

## The Belly Fat Diet for Waist Inch Loss Within 30 Days

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With the increasing awareness about the importance of fitness and weight management for maintenance of overall health, almost all of us have joined the exercise and dieting bandwagon, and many of us have also been triumphant in losing weight and maintaining it successfully. But the stubborn belly fat still remains the major problem area for most people and it does not seem to melt even after doing thousands of crunches or spending hours and hours on [outdoor and indoor aerobic exercises](#).



All of us wish to have a flat stomach and well-defined abs, but even after following all kinds of crash diets and sure-shot remedies we are left with a bloated and flabby belly. But what if I tell you that there is a diet that specifically targets belly fat? Yes, you heard me right. It is none other than the Belly Fat Diet, which functions like a belly fat burner as you eat your way to a flatter abdomen.

### What is the Belly Fat Diet?

Now you must be curious to know what is the Belly Fat Diet and how does it work? Well, to begin with, the Belly Fat Diet is far from being a crash diet where you are not permitted to eat any food at all. This diet is designed to help you lose belly fat naturally by including certain foods that target belly fat. This particular diet has to be followed for 7 days and each day will consist of 4 meals – breakfast, lunch, dinner and snack.



We will provide a list of 16 recipes from which you can choose your foods for this diet. Unlike the [classic 1200 calorie diet and exercise plan](#), this diet focuses on eating 1600 calories a day along with a serving of MUFA with each meal that you consume. People who follow this diet can expect to lose 12 to 15 pounds of body weight within a month as well as several inches of belly fat.

### **How Does the Belly Fat Diet Work?**

The secret behind the success of the Belly Fat Diet is the presence of MUFAs in this diet. MUFAs are monounsaturated fatty acids – plant-based fats that are found in nuts, seeds, olive oil, chocolates, and avocados. MUFAs work to eliminate stubborn belly fat and it is the ultimate solution to the question of how to lose inches with a diet. The MUFAs also helps you to stay satiated for a longer period of time and prevents overeating. MUFAs are added to each and every meal of the Belly Fat Diet.



Even though MUFAs are fatty acids, but they are healthy fats which don't clog up the arteries. The other secret of the Belly Fat Diet is that it emphasizes the consumption of some key foods like whole grains, vegetables, fruits, legumes, fish and olive oil along with the MUFAs. All of us are acquainted with the amazing health benefits of following a [fruit and vegetable meal plan](#).

## Benefits of Following the Belly Fat Diet

Abdominal fat not only affects your appearance but seriously hurts your overall health as well. Belly fat is directly related to increased risk of diabetes, cardiovascular diseases, certain cancers and adult-onset mental disorders. Therefore, it is best to lose stubborn belly fat with the help of a proper diet and exercise.

### Lowers the Chances of Diabetes and Heart Diseases

One of the biggest benefits of following the Belly Fat Diet is that it can significantly lower the risk of heart diseases and diabetes. As a matter of fact, excessive belly fat can be as harmful as smoking when it comes to heart diseases. The Belly Fat Diet is one of the easiest ways to lose belly fat and reduce the risk of cardiovascular diseases and diabetes. In fact, MUFAs can be included in important [home remedies for heart](#) health.



### Maintain Testosterone Levels at Normal Range

This is by far the best diet to lose belly fat that helps maintain testosterone levels within a normal range. Excessive belly fat has been linked to reduced testosterone levels in the body, and it is especially problematic for men because it often causes lack of libido or impotence. The good news is eliminating belly fat naturally aids to bring up testosterone levels. This diet, when combined with an effective workout to lose belly fat can boost the testosterone levels even more.

### Provide Better Sleep

Research shows that people with excessive belly fat may not sleep as soundly as those with little belly fat. Reducing abdominal fat can significantly improve sleep quality and reduce the chances of depression and heart diseases and problems arising from chronic lack of sleep.



## Feel Great

Last but not the least is how you feel about yourself after following this diet. You are sure to feel awesome once you say goodbye to troublesome belly fat. Losing belly fat can help develop a positive self-image and make you happy about the way you look and feel.

## Helpful Tips to Follow the Belly Fat Diet Successfully

Here are a few helpful tips to lose belly fat which can assist you to follow the Belly Fat Diet more effectively and turn it into a successful one.

- Avoid calorie-rich drinks such as shakes, fruit juices, soda, energy drinks and coffee beverages. Focus on drinking plenty of water instead.
- You can have black coffee, green tea, black tea and other herbal teas without sugar as these don't add empty calories to your diet. We all know the wonderful [uses of green tea for weight loss](#).
- Avoid processed and refined foods because they don't have any nutrients and contain several additives and sugar.
- The added sugar in processed and refined foods will make you feel hungrier and cause more fat storage and can also increase the production of insulin.
- Allow yourself a cheat meal and snack once a week because it becomes difficult to stick to a diet when you crave certain foods.
- Once a week allow yourself a calorie-rich dessert, cheeseburger or a slice of pizza.

## Breakfast Recipes for the Belly Fat Diet

Breakfast is the most essential meal of the day and more so for people who are trying to lose belly fat. A healthy and hearty breakfast loaded with proteins, fiber, and healthy fats help ensure that you stay satiated and full until lunch.

## French Toast with Chocolate

This is an appetizing and healthy breakfast recipe for weight loss that specifically targets the belly fat. Chocolate is an amazing food to lose belly fat loaded with MUFAs, and we are familiar with the [benefits of dark chocolate on skin](#) and overall health.



### Ingredients:

- 3 ounces low fat cream cheese
- 6 ounces Italian bread cut into 8 slices
- 2 large eggs
- Egg whites from 2 eggs
- 4 ounces semi-sweet chocolate finely chopped
- 1 tbsp margarine
- 1 tbsp sugar
- 1 tsp. vanilla
- 1 tsp. freshly grated orange zest
- 2 cups fresh strawberries sliced

**Procedure:** Combine the cream cheese and chocolate together in a bowl and in another bowl combine the orange zest, sugar and strawberry slices. Spread a quarter of the cream cheese and chocolate mixture on 4 bread slices, and press the slices together lightly. Now, combine the vanilla, egg whites and eggs in a medium sized bowl, dip each bread sandwich into the egg mixture and place them on a plate. Heat some margarine in a skillet and place the sandwiches in the skillet and cook for 4 minutes on both side or until golden brown. Top the toasts with strawberry mixture and serve hot. This recipe makes 4 servings.

## Parfait with Granola

This is yet another delicious treat which can be made in no time which makes it suitable for busy mornings. It looks great and can be enjoyed by the whole family and even served to guests. It contains the goodness of raspberries and Greek yogurt, both of which are amazing belly fat burning foods.



**Ingredients:**

- 1 cup raspberries
- 5 cups granola
- 1 large banana sliced
- 3 ounces of Greek yogurt

**Procedure:** Take a tall smoothie glass and place a small amount of granola in the bottom of the glass topped with fruits and then Greek yogurt. Repeat the fruits, Greek yogurt, and granola layers till the glass is almost full. Serve with a few raspberries on top.

**Banana and Walnut Pancakes**

A list of filling and healthy breakfasts is never complete without the inclusion of pancakes in it. The delicious combination of crunchy nuts, honey and bananas in this recipe will make it a favorite among your kids.



**Ingredients:**

- 1/4 cup water
- 1 tablespoon canola oil
- 1/2 cup fresh raspberries
- 1 and 1/3 pancake mix
- 1 egg
- 1 tsp. vanilla
- 1 cup low-fat buttermilk
- 1/4 tsp. ground cinnamon
- 1 large banana thinly sliced
- 1/3 cup honey
- 1 tbsp water
- 1/2 cup chopped walnuts

**Procedure:** Combine the cinnamon powder and pancake mix in a large bowl. In another small bowl combine the oil, egg, vanilla, buttermilk and water. Now, add the dry ingredients into the wet ingredients stirring well continually until the mixture is smooth. Add the slices of banana into the pancake batter and set aside. Combine the honey and walnuts in a bowl. Coat a non-stick skillet with cooking spray and place in on medium heat. Start adding 1/4 cup of the batter to the skillet and cook the pancakes for 2 minutes on each side or till they turn light brown. Serve them hot with walnut and honey mixture on top and raspberries on the side. This recipe makes 4 servings.

**Fruit and Nut Oatmeal**

This is one of the most [healthy oatmeal recipes for weight loss](#) which also helps flatten the belly. The assortment of fruits and nuts in this recipe adds delicious flavors to the dish. Being rich in fibers, it helps you to stay full till lunch and saves you from munching on mid-morning snacks.

**Ingredients:**

- 1/2 cup dried cranberries
- 1 and 1/4 cup rolled oats
- 1/4 cup golden raisins
- 1 apple
- 1 cup water
- 1/2 cup walnuts chopped
- 5 cups skim milk

**Procedure:** Wash and core the apple and then cut it into 1/4-inch chunks and set aside. Heat 1.5 cups of milk and 1 cup of water in a large saucepan and bring it to boil, add the oats and a pinch of salt if you want. Reduce the heat and let the oats simmer for 3 to 4 minutes while stirring regularly. Add the chopped apples to the oats, cover the pan allow the oats to cook for another 3 to 4 minutes. Now, add the raisins and cranberries; mix well and remove the mixture from heat. Scoop out the oatmeal and divide in medium sized bowls and top each bowl of oats with 2 teaspoons of chopped walnuts and sprinkle of brown sugar and pour some skim milk into each bowl and serve immediately. This recipe makes 4 servings.

## **Lunch Recipes for the Belly Fat Diet**

Lunch is the next important meal of the day and it is necessary to eat a wholesome lunch in order to avoid snacking between lunch and dinner. Salads seasoned with olive oil are a great option for lunch. Here are a few [delicious lunch ideas for weight loss](#) which should be included in the Belly Fat Diet.

### **Shrimp, Barley and Baby Green Salad**

The unique combination of spices in this recipe renders a delicious flavor and mouth-watering aroma to this dish, and the shrimps add plenty of healthy proteins to the salad without adding a lot of calories.



#### **Ingredients:**

- 1 cup barley
- 1/4 cup chopped basil
- 1 tbsp vegetable oil
- 3 cups water
- 1 pound peeled, deveined and cooked shrimps
- 1/2 cup cucumber, peeled and chopped
- 1 tsp. curry powder
- 1 tbsp lime juice
- 1 clove garlic minced
- 3/4th cup toasted pumpkin seeds
- 5 cups diced tomatoes
- 1/2 tsp. turmeric
- 2 tsp. Jalapeno pepper
- 12 cups baby greens
- 1/2 cup green bell pepper chopped
- 1/4 tsp. salt



- 1/4 cup lemon juice

**Procedure:** Add 3 cups of water to a large saucepan and bring it to boil, add the turmeric and curry powder to it. Now, add the barley to the water, cover the pan, reduce the heat and allow it to simmer for 40 minutes or until the barley is tender and all the water has been absorbed. Now, scoop out the barley and set aside. In a bowl whisk the oil, garlic, lime juice, lemon juice, salt, and pepper together. Add the cucumber, tomatoes, shrimps, barley and bell pepper to the dressing mixture and toss well. Take 6 plates and place 2 cups of baby greens on each plate, topped with the shrimp salad. Sprinkle pumpkin seed and basil from the top. This salad makes 6 servings.

### **Mediterranean Style Wraps**

The olive tapenade used in these wraps is an amazing source of monounsaturated fats that must be included in the diet to lose belly fat fast. Enjoy the sinfully delicious and lip-smacking taste of this vegetarian lunch recipe makes it a favorite dish for those who are not much into chicken, meat and fish.



#### **Ingredients:**

- 4 cups salad greens
- 1/2 small red onion thinly sliced
- 1/2 cup canned chickpeas, drained and rinsed
- 1/2 cup green olive tapenade
- 2 ounce crumbled goat cheese
- 2 tbsp lemon juice
- 1/2 cup roasted red peppers
- 4 whole wheat tortillas
- 1/2 cup cucumber thinly sliced

**Procedure:** Mix the lemon juice and green olive tapenade in a bowl and then add the peppers, onions, cucumber, greens and chickpeas to the mixture. Add the goat cheese and toss the mixture gently so that all the ingredients are well mixed. Warm the tortillas and place a quarter of the mixture on one side of the tortilla and roll it securely. Cut the wraps in half at an angle and use a toothpick to keep the wraps together. Do the same with the other wraps. This recipe makes 4 servings.

## Whole Wheat Muffin Pizza

Who doesn't love pizza? It becomes even better when it comes without the pinch of guilt. The whole wheat muffins used in this recipe offer plenty of fiber with a low-calorie count. It is easy to make and can be prepared in no time.



### Ingredients:

- 1 tomato cut into 8 slices
- 4 tsp. grated Parmesan cheese
- 1/2 cup black tapenade
- 8 fresh basil leaves
- 1 cup reduced-fat mozzarella cheese, shredded
- 4 whole wheat English muffins split in half

**Procedure:** Preheat the oven to 400 degrees F, split the muffins and toast them. Once toasted, spread a tablespoon of black tapenade on each muffin followed by 1 tomato slice and then 1/2 teaspoon of parmesan cheese and 2 tablespoons of mozzarella cheese. Place the muffin halves on a baking sheet and allow them to bake for 6 to 8 minutes in the oven. Remove from the oven and top the muffin halves with basil leaves before serving. This recipe makes 4 servings

## Turkey Pita with Side Salad

This is a quick and easy lunch recipe loaded with health-benefiting nutrients. Turkey is a [healthy natural protein food](#) that helps bust fat from the entire body and improve lean muscle mass.

**Ingredients:**

- 1/8 cup sprouts
- 1/4 cup baby spinach
- 4 ounces turkey
- 1 wheat pita
- 4 small slices of tomato
- 1 tsp. Dijon mustard

**For the Side Salad:**

- 1/2 cup hearts of palm
- 1 cup romaine lettuce chopped
- 1/2 cup red pepper chopped
- 1 tsp. olive oil
- 1/2 cup cucumber chopped

**Procedure:** Cut the pita into half and spread mustard on the inside of the pita and add the slices of turkey on each half, topped with sprouts, tomato slices, and spinach and keep it on a plate. Chop the lettuce, peppers, cucumber and hearts of palm and toss them together. Drizzle the salad with olive oil and serve. This recipe makes 1 serving.

## Dinner Recipes for the Belly Fat Diet

Eating a wholesome dinner helps prevent [late night food cravings](#) and the presence of monounsaturated fats in these dinner recipes helps cut out the belly fat which you are working so hard to lose.

### Smoked Salmon Frittata

The eggs and salmon used in this recipe make sure you get plenty of proteins along with a healthy dose of omega 3 fatty acids which is also necessary for flaunting a flatter belly.

**Ingredients:**

- 4 eggs
- 6 egg whites
- 2 ounces smoked salmon thinly sliced and cut into 1/2 inch wide pieces
- 6 scallions trimmed and chopped
- 1/2 cup cold water
- 3/4 cup black olive tapenade
- 1/2 tsp. salt
- 5 tsp. tarragon chopped
- 2 tsp. extra virgin olive oil
- Black pepper

**Procedure:** Preheat the oven to 350 degrees F. Heat an oven-proof skillet on a medium flame for 1 minute, add the olive oil to it and sauté the scallions in it until they are soft. In a bowl whisk the tarragon, salt, egg whites, eggs, and water together and add black pepper to it. Pour the mixture into the skillet, topping with the pieces of salmon. Allow the mixture to cook for 2 minutes, stirring from time to time. Now, place the skillet with the egg and salmon mixture into the oven and allow it to cook for 8 minutes so that the eggs are puffed. Remove from oven, take out the frittata from the skillet with the help of a spatula and put it on a serving plate. Take 6 plates and spread 2 tablespoons of black olive tapenade on each plate and top it with a slice of the frittata. Serve hot. This recipe makes 6 servings.

**Chicken Breast with Almond Crust**

Chicken is one of the healthiest options for dinner because it is packed with proteins and lower in fat compared to other meats. The chicken and cottage cheese used in this recipe makes it wonderfully satisfying.



**Ingredients:**

- 1 tbsp. cornstarch
- 2 tbsp. finely chopped almonds
- 1/4 cup egg substitute
- 5 ounces skinless, boneless chicken breast

**Procedure:** Sprinkle generous amount of cornstarch on both sides of the chicken breasts, dip them into the egg substitute and then sprinkle chopped almonds over the chicken, covering both sides. Spray cooking spray on a non-stick skillet and heat it on medium flame. Place the chicken breasts in the skillet and cook for 5 minutes on both sides or till the chicken is cooked completely. Enjoy hot. This recipe makes 1 serving.

**Roasted Pepper and Portobello Mushroom Burger**

We all know that we love our burgers, and when it is stuffed with the goodness of nutrients, there is absolutely no guilt and harm in enjoying the world's favorite fast food for your dinner.



**Ingredients:**

- 2 roasted red bell peppers cut into halves
- 4 leaves of lettuce
- 4 Portobello mushroom caps
- 2 tbsp. pesto

- 4 tsp. balsamic vinegar
- 2 whole wheat hamburger buns

**Procedure:** Heat a grill pan over medium heat and place the mushroom caps on the grill pan and grill them for 4 minutes on each side. Brush on balsamic vinegar on the mushroom caps while they are cooking. Now, warm the buns and the bell pepper halves on the grill pan. Spread the pesto on each side of the hamburger buns. Place 1 red pepper slice and 2 mushroom caps on the bottom half on each bun, top it with 2 leaves of lettuce and top with the top bun. Enjoy right away. This recipe makes 2 servings.

## Whole Wheat Veggie Pizza

Pizza is our most loved fast food and who wouldn't like to enjoy a spicy and cheesy slice of this delicious dish for dinner? Well, here is a way to enjoy your healthy whole wheat pizza without loading on calories.



### Ingredients:

- 1/2 cup slices red onion
- 3/4 cup cherry tomatoes quartered
- 1/4 cup sun-dried tomato pesto
- 2 tbsp. grated Parmesan cheese
- 2 tsp. olive oil
- 1 cup sliced button mushrooms
- 1 cup sliced zucchini
- 1/2 cup basil leaves chopped
- 1 cup yellow or red bell peppers thinly sliced
- 1 thin whole wheat pizza crust

**Procedure:** Preheat the oven to 425 degrees F. Place the pizza crust on the pizza pan, spread the pesto over the crust, place the onions, peppers, mushrooms and zucchini in a bowl and pour olive oil to it and toss the vegetables till the vegetables are evenly coated. Sauté the vegetables in a skillet for 5 to 8 minutes and keep aside. Sprinkle cheese over the crust and then add the sautéed vegetables on top of the cheese and top the pizza with tomato pieces. Put the pizza into the oven and bake for 20 minutes. Remove from the oven, sprinkle chopped basil leaves from the top, cut the pizza into quarters and serve hot. This recipe makes 4 servings.

## Snack and Dessert Recipes for the Belly Fat Diet

Just because you are following the Belly Fat Diet does not mean you need to skip snacks and desserts. Snacks, sweet dishes, and smoothies can be enjoyed from time to time so that you don't get bored with the diet.

### Strawberry Tropical Fruit Smoothie

The refreshing taste of fruits and strawberries will surely take you to paradise. This smoothie not only tastes amazing but also helps you to lose weight and flatten the belly thanks to the flaxseed oil present in the mix. You can also try [smoothie recipes with kiwi](#) if you are not a fan of strawberries.



#### Ingredients:

- 1 cup fat-free vanilla yogurt
- 5 cup frozen peach slices
- 1/2 cup mango nectar
- 1 cup fresh strawberries hulled and cut in halves
- 2 tablespoons flaxseed oil
- 1 tablespoon frozen pineapple juice concentrate

**Procedure:** Put the yogurt, peach slices, mango nectar, strawberries and pineapple juice concentrate in a large blender and blend till the concoction becomes smooth and well mixed. Now, add the flaxseed oil to the mixture and blend once again. Pour the contents of the blender into 2 large smoothie glasses and add a strawberry half to each glass and enjoy right away. This recipe makes 2 servings.

### Peanut Butter Balls

The peanut butter balls not only makes delicious snack or dessert but also work as an amazing source of protein which helps you to meet your flat-belly goals. This is an easy-to-make snack that you can munch on when you have a craving.



**Ingredients:**

- 1 tsp. vanilla extract
- 1 cup stevia
- 4 scoops vanilla or chocolate protein powder
- 1 cup sugar-free peanut butter

**Procedure:** Put the vanilla, stevia, protein powder and peanut butter in a medium bowl and mix thoroughly. Now, take tablespoon sized portions of the mixture and roll them into balls and place them on wax paper and store them in the refrigerator till the balls are set. Enjoy chilled and store the leftovers in an airtight container.

**Apple Yogurt**

This wonderful apple yogurt recipe allows you to enjoy something sweet without sabotaging your Belly Fat Diet. The addition of Greek yogurt ensures you get plenty of protein from your sweet treat.

**Ingredients:**



- 2 tbsp. apple sauce
- 3/4 cup plain Greek yogurt
- 1 tsp. honey
- Pinch of nutmeg
- Pinch of cinnamon



- 1 apple cored, peeled and diced

**Procedure:** Mix the apple sauce, honey and Greek yogurt in a bowl and then add the diced apples to it, topped with a pinch of nutmeg and cinnamon. Mix everything together and enjoy right away. This recipe makes 1 serving.

## **Ricotta and Citrus Cannoli**

Although you shouldn't overindulge in sweets and desserts, you can enjoy these healthy delicacies occasionally from time to time in order to tweak your taste buds. This elaborate ricotta and citrus cannoli can be served to guests as a dessert after dinner.



### **Ingredients:**

- 1 tbsp. orange zest
- 1/2 tsp. vanilla extract
- 1/3 cup powdered sugar
- 3 cups semi-sweet chocolate chips divided into 2 portions
- 16-ounces fat-free ricotta cheese
- 1 tsp. lime zest
- 2 teaspoon lemon zest
- 12 cannoli shells

**Procedure:** Mix the vanilla, orange zest, lime zest, lemon zest, powdered sugar add ricotta in a medium-sized bowl till the mixture becomes fluffy and light. Now, fold 2.5 cups of chocolate chips into the mixture and keep the last 1/2 of the chocolate chips aside. Divide the filling evenly among the cannoli shells. Melt the rest of the chocolate chips and allow the molten chocolate to drizzle on each of the cannoli and let the chocolate harden. Place the cannoli shells in the refrigerator and serve chilled. This recipe makes 12 servings.

So, adopt a new and healthier approach to your diet and say goodbye to stubborn belly fat for good by following the Belly Fat Diet for a few months.

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