

# A dietary plan to help you lose belly fat and firm up

By  
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## What this plan will help you with

Hi, welcome to your diet plan to melt away that belly fat, flatten your tummy and firm your upper body. Wherever you are starting from this diet plan will help you feel amazing. It is not a short term fad diet but a plan to help you start implementing the habits and make real lifestyle changes that will get you the results you want.

Followed alongside Tabatha's 'Pilates to lose belly fat' this plan will help you achieve a flatter tummy, firm your upper body and enhance your health in multiple ways. It is designed to help you achieve fantastic results as well as help you move forward with the principles that will set you up for a stronger, feel good, healthier way of life.

As a registered nutritionist and health coach I help busy people like you make the dietary and lifestyle changes they need to address health issues, lose weight and get back to feeling fabulous.

If you'd like more support to make the changes after following this plan, I support clients with a range of different conditions and goals through a range of in-person and online programmes and video call consultations.

Contact me for a chat at 07971 862324 or [juliehodgsonnutrition@gmail.com](mailto:juliehodgsonnutrition@gmail.com)

Or look me up at <https://www.facebook.com/juliehodgsonnutrition/>

## Reducing belly fat and achieving a flatter tummy

The most effective and quickest way reduce belly fat and achieve a flatter tummy is through carbohydrate restriction. Over 25 randomised controlled trials, gold standard research, shows that a low carbohydrate diet leads to not only more weight loss but also provides faster results than traditional diets.

Eating fewer carbohydrates helps lower blood glucose levels and circulating insulin which in turn causes the body to burn fat especially from your tummy. Initial carbohydrate restriction also reduces water weight so you may find yourself feeling slimmer in only a couple of days!

A low Carbohydrate diet done correctly including adequate consumption of protein, fat and fruits and vegetables will not only reduce belly fat but also helps to reduce hunger and regulate appetite further helping with losing weight. It will also lower blood fat (triglycerides), increase protective HDL cholesterol, lower blood pressure and increase energy!

This is a plan that implemented correctly will help you sustain the results for life and with the right strategies you can still have the occasional treat, not be totally deprived of what I call 'pleasure foods, (You can probably guess the ones I mean) and still get the results you are after.

For good health and to get the flatter tummy you want to be employing the 80/20 rule. 80% of the time you eat like this, 20% of the time you relax the rules and enjoy your pleasure foods. This will help you sustain your new regime and get results longterm!

## [What is a low carbohydrate diet for a flatter tummy](#)

The following foods are naturally low in carbohydrate and should make up the majority of your diet. These foods have a minimal impact on blood glucose and insulin levels and will help your body burn fat; (not totally inclusive)

**Meat:** chicken, beef, pork, lamb

**Fish:** Tuna, Salmon, Haddock, Mackerel

**Vegetables:** Cauliflower, Asparagus, Courgette, spinach, Kale, Broccoli, Cabbage, Cucumber, Celery and many more.

**Fruits:** Blueberries, Apples, Pears, Oranges, Strawberries, Raspberries, Blackberries

**Eggs**

**Nuts and Seeds:** Walnuts, brazils, Almonds, Sunflower, Pumpkin etc.

**High-fat dairy:** Yoghurt, Cheese, Cream, Butter

**Oils and fats:** Butter, lard, olive oil, coconut oil.

The following are ok to eat in moderation if you are active and not following a very low carb diet. (You should follow the portion guide below however as these may hinder fat loss if eating too many)

**Starchy vegetables:** Potatoes, Sweet potatoes, Squashes, Corn,

**Unrefined grains:** Rice, Oats, Buckwheat, Bulgar, Quinoa

**Beans and Pulses:** Baked beans, lentils, chickpeas, black-eyed peas, kidney beans, butter beans etc.

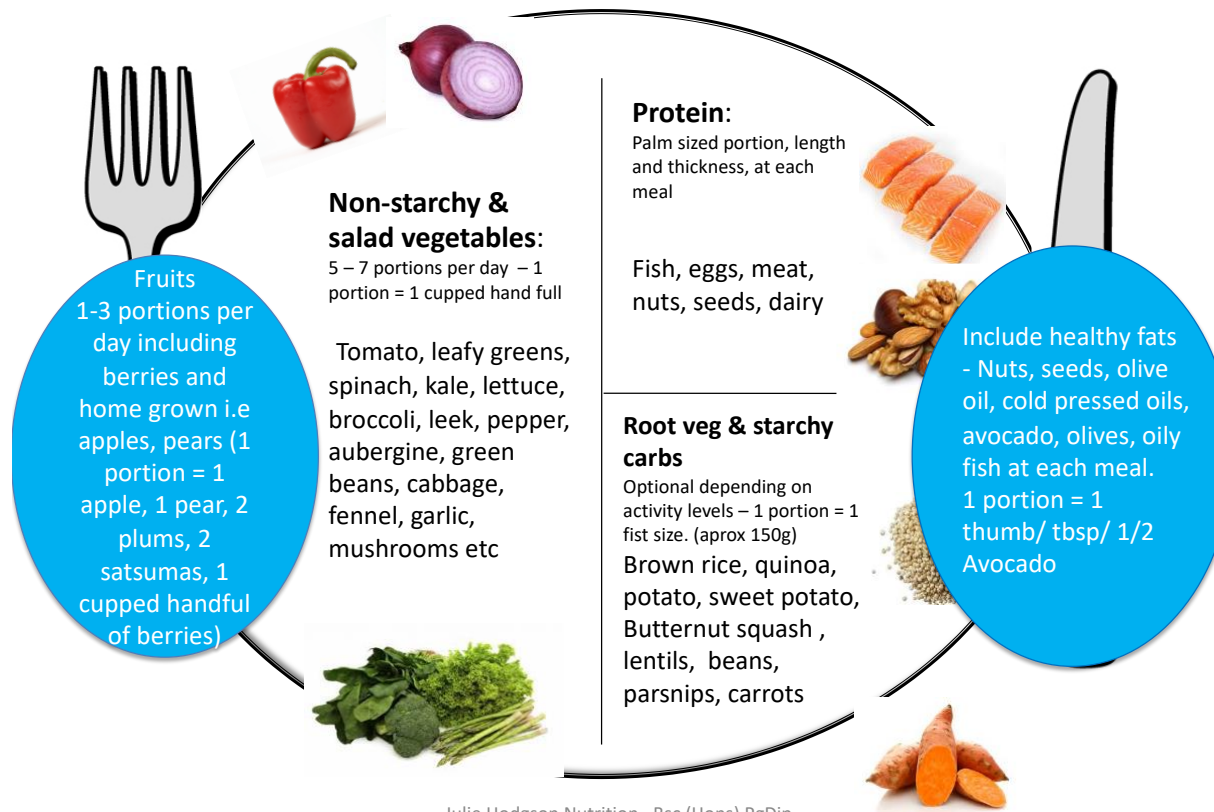
Foods that should be minimised due to their rapid effect on both glucose and insulin levels and belly fat;

**Sugar and sugary products:** Sweets, Cakes, Biscuits, Ice cream, Puddings

**Refined wheat products:** Bread, Pasta, Bagels, Cereal, Crumpets, Pitta etc

Some people will gain the benefits from eating the standard low carbohydrate diet of around 130g per day whilst some people may prefer to follow a very low carb diet of less than 50g of carbohydrate per day. Low carbohydrate foods have less than 10g carbohydrates per 100gs.

## Ideal portions to follow



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## Practical considerations and where to start



Meals should be based on protein, healthy fats, fruits and vegetables. Meal ideas below.



Carbohydrates such as sugar and sugary products and refined wheat products should be kept to a minimum.



Root vegetables and starchy carbohydrates should be eaten after intensive or long periods of exercise.



Don't overeat on fruit. Stick to the portion guide.



Ensuring adequate protein at each meal will help fill you up and keep you full. Refer to portion guide



Don't be scared of fat. Eaten at meal times this will fill you up and prevent overeating, as well as help reduce cravings for sugary and refined carbohydrates. Just don't overdo it on the nuts and dairy as this will prevent fat loss.



Fats should be increased at the same time as reducing carbohydrates.



Try to eat plenty at meal times and ideally don't snack but if you need to there are some suggestions further down.



You do not need to go hungry, as long as you stick to the naturally low carbohydrate foods and avoid excessive processed foods you can eat to appetite.



Make an effort to increase the diversity of your diet, namely plants. This will increase your intake of fibre and promote the health of your digestive tract and gut flora.



Ensure to drink the required amount as indicated on the menu plan below. This can be water, water with squeezed lemon, added fruit or herbal teas. This will help fill you up, reduce appetite and minimise cravings.



To really give your digestion a boost and further help attain a flatter tummy, If you currently have less than the optimal 1-2 bowel movements per day add in the ground flaxseeds or x2 kiwi as shown on the menu plan below.



## Sample Meal ideas and further tips

- ♥ Start each day with a large glass of warm water and fresh squeezed lemon. Aim to drink 8 glasses/ cups of water/fluid each day.
- ♥ If you currently have less than one bowel movement per day have 1 - 2 tsp of flaxseeds in the same amount of water in the morning. Most supermarkets sell ground flax seeds, also called linseeds.
- ♥ Try making extra when cooking meals to use the next day.
- ♥ Pick and choose from breakfast, lunch or dinner options or make your own meals up using the considerations above.

## Breakfast

- ◆ Scrambled eggs, and smoked salmon  
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- ◆ Scrambled eggs and chopped mixed vegetables (onion, garlic, pepper, broccoli etc) cooked in butter.  
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- ◆ Sausage & tomato, spinach, avocado, grilled tomatoes  
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- ◆ Fruit and nut mix – handful of nuts and seeds, coconut, fresh or frozen, berries and nut butter  
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- ◆ Mix of berries, Greek yoghurt and a sprinkle of pumpkin seeds  
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- ◆ Boiled egg, parma ham, chopped melon and asparagus spears fried in butter

- ◆ Low carb pancakes made with a batter of x2 eggs to one banana and ground almonds to thicken.
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- ◆ Chia seed pudding – soak x2 dessert spoons of chia in coconut milk, a teaspoon of vanilla essence and leave in the fridge overnight. Top with berries and a small sprinkle of seeds.

### Lunch Ideas

Strips of steak, chicken or fish, cucumber, carrot, beetroot / small tub of Greek yoghurt & berries

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Prawns, mango, avocado & watercress

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Mackerel, spinach, grated carrot & walnuts

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Hearty soup (homemade or bought from the chiller in the supermarket with strips of chicken or mackerel, avocado and a mix of crudites.

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Salad made with leaves, cucumber, grated carrot, beetroot, pepper, tinned tuna, mackerel or salmon, sprinkling of nuts, small handful of sultanas.

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Leftovers from last night's dinner

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Beef burgers (home-made or shop bought) topped with avocado, tomato and spinach wrapped in a large lettuce leaf.

## Dinner ideas

- Stir-fry with lots of different coloured vegetables. Add some strips of chicken, turkey, prawns or tofu. Flavour with fresh ginger and garlic, and soy sauce, or just oil and lemon juice. Sprinkle on sesame seeds or cashew nuts before serving.  
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- Piece of grilled chicken or fish. Add herbs, spices and seasonings to taste and a big plate of steamed / grilled or roasted vegetables / fresh salad.  
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  - Baked salmon steak served with frozen peas and wilted spinach.  
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- Grilled lean meat or fish on a bed of roasted vegetables with dressing of fresh lemon juice, extra virgin olive oil and cracked black pepper.  
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- Thai green curry made from an organic green curry sauce (healthy aisle in the supermarket) baby corn, mangetout and carrot strips. Serve with cauliflower rice.  
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  - Mixed vegetable omelette (with courgettes, mushrooms, peppers, red onion, etc) served with watercress.  
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  - Chicken, prawn, or tofu and vegetable skewers (use red onions, courgettes, mushrooms, etc). Serve with quinoa.  
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- Red peppers stuffed with leeks, courgettes, etc.) (e.g. onion, and herbs (thyme and oregano). Bake brown rice and mixed vegetables in the oven and add a slice of goat's cheese just before serving. Serve with a large salad sprinkled with pine nuts.  
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  - Grilled trout or haloumi and cherry tomato skewers with steamed vegetables or large salad.  
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  - Salmon fillet or chicken roasted in the oven with lots of mixed vegetables. Serve with a green salad.

## Snack ideas

(Stick to the recommended quantities!)

- 2tbsp hummus & raw vegetable sticks such as carrots, celery, cucumber or pepper.
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  - An apple (or seasonal fruit) and a small handful of almonds or mixed nuts
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    - 1/2 Avocado
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      - 1 protein bar (see recipe).
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        - X2 squares of dark chocolate spread with almond butter
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          - 1/2 cup edamame beans.
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            - Kale chips (see recipe)
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              - ◆ Chopped apple and peanut butter
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                - ◆ A hard boiled egg and a handful of cherry tomatoes
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                  - ◆ Slices of chicken and a small handful of blueberries

Good luck and let me know how you get on

Julie xx

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