

Flat Belly Checklist

START

Day 1	Day 2	Day 3	Day 4	Day 5
☐ Breakfast: Flat Belly Smoothie	☐ Breakfast: Flat Belly Smoothie	☐ Breakfast: Flat Belly Smoothie	☐ Breakfast: Flat Belly Smoothie	☐ Breakfast: Flat Belly Smoothie
☐ Snack	☐ Snack	☐ Snack	☐ Snack	☐ Snack
☐ Lunch: Flat Belly Smoothie	☐ Lunch: Flat Belly Smoothie	☐ Lunch: Flat Belly Smoothie	☐ Lunch: Flat Belly Smoothie	☐ Lunch: Flat Belly Smoothie
☐ Snack	☐ Snack	☐ Snack	☐ Snack	☐ Snack
☐ Dinner: Flat Belly Smoothie OR Detox Salad and Body Beautiful Soup	☐ Dinner: Flat Belly Smoothie OR Detox Salad and Body Beautiful Soup	☐ Dinner: Flat Belly Smoothie OR Detox Salad and Body Beautiful Soup	☐ Dinner: Flat Belly Smoothie OR Detox Salad and Body Beautiful Soup	☐ Dinner: Flat Belly Smoothie OR Detox Salad and Body Beautiful Soup