

FLAT BELLY IN 5 DAYS *FORMULA*



Tracy Campoli

Flat Belly Formula

START

Get Ready to get a flat belly...in just 5 days!

I am here to guide and support you so that you know EXACTLY what to do to achieve that beautiful flat belly right away.

STEP 1: WATCH THIS VIDEO:

[THE BENEFITS OF CLEANSING](#)

*For 5 days, you will do my signature **FLAT BELLY IN 5 DAYS CLEANSE**.*



BREAKFAST AND LUNCH:

Every Day for the next 5 days, for Breakfast and Lunch, you will make your FLAT BELLY SMOOTHIE. (for best taste, blend in your [HIGH POWERED blender](#))



DINNER:

You have a choice of a third FLAT BELLY SMOOTHIE or you can choose to have DELICIOUS DETOX SALAD and BODY BEAUTIFUL SOUP (recipes provided)

SNACKS:

You can enjoy 1-2 of your high quality nutrition bars (2 maximum per day). Additionally you may have 1 serving of fruit (½ cup berries or 1 green apple or 1 grapefruit)

AND one additional serving of veggies per day (examples are 1 cup sliced cucumbers, or 1 cup celery and carrots, or one cup of grape tomatoes)