne Villano](mailto:diannevillano@fitnessstpete.com), founder, Fitness St Pete I Tierra Verde Fitness

I hope you love them as much as I loved creating this for you.



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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SMOOTHIES

STRAWBERRY GINGER ZINGER GREEN SMOOTHIE

Ingredients:

- 2 cups almond milk
- 2 cups baby spinach
- 1 cup mixed berries
- 1/2 banana
- 1 tablespoon grated ginger, to taste

Directions:

1. Blend spinach and water until smooth.
2. Next, add the remaining fruits and blend until smooth.

*Any berry can substitute. Don't like ginger? You can leave it out or add another favorite spice, like cinnamon.



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Berry Cherry Jubilee Smoothie

Ingredients:

- 2 cups spinach, fresh
- 1 cup kale
- 2 cups water
- 1/2 cup cherries, pitted
- 1/2 cup mixed berries
- 1/2 banana

Directions:

1. Blend spinach, kale and water until smooth.
2. Add the fruits and blend again.

TIP: Make sure to remove cherry pits before blending. Sprinkle chia seeds on top for a light crunchy texture and an added fat serving.



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Not The Same Old Cobb Salad

Serves: 2

Ingredients:

For the Dressing:

- 4 tbs Extra Virgin Olive Oil
- 1/2 Lemon, juice only
- 1/2 tsp Salt
- 1/2 tsp Black Pepper

For the Salad:

- 4 eggs
- 6 oz chicken breast, diced
- 8 oz shrimp, pre cooked, diced
- 1 Roma Tomato, diced
- 1 cup Cucumber, diced
- 1/2 Avocado, diced
- 1 head green leaf Lettuce, chopped
- 1 tbs Olive Oil (to cook the chicken)

Directions:

1. Place the eggs in a saucepan with cool water.
2. Bring the water to a boil, and cook the eggs for 10 minutes at a soft boil.
3. Remove the saucepan from the heat, pour off the boiling water, and replace with cool water and ice. Allow the eggs to cool.
4. Meanwhile, in a heavy skillet, heat 1 tbs of olive oil over medium-high heat.

5. Add the chicken to the skillet, and cook for 8-10 minutes, flipping occasionally to cook evenly.
6. Allow the chicken to cool for 5 minutes. Then, dice it, and set it aside.
7. Chop the shrimp, and dice the tomato, cucumber, and avocado. Set aside.
8. Chop the green leaf lettuce, and divide it equally between two large bowls.
9. Peel the eggs, slice and set them aside.
10. Top the lettuce with the chicken, ham, tomato, cucumber, avocado, and hard boiled egg.
11. Top with remaining Olive Oil, Lemon, Salt & Pepper



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Greek Salad

Ingredients:

For the Greek Salad Dressing:

- 1 Lemon, juice
- 1/4 cup Extra Virgin Olive Oil
- 1 clove Garlic, minced
- 1 tsp dried Oregano
- 1/2 tsp Salt
- 1/2 tsp Black Pepper

For the Salad:

- 1 cup Cucumber, sliced
- 1 Green Bell Pepper, thinly sliced
- 1/2 cup Black Olives, or Kalamata
- 1/2 Red Onion, thinly sliced
- 1/4 cup Capers
- 3 Roma Tomato, sliced
- 5 cup Spring Mix Salad Greens Lettuce
- 2 Tbsp Greek Salad Dressing*

Directions:

1. Toss spring greens with Roma tomatoes, green bell pepper, red onion, and sliced cucumber.
2. Top salad with capers and olives.
3. Serve with Greek salad dressing

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For the Greek Salad Dressing:

1. Squeeze the juice of 1 lemon into a small mixing bowl.
2. Whisk in olive oil, minced garlic, and oregano.
3. Add salt and pepper to taste.
4. Toss with Greek salad.

PRO TIP: Serve as a side with your protein based meal or top with 3-6 oz of protein of choice (personally, I love it topped with 6 oz of shrimp)



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FAJITA LETTUCE WRAPS WITH CHIPOTLE AIOLI

Serves: 4

Ingredients:

- 1 tsp Chipotle Powder
- 1 Tbsp Smoked Paprika
- 1 Tbsp Onion Powder
- 1 Tbsp Garlic Powder
- 1 tsp Salt
- 2 tsp Black Pepper
- 2 Tbsp Butter
- 1 Red Bell Pepper, sliced
- 1 cup White Mushrooms, sliced
- 1 Yellow Onion, thinly sliced
- 1/2 lb Flank Steak, thinly sliced
- Mayonnaise (organic)
- 1 head Romaine Lettuce
- 1 Avocado

Directions:

1. In a small mixing bowl, combine 1/2 tablespoon chipotle powder, the smoked paprika, onion powder, garlic powder, salt, and black pepper. Set aside.
2. Melt 1 tablespoon of ghee in a large skillet over medium-high heat.
3. Add the red bell pepper, mushrooms, and onions to the skillet and sauté, seasoning liberally with the spice mixture.



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4. When the onions and peppers are soft, transfer the vegetables to a bowl, and set aside.
5. Season the steak with the spice blend. Add the steak to the hot skillet, and cook 4-6 minutes.
6. Season the mayonnaise with 1 teaspoon of chipotle powder, and whisk to combine.
7. Place the steak and vegetables in a lettuce cup, and top with avocado and Chipotle Aioli to serve.

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CILANTRO LIME SKIRT STEAK

Serves: 2

Ingredients:

- 1/4 cup Extra Virgin Olive Oil
- 1 Lime, juice
- 2 Tbsp Cilantro, chopped
- 1 Green Onion, thinly sliced
- 1 clove Garlic, pressed
- 1 pinch Sea Salt
- 1/4 tsp Ground Fresh Black Peppercorns
- 1 lb Skirt Steak

Directions:

1. Begin by mixing all of the marinade ingredients (everything except the steak) in a small mason jar.
2. Shake vigorously and set aside.
3. Using a meat mallet, pound your skirt steak with the knurled side until it is uniformly thick. The thinner you get it, the easier it will be to eat.
4. Place the steak into a ziplock bag, cover with the marinade, and mix around to evenly coat the meat. Refrigerate for at least 30 minutes, up to 90 minutes.
5. During this time, you should also soak your wooden skewers, about 12-15 of them.

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6. Remove the steak from the bag, place on a cutting board, and cut into 1/2" strips against the grain of the meat. This will also help it be less chewy.
7. Weave the meat onto the skewers.
8. Place the skewers onto your grill, with the handles over the cool zone so they do not char.
9. Cook for approximately 3-4 minutes per side.
10. When cooked through (about 8 minutes, maybe a little more depending on how thick they are), remove from heat.
11. Allow to cool 5 minutes and serve!

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GARLICKY BACON & AVOCADO BURGERS

Serves: 4

Ingredients:

- 1 1/4 lb Ground Beef, extra lean
- 2 Tbsp Slow Roasted Garlic Spread (no sugar added)
- Salt and Pepper, to taste
- 1 whole Avocado, sliced
- 1 bunch Romaine Lettuce, or red leaf lettuce

Directions:

1. Heat grill to medium-high. Divide the beef into 4 patties.
2. Make a deep indent in each piece and fill each with ½ tablespoon of Slow Roasted Garlic.
3. Gently fold the meat over the garlic and shape each piece in to a thin, flat patty.
4. Season patties with salt and pepper.
5. Oil the grill and cook the patties about 3 minutes a side for medium. Do not flip them if they are sticking, cook a little longer on the first side until they un-stick, then cook a little less on the second side.
6. Serve the burgers on lettuce with the avocado

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Salmon Cakes

Serves 5

Ingredients:

- 12 oz Canned Salmon
- 3 Egg Yolk
- 1 /2 tsp Sea Salt
- 1 tsp Black Pepper
- 1/2 tsp Paprika
- 2 cloves Garlic, minced
- 1/2 cup minced white onion (about 1/4 onion)
- 3 tbs extra virgin Olive Oil

Directions:

1. Preheat the oven to bake at 350 degrees.
2. Line a baking sheet with parchment paper.
3. In a large mixing bowl, combine the salmon, egg yolks, salt, pepper, and paprika.
4. In a mini chop food processor, mince the garlic and onion.
5. Pour the garlic and onion into the salmon mixture, and stir to combine all ingredients.
6. Using your hands, form the salmon mixture into 2 ounce patties, and place each cake on the parchment lined baking sheet.
7. Bake salmon cakes for 15 minutes.
8. Remove the cakes from the oven, and heat the duck fat in a cast iron skillet over high heat.
9. Fry the cakes for about a minute on either side in the duck fat, or until they are golden brown and crispy on the outside.
10. Serve with a squeeze of lemon..



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Garlic Ginger Chicken

Serves: 4

Ingredients:

- 1 pound boneless, skinless chicken breasts
- Tbsp Unsalted Butter
- 5 cloves Garlic, smashed and minced
- 1 Tbsp Ginger Root, minced
- 1/4 cup Coconut Aminos
- 1/4 tsp Fish Sauce
- 1 tsp Black Pepper
- 1 tsp Salt

Directions:

1. Preheat the oven to bake at 425.
2. In a small saucepan, melt butter on low heat.
3. Turn heat to medium and add the ginger, garlic, fish sauce to the butter.
4. Allow mixture to come to a bubble, and allow to bubble while stirring for a minute or two, then remove from heat.
5. Place chicken breasts in an oven safe baking dish.
6. Pour sauce over each breast.
7. Sprinkle each leg with salt and pepper.
8. 8. Bake chicken at 350 for 25-30 minutes.
9. Allow chicken to cool and serve

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Quick Grilled Salmon

Serves: 4

Ingredients:

- 1 lb Salmon Filet
- 1 tsp dried Basil
- 1 tsp dried Oregano
- 1 tsp Black Pepper
- 1 tsp Sea Salt
- 1/4 cup Extra Virgin Olive Oil
- 2 cloves Garlic, minced
- 1 lemon, juiced

Directions:

1. Rinse salmon under cold water, pat dry with a paper towel, and cut into 4 equal-sized portions.
2. Combine olive oil, fresh lemon juice, garlic, basil, oregano, salt, and pepper.
3. Place salmon in a container to marinate, pour marinade over salmon, and toss to ensure the salmon is fully coated in the marinade.
4. Marinate in the refrigerator for up to 1 hour prior to grilling.
5. Preheat the grill to medium-high heat.
6. Grill salmon 4 minutes a side over medium-high heat.

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