

DELICIOUSLY LEAN

FLAT BELLY DIET PLAN RECIPES FOR A HEALTHIER YOU



Grilled Salmon with Avocado Salsa

Nutrition (per serving)

Calories: 350
Fat: 21g
Carbohydrates: 10g
Protein: 30g

Instructions:

1. Preheat your grill to medium-high heat.
2. In a small bowl, combine the salt, pepper, paprika, and garlic powder.
3. Brush both sides of the salmon fillets with olive oil and sprinkle with the spice mixture.
4. Place the salmon fillets on the grill and cook for about 4-5 minutes per side, or until the salmon flakes easily with a fork.
5. While the salmon is grilling, prepare the avocado salsa. In a medium bowl, gently combine the diced avocados, chopped red onion, cherry tomatoes, cilantro, and lime juice. Season with salt and pepper to taste.
6. Once the salmon is cooked, remove it from the grill and serve each fillet with a generous spoonful of avocado salsa on top.
7. Enjoy your delicious and healthy Grilled Salmon with Avocado Salsa!

Ingredients:

- 4 salmon fillets
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 2 ripe avocados, diced
- 1/2 red onion, finely chopped
- 1/2 cup cherry tomatoes, halved
- 1/4 cup fresh cilantro, chopped
- Juice of 1 lime
- Salt and pepper to taste

Quinoa & Black Bean Salad



Nutrition (per serving)

Calories: 320
Fat: 10g
Carbohydrates: 51g
Protein: 11g

Instructions:

1. In a large bowl, combine the cooked quinoa, black beans, corn, diced red bell pepper, chopped red onion, and cilantro.
2. In a separate small bowl, whisk together the lime juice, olive oil, ground cumin, salt, and pepper.
3. Pour the dressing over the quinoa mixture and toss until everything is well combined.
4. If desired, garnish with diced avocado.
5. Serve chilled as a refreshing and filling salad.

Ingredients:

- 1 cup quinoa, rinsed and cooked
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup corn kernels (fresh or frozen)
- 1 red bell pepper, diced
- 1/2 red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- Juice of 2 limes
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- Salt and pepper to taste
- Optional: 1 avocado, diced (for garnish)



Baked Chicken Breast with Asparagus

Nutrition (per serving)

Calories: 280
Fat: 12g
Carbohydrates: 6g
Protein: 35g

Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a small bowl, combine the minced garlic, dried oregano, dried thyme, salt, and pepper.
3. Place the chicken breasts on a baking sheet lined with parchment paper.
4. Rub the chicken breasts with olive oil and then sprinkle the herb and garlic mixture evenly over them.
5. Lay lemon slices on top of each chicken breast.
6. Arrange the trimmed asparagus spears around the chicken on the baking sheet.
7. Bake in the preheated oven for 25-30 minutes, or until the chicken is cooked through and no longer pink in the center.
8. Serve the baked chicken breasts with asparagus for a flavorful and healthy meal

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 bunch asparagus spears, trimmed
- 2 tablespoons olive oil
- 1 lemon, sliced
- 4 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- Salt and pepper to taste

Spinach & Chickpea Salad with Lemon-Tahini Dressing



Nutrition (per serving)

Calories: 320
Fat: 18g
Carbohydrates: 32g
Protein: 10g

Instructions:

1. In a large salad bowl, combine the fresh spinach, chickpeas, cherry tomatoes, cucumber, red onion, and fresh parsley.
2. In a separate bowl, whisk together the tahini, lemon juice, minced garlic, olive oil, salt, and pepper. If the dressing is too thick, add water a little at a time until it reaches your desired consistency.
3. Drizzle the Lemon-Tahini Dressing over the salad and toss to coat the ingredients evenly.
4. Serve this refreshing and nutrient-packed salad as a satisfying meal.

Ingredients:

For the Salad:

- 6 cups fresh spinach leaves
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, sliced
- 1/4 red onion, thinly sliced
- 1/4 cup fresh parsley, chopped

For the Lemon-Tahini Dressing:

- 3 tablespoons tahini
- Juice of 1 lemon
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper to taste
- Water (to thin the dressing, as needed)



Grilled Vegetable & Quinoa Bowl

Nutrition (per serving)

Calories: 380
Fat: 20g
Carbohydrates: 45g
Protein: 10g

Instructions:

1. Preheat your grill to medium-high heat.
2. In a bowl, toss the sliced zucchinis, red bell peppers, and red onion with olive oil, salt, and pepper.
3. Grill the vegetables for about 4-5 minutes per side, or until they are tender and have grill marks.
4. In a separate bowl, fluff the cooked quinoa with a fork and mix in the lemon juice, fresh basil, and fresh mint.
5. To prepare the Avocado-Lime Dressing, combine the mashed avocado, lime juice, olive oil, minced garlic, salt, and pepper in a blender or food processor. Blend until smooth.
6. Assemble your bowls by placing a generous serving of quinoa in the bottom, topping it with grilled vegetables, and drizzling the Avocado-Lime Dressing over the top.
7. Enjoy this hearty and flavorful grilled vegetable and quinoa bowl!

Ingredients:

For the Grilled Vegetables:

- 2 zucchinis, sliced lengthwise
- 2 red bell peppers, quartered
- 1 red onion, sliced into thick rings
- 1 tablespoon olive oil
- Salt and pepper to taste

For the Quinoa:

- 1 cup quinoa, rinsed and cooked according to package instructions
- Juice of 1 lemon
- 2 tablespoons fresh basil, chopped
- 2 tablespoons fresh mint, chopped

For the Avocado-Lime Dressing:

- 1 ripe avocado, mashed
- Juice of 2 limes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste

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