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# 14 DAY FLAT BELLY JUMPSTART

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*Simple Daily Groundrules to  
Lose Your First 10 Pounds*

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# 14 DAY FLAT BELLY **JUMPSTART**

Welcome to the “14 Day Flat Belly Jumpstart” meal plan and support tools.

This meal plan is about incorporating healthy, long lasting lifestyle changes. There are a few ground rules to follow to keep yourself accountable, but still live life without making any drastic sacrifices.

You DO NOT need to count calories on this type of program because simply following these “rules” you eliminate MANY calories without having to feel like you're starving. I have yet to have anyone follow these rules and not drop a lot of extra bloat and abdominal discomfort quickly.

***It's just food, we are all human and we all make mistakes. MOVE ON!***

Don't overcomplicate things, simply make the healthiest choices from the options you have available and move onto the next meal. The only thing worse than 1 bad meal is following that up with another bad meal.

How to start:

1. First, start with reading the daily groundrules of the meal plan.
2. Second, review the 3 days of meal examples we've laid out for you.
3. Substitute any options you don't like with options from the Top 10 lists or any meals you currently make that fit within the groundrules of the program.

***Remember, it's just food. We are all human and we all make mistakes. MOVE ON!***

As always, use the [LiveFit Private Support Page](#) on Facebook to ask questions and share what is helping you with the program. You never know who your question or your answer might help.

Committed to your fitness success,

Derek & Michelle Kuryliw



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## DAILY GROUNDRULES

- ☑ **FUEL THE FIRE WITH PROTEIN-** this along with vegetables is the foundation of all your meals. (GOAL INTAKE → 75-125 grams women, 125-175 grams men)
- ☑ **BALANCE IS KEY-** when having any starchy carbs like pasta, potato, bread, rice or similar make sure that your protein and vegetable serving is larger. There's not necessarily a limit, but focus on more of the good stuff first. (SERVING SIZE → ¼- ½ cup women, ½ - 1 cup men)
- ☑ **PROVIDE FUEL FOR ACTIVITY-** limit carbs when sedentary and focus on eating carbs and fruit when you're most active. (GOAL INTAKE → ½ your total protein intake)
- ☑ **FRUIT IS YOUR FRIEND-** include fresh fruit in your snacks between meals to maintain your energy and provide healthy enzymes for better digestion. (GOAL INTAKE → 2-3 pieces daily)
- ☑ **VEGGIES ARE YOUR JANITORS-** include vegetables with every meal to increase the duration of satiety and improve digestion. (NO LIMIT)
- ☑ **FAT MOVES SLOW-** fats like nuts, seeds, oils and animal meats will help keep you full longer. If you know you will be going a longer time until your next meal, include fat. If you'll be eating again within an hour or two, fats are optional. (SERVING SIZE → 1 tbsp women, 2 tbsp men)



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## **SUCCESS TIPS**

- ♥ **DON'T GET BORED OR COMPLICATED-** this is a simple meal plan that provides a lot of flexibility, don't be afraid to try new things and keep things fresh.
- ♥ **CHEAT TO GET AHEAD-** a cheat meal can be very beneficial when planned properly and used to satisfy a craving. It should be consumed in a sensible portion in one meal only, not an entire cheat day. Use a cheat meal every 7-14 days depending on goals & results.
- ♥ **HYDRATION IS EVERYTHING-** without it you die. It might sound harsh, but the more water you drink the better your skin, energy, digestion, workout recovery and just about every other function in your body will improve. (drink a minimum of ½ your bodyweight in ounces)
- ♥ **CONSISTENCY IS KEY-** you will make a mistake or not know what to do at some point in this program. Remember that one mistake will not derail your entire progress, but repeated mistakes and lack of planning will. Be relentlessly forgiving of yourself and don't give up!



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## FOOD SWAPS & OPTIONS

Below is a list of foods found in this type of program... but be sure to follow the guidelines above!

### **PROTEIN**

Chicken breast  
Cod Eggs (organic if possible)  
Egg whites / liquid egg whites  
Extra lean ground beef  
Extra lean ground turkey  
Low fat dairy  
Protein powder (low-fat/lowcarb)  
Salmon  
Shrimp  
Tilapia  
Tuna steak  
Tuna (canned in water) – up to 2  
servings a week  
Turkey breast

### **FATS**

Almonds / almond butter  
Almond milk  
Avocado  
Avocado oil  
Cashews / Cashew butter  
Coconut milk / Coconut oil / Coconut  
Extra virgin olive oil  
Flaxseed / Flaxseed oil  
Olives (all kinds)  
Peanut butter (natural only)  
Pecans  
Pistachios  
Sesame seed oil  
Walnuts  
Whole Egg



# 14 DAY FLAT BELLY **JUMPSTART**

## **NON-STARCHY CARBS (VEGGIES)**

Artichoke  
Artichoke hearts  
Asparagus  
Beans: green, Italian, wax  
Bean sprouts  
Beets  
Broccoli  
Brussels sprouts  
Cabbage: bok choy, Chinese, green  
Carrots  
Cauliflower  
Celery  
Chayote  
Cucumber  
Eggplant  
Green onions or scallions  
Greens: collard, kale, mustard, turnip  
Leeks  
Lettuce (green, red, romaine, etc.)  
Mixed veggies w/out corn, peas or pasta  
Mushrooms

Onions  
Oriental radish or daikon  
Pea pods  
Peppers, all varieties  
Radishes  
Rutabaga  
Sauerkraut  
Spinach  
Summer squash  
Swiss chard  
Tomato  
Turnips  
Zucchini

## **CARBOHYDRATES**

Bread (thin sliced)  
Fruit (apples, pears, berries, grapefruit)  
Oatmeal  
Pasta  
Potato  
Rice  
Wheat



# 14 DAY FLAT BELLY **JUMPSTART**

## DAILY MENU EXAMPLES

**BREAKFAST-** Greek yogurt and berries

**SNACK-** One protein bar

**LUNCH-** Naked chicken wings w/ celery and side salad

**SNACK-** Apple and celery w/ peanut butter or protein shake

**DINNER-** Shepards pie w/ cauli mash and salad

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**BREAKFAST-** Eggs and Canadian bacon

**SNACK-** Protein shake w/ apple

**LUNCH-** Publix deli wrap w/ double meat and lots of veggies

**SNACK-** Power Crunch chocolate mint bar

**DINNER-** BBQ pulled pork w/ roasted carrots

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**BREAKFAST-** Protein pancakes

**SNACK-** Publix buffalo chicken dip w/ celery

**LUNCH-** ½ double meat bowl from Chipotle

**SNACK-** Apple w/ peanut butter

**DINNER-** Parmesan crusted chicken w/ air fried brussels sprouts



# 14 DAY FLAT BELLY **JUMPSTART**

Pick one item from the breakfast menu daily. For portion sizes, always aim for a greater volume of vegetables and protein than carbohydrates. Choose the options with more carbohydrates during the times you will be most active in the upcoming hours.

## **#1 GREEK STYLE OMELET**

2-3 eggs, spinach, sliced tomato, feta cheese (under 10g fat) – if active add toast or potatoes

## **#2 EGGS AND BACON**

2-3 eggs, 3 slices of Canadian bacon – if active add toast or potatoes

## **#3 PROTEIN WAFFLES OR PANCAKES**

½ cup egg whites, ¼ cup instant oats, ½ scoop protein powder or 2 tbsp Greek yogurt – top with Carey's sugar free syrup

## **#4 YOGURT AND BERRIES**

1 cup Dannon Light and Fit vanilla Greek yogurt with ¼ cup blueberries

## **#5 PB & J YOGURT**

1 cup Dannon Light and Fit vanilla Greek yogurt, 1 tbsp peanut butter, 1 tbsp sugar free Smuckers jelly

## **#6 SHAKE AND GRANOLA**

Pure Protein or ready-to-drink protein shake and any granola bar (under 15g carbs)

## **#7 TROPICAL TREAT**

1 cup cottage cheese or Greek yogurt, ¼ cup pineapple (fresh or in own juice), 1 tbsp unsweetened coconut flakes

## **#8 TURBO SHAKE**

8 oz strong coffee, 1 scoop van or choc protein (25g), 1 tbsp Hershey's sugar free chocolate syrup, blend with ice

## **#9 DUNKIN**

egg and cheese -or- bacon, egg and cheese wake-up wrap

## **#10 STARBUCKS**

spinach, feta and egg white wrap





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Pick two items from the lunch/dinner menu daily. For portion sizes, always aim for a greater volume of vegetables and protein than carbohydrates. Choose the options with more carbohydrates during the times you will be most active in the upcoming hours.

## **#1 SALSA CHICKEN**

24 oz of chicken, 16 oz jar of salsa, put in crockpot 4 hours and shred – use as wraps or over rice

## **#2 BACKYARD BBQ PULLED PORK**

make the exact recipe on the back of the McCormick pulled pork packet EXCEPT use Heinz “no sugar added” ketchup and Splenda brown sugar blend instead of regular ketchup and regular brown sugar. Make sure to trim the excess fat off your cut of meat.

## **#3 CHILI OR WHITE CHICKEN CHILI**

make the exact recipe on the back of the McCormick pulled pork packet using lean cuts of meat

## **#4 STUFFED PEPPERS**

fill green pepper with either shredded chicken or ground beef, ¼ rice or cauli rice, top with low sugar tomato sauce and parmesan cheese, bake at 350 degrees for 30 minutes covered and 15 minutes uncovered

## **#5 PARMESAN CRUSTED CHICKEN**

4 chicken breasts, 1 cup Greek yogurt, ½ cup grated parmesan, season to taste, coat chicken and bake at 375 degrees for 45 minutes

## **#6 EASY BEEFY SKILLET**

1 pound browned lean beef, 1 can of diced tomatoes, 2 cups of frozen mixed vegetables, 1 cup of instant brown rice (uncooked) or cauli rice, 2 cups of beef broth ( lower sodium, optional), bring to boil and cook 5 minutes

## **#7 SPAGHETTI AND MEAT SAUCE**

zoodles, browned and seasoned lean beef, low sugar tomato sauce

## **#8 SHEPARDS PIE**

use your favorite recipe and substitute cauliflower mash for potatoes

## **#9 STUFFED PEPPER SOUP**

1 pound ground sirloin, 1 green bell pepper chopped, 1 cup finely diced onion, 1 (29 ounce) can diced tomatoes, 1 (15 ounce) can tomato sauce, 1 (14 ounce) can chicken broth, 1/4 teaspoon dried thyme, 1/4 teaspoon dried sage, salt and pepper, 1 cup white rice or cauli rice

## **#10 ANY MEAT, ANY STARCH, ANY VEGGIE**

Don't overcomplicate this one. Pick a meat, starch and veggie. Meat and veggies dominate the plate.



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When eating at restaurants or on the go, here are healthy options. For portion sizes, always aim for a greater volume of vegetables and protein than carbohydrates. Choose the options with more carbohydrates during the times you will be most active in the upcoming hours.

## **#1 CHIPOTLE**

bowl with double meat, pick either sour cream or cheese (not both), divide into 2 meals

## **#2 WENDY'S**

10 chicken nuggets, small chili and side salad (pick a low fat and low sugar option)

## **#3 ANY DINER OR WAWA**

Greek or Caesar salad with grilled chicken, dressing on the side

## **#4 ANY DINER OR RESTAURANT**

grilled chicken wrap, eat only ½ the fries (or portion smaller than your wrap)

## **#5 SPORTS BAR**

grilled or naked chicken wings, celery w/ low fat ranch or blue cheese

## **#6 APPLEBEES**

blackened shrimp Caesar salad -or- strawberry balsamic chicken salad, dressing on the side

## **#7 PANERA**

pick 2- salad with extra protein and dressing on the side, choice of a lighter soup, apple (no baguette)

## **#8 LONGHORN OR OUTBACK**

filet mignon, sweet potato with cinnamon/Splenda/salt, salad

## **#9 CHILI'S**

mango-chile chicken -or- ranchero chicken tacos

## **#10 CARRABBA'S**

chicken Bryan with asparagus, salad with dressing on the side



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When snacking between meals, whether home or on the road, here are healthy options. For portion sizes, always aim for a greater volume of vegetables, protein and fats than carbohydrates. Choose the options with more carbohydrates during the times you will be most active in the upcoming hours.

## **#1 HUMMUS AND DIPS**

Picking hummus and dip options with the highest fiber and lowest sugar content is best

## **#2 DIPPERS**

Choose low carb items like carrot "chips", celery, sliced cucumber or parmesan crackers

## **#3 FLAVORED ALMONDS AND CASHEWS**

Emerald makes great low sugar options in bags, tins and grab and go portion sizes

## **#4 READY TO GO FRUITS AND VEGGIES**

Almost all gas stations, convenient and grocery stores have pre-cut fruit and veggie options

## **#5 GREEK YOGURT**

There are a ton of great recipes online, or go with a delicious flavor from Dannon Light & Fit

## **#6 PICKLES AND OLIVES**

As simple as it sounds, a little bit of saltiness and crunch is great in a pinch

## **#7 SLICED MEAT AND CHEESE ROLL-UPS**

Using romaine or butter lettuce, meat, cheese and pickle

## **#8 BEEF JERKY**

Choose options like original, peppered and flavors with the lowest sugar content

## **#9 SKINNY GIRL POPCORN**

Lime and salt flavor is delicious

## **#10 JELLO AND PUDDING**

Look for the low and no sugar options



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When using condiments and recipe ingredients, here are healthy options to substitute with. Look for ingredients with the lowest sugar and saturated fats.

## **#1 HOT SAUCE**

My favorites are tabasco and crystal sauce

## **#2 HEINZ SUGAR FREE KETCHUP**

Huge calorie savor for meatloaf, pulled pork and burgers

## **#3 HERSHEY'S SUGAR FREE CHOCOLATE CHIPS**

Found primarily at Walmart

## **#4 SUNFLOWER SEEDS OR SLICED ALMONDS**

Use in place of croutons for the crunch in your salads

## **#5 GREEK YOGURT**

Perfect replacement for sour cream and mayonnaise in most recipes

## **#6 AVOCADO**

Mash up and use on sandwiches, with eggs or in salads

## **#7 PORK RINDS OR SHREDDED PARMESAN**

Use as a substitute for bread crumbs

## **#8 CAREYS SUGAR FREE SYRUP**

Delicious for protein pancakes

## **#9 CAULIFLOWER**

There are recipes online to use in rice, mashed potatoes and so many other uses

## **#10 REDI WHIP**

A great way to add fun and flavor to your healthy snacks

## **#11 SPLENDA OR STEVIA BROWN SUGAR BLEND**

Enjoy your favorite baked recipes or sweet potatoes without all the added sugar

## **#10 BOLTHOUSE SALAD DRESSING**

Delicious options with low sugar and fat, found in the produce section

