The Zero Belly Smoothies 7-Day Challenge
Quick-Start Guide
Hey, thanks for signing up for the Zero Belly Smoothies 7-Day Challenge. And good luck!

This guide will give you a jumpstart on the challenge today! Here’s what you’ll find in this packet:

- Easy instructions for how to document your starting point (ie. weight, waist measurement).
- Delicious recipes and a sample meal plan based on the Zero Belly Diet book
- A few fat-burning smoothie recipes that'll satisfy your hunger and taste buds, and help you kick fat-loss into overdrive. For more smoothie recipes, pick up a copy of Zero Belly Smoothies.
- The Zero Belly Body Weight Workout. This no-gym exercise plan is fast, effective, and convenient. (Of course, feel free to use your own workouts or other types of exercise. As long as you’re burning calories, you’re on your way!)
- A simple interval-walking plan for building cardiovascular fitness.

No book can replace the diagnostic expertise and medical advice of a trusted physician. Please be certain to consult with your doctor before making any decisions that affect your health, particularly if you suffer from any medical condition or have any symptom that may require treatment.
Introduction

The last time you purchased a major appliance, it probably came with a thick instruction manual packed with hundreds of pages describing dozens of features, most of which were written in German and Japanese. It also came with a quick-start leaflet showing easy-to-follow diagrams of how to hook the thing up, turn it on, and begin enjoying it within five minutes.

Think of this document as the quick-start guide to the Zero Belly life. If you want to understand how and why the Zero Belly Diet works, to avail yourself of literally hundreds of meal and smoothie recipes, and learn how to create your own delicious Zero Belly meals, you’ll want to pick up copies of Zero Belly Diet and the Zero Belly Cookbook. However, if you just want to jump right in and start shedding belly fat today, all you need is this guide and a copy of Zero Belly Smoothies.

Before You Start

Everybody is a winner in the Zero Belly Smoothies 7-Day Challenge, because virtually everyone who completes the challenge will lose belly fat and begin the process of turning off their fat genes for good. However, if you want to win one of the awesome prizes we will be awarding at the end of the challenge, you will need to inspire us with your story of transformation. To do that, you need to document your starting point now, as follows:

Weigh yourself: Use a scale that you will have access to at the end of the Challenge as well, to ensure consistent measurement.

Measure your waist: Measure the circumference of your waist at your belly button. Wrap a cloth measuring tape around your waist, above your hips so it is level at your navel.

Snap some selfies: You will be submitting before and after photos as part of your Challenge entry. Please keep the following requirements in mind when taking your photos:

- One of you straight on, and another of your profile
- Taken from mid-thigh up
- Show off your current shape
- Taken in a brightly-lit room or environment
- Not of you in a group
- Highest resolution possible
- Shots taken with your phone are fine, as long as you shoot with enough light and the photo is not blurry.

A few example photos are shown below, to give you an idea of what we are looking for.
How to complete the Zero Belly Smoothies 7-Day Challenge

The Zero Belly Smoothies 7-Day Challenge is nothing more than a simple tweaking of the standard Zero Belly Diet. It’s just a little more intense, because you’re replacing two meals a day with drinks. Replacing both breakfast and lunch with drinks will cut your daily calories just a bit more.

The plan is simple: you’ll enjoy two Zero Belly Smoothies as meals (breakfast and lunch), two snacks and a Zero Belly dinner. If you’d prefer to eat breakfast and drink dinner, that’s fine. We suggest breakfast and lunch because they tend to be the most harried times of the day, and hence a smoothie can help, er, smooth things out.

Sample Daily Meal Plan

Each of the seven days of the Challenge should look something like this:

Breakfast: fruit smoothie, for example the Blueberry Dazzler

Morning Snack: Deviled Egg

Lunch: green smoothie, for example, the Green Monster

Afternoon Snack: Bananas with Nutty Honey-Cinnamon Dip

Dinner: Steak Frites with Arugula Chimichurri and Asparagus

Remember, it is perfectly fine to make breakfast, lunch or dinner your non-smoothie meal, and to drink any category of smoothie at any time. The plan above is just a sample. It is also always permissible, even encouraged, to drink as much water as you like with or between meals.

The recipes for these smoothies, meals and snacks, plus a few others, are included at the end of this guide. However, there are more than 100 additional meal recipes in the Zero Belly Cookbook and 100+ smoothie recipes in Zero Belly Smoothies, so grab a copy of one of these books if you are looking for more variety.

Exercise Plan

Complete as many circuits of the Zero Belly Body Weight Circuit as possible on days 1, 3, 5 and 7 of the 7-Day Challenge. If you are new to exercise, or have not exercised in a long time, complete the walking HIIT workout for beginners instead.

THE ZERO BELLY BODY-WEIGHT CIRCUIT

This quick interval workout burns tons of calories and tones trouble zones.

After a warm-up, perform each exercise as fast as you can with good form. Not counting warmup and cooldown, you can do two circuits in just 4 minutes. Eventually, you will build up to four circuits, resting for up to 30 seconds between rounds, if needed.
Here’s the routine:

3 minutes: Warm up with jumping jacks, jogging in place, or marching in place while doing arm circles with your outstretched arms

Start HIIT Circuit

20 seconds: High-knee Run-in-Place

10 seconds: Active Rest (walk around and swing arms)

20 seconds: Mountain Climbers

10 seconds: Active Rest

20 seconds: Skater Jumps

10 seconds: Active Rest

20 seconds: Push-ups

10 seconds: Active Rest

Repeat the exercise/active rest cycle once more.

3 minutes: Cool down with any of the warm-up movements, performed slowly
WARM-UP

Jumping Jacks
Jump into the air, spreading your feet as wide as you can while swinging your arms over your head. After landing, immediately jump back and return your hands to your sides and feet together. Repeat at an easy pace for 3 minutes.

1

High-Knee Run in Place
Run in place, bringing your knees up as high as you can and pumping your arms and legs as quickly as you can, for 20 seconds.

2

Mountain Climbers
Get into a push-up position, with your hands directly under your shoulders. Bring one knee toward your chest, then straighten your leg to the start position as you bring the other knee forward. Repeat quickly; get a rhythm going akin to jogging, where both feet are off the floor for a brief moment.
A WALKING HIIT WORKOUT FOR BEGINNERS

Give a high intensity interval training walking workout a try out. Start each session with a three-minute warm up of steady walking at a moderate pace. Wear a watch or set your smart phone’s timer to alert you when interval times are up. Do interval walks three or four times a week, leaving a day in between to rest or walk at a continuous pace. Here’s a simple plan:

- After a warm up, speed up, walking as fast as you comfortably can for 1 minute. Slow down if you are too winded to carry on a conversation of short sentences. Speed up if you are not breathing hard enough. Bend your arms and swing them to get your upper body in play. Doing so will also move your legs faster.

- After a minute, slow to a moderate “recovery” pace for 3 minutes.

- Repeat the sequence four more times for a 20-minute HIIT walk.
Sample Recipes

Fruit Smoothie

BLUEBERRY DAZZLER

A favorite of the original Zero Belly Test Panel. Consider using wild blueberries (you can find them in the freezer section); they’re higher in just about every nutrient than conventional blueberries.

½ cup frozen blueberries
½ tablespoon almond butter
½ cup unsweetened almond milk
1 scoop vanilla plant-based protein powder
Water to blend (optional)

254 calories, 7 g fat, 19 g carb, 10 g sugar, 20 g protein, 4 g fiber

Green Smoothie

GREEN MONSTER

This filling, creamy drink isn’t what you think of when you imagine a classic green drink: It’s a lot more like a milkshake than a juice. But it will affect you in the exact opposite way: A 2012 study in the American Journal of Clinical Nutrition found that consuming pears (as well as apples and blueberries) reduced the risk of diabetes.

½ Bosc pear
½ frozen banana
¼ ripe avocado
½ cup baby spinach, loosely packed
½ cup no-sugar-added apple juice
¼ cup water
1 scoop plain plant-based protein powder
Water to blend

271 calories, 6 g fat, 40 g carb, 18 g sugar, 15 g protein, 8 g fiber

Nutty & Chocolaty Smoothie

DARK CHOCOLATE BANANA NUT

Four words that combine to sound like a jam session at Ben & Jerry’s house. The density of the banana will have you convinced you’re drinking a milkshake, while the omega-3s in the walnuts will keep your mind sharp and your belly lean.

1 frozen banana
2 squares of dark chocolate
1 cup unsweetened almond milk
¼ cup walnuts
3 ice cubes
1 scoop chocolate vegan protein powder

229 calories, 11 g fat, 26 g carb, 10 g sugar, 28 g protein, 7 g fiber

Savory Smoothie

TURMERICAN DREAM

Turmeric may be the single most powerful anti-inflammatory food in nature’s arsenal, thanks to its unique active compound, curcumin. It’s a staple of Indian food, and blends perfectly with tropical fruits like pineapple.

½ cup fresh pineapple, chunked
½ frozen banana
1 Tbsp turmeric
1 cup unsweetened almond milk
1 scoop plant-based plain protein powder

293 calories, 3 g fat, 43 g carb, 26 g sugar, 27 g protein, 6 g fiber

Snacks

DEVILED EGGS

Serves: 4
Cook Time: N/A

4 hard-boiled eggs
2 tbsp Zero Belly Mayonnaise
1 tbsp relish
1 tbsp Dijon mustard
¼ tsp smoked paprika

How to make it:

- Slice each egg in half lengthwise and scoop the egg yolks into a small mixing bowl. Place the whites on a serving dish.
- Mash the yolks into a crumble with a fork. Stir in the mayonnaise, relish, and mustard. Evenly disperse heaping teaspoons of yolk mixture back into the egg whites. Sprinkle with paprika before serving.

Per serving (2 halves): 119 calories, 9 g fat, 2 g carb, 1 g fiber, 7 g protein
BANANAS WITH NUTTY HONEY-CINNAMON DIP

Serves: 4  
Cook Time: N/A

½ cup natural, no-salt-added peanut butter or almond butter  
½ cup light coconut milk  
1 tbsp raw Manuka honey  
1 tsp ground cinnamon  
½ tsp vanilla extract  
2 large bananas, peeled and cut into 1-inch slices

How to make it:

• Place the nut butter, coconut milk, honey, cinnamon, and vanilla in the bowl of a food processor and puree until smooth.  
• Arrange the banana chunks on a plate and serve family style with a small bowl of nutty honey-cinnamon dip.

Per serving: 219 calories, 13 g fat, 22 g carb, 4 g fiber, 7 g protein

BBQ SPICED NUTS

Yield: 4 Cups  
Bake Time: 25 Minutes

1 tsp kosher salt  
2 tsp smoked paprika  
1 tsp garlic powder  
½ tsp dry mustard  
½ tsp ground cumin  
½ tsp ground ginger  
2 egg whites  
3 tbsp maple syrup  
4 cups raw mixed nuts  
Olive oil spray

How to make it:

• Preheat the oven to 350° F.  
• Mix together the kosher salt and spices in a small bowl.  
• In a large bowl, whisk the egg whites until foamy. Whisk in the maple syrup. Add the nuts and toss to coat. Stir in the spices and mix until evenly coated.  
• Spoon the nuts onto a nonstick rimmed baking sheet lightly coated in olive oil spray. Spread evenly.  
• Bake for 25 minutes, stirring two or three times throughout, until the nuts are dry and toasted.  
• Transfer the baking sheet to a cooling rack to cool. Serve warm or at room temperature.
Per ¼ cup: 182 calories, 14 g fat, 3 g carb, 3 g fiber, 5 g protein

Dinner2s

STEAK FRITES WITH ARUGULA CHIMICHURRI AND ASPARAGUS

Serves: 4  
Cook Time: 35 Minutes

FRITES

1 lb russet or Idaho potatoes (about 2 large)  
1 Tbsp extra-virgin olive oil  
½ tsp dried thyme  
½ tsp dried rosemary

STEAK

¼ cup Black Pepper Marinade (recipe below)  
1 20-oz flank steak, cut into four 5-oz portions  
½ cup Arugula Chimichurri

VEGETABLE

1 bunch green asparagus, white part of the stems removed (about 20 spears)

How to make it:

- Preheat the oven to 400 °F.
- Peel the potatoes, cut each in half lengthwise, and cut each half into 6 wedges. In a large bowl, combine the potato wedges, olive oil, and herbs.
- Toss to evenly coat the potatoes.
- Spread the frites in a single layer on a non-stick rimmed baking sheet. Bake on the middle shelf in the oven until the edges are crisp and the potatoes are cooked through, about 30 minutes.
- While the potatoes are cooking, spoon the marinade on either side of the steaks and set aside to marinate for at least 10 minutes.
- When the potatoes have about 20 minutes left of cooking time, heat a grill pan or grill over medium-high heat.
- Place the steaks on the hot grill using a pair of tongs and let sit, undisturbed, until the steaks get nice grill marks—3 to 4 minutes. (If you like steak well done, grill 5 minutes before turning.) Quarter-turn the steaks on the same side and repeat.
- Flip the steak over and cook for 3 to 4 minutes more. Quarter-turn the steaks on the same side and repeat.
- While your steaks finish cooking, add the asparagus to the grill pan.
- Pull the steaks off the grill and let rest on a plate. Flip the asparagus over a few times until tender.
- Divide the asparagus and frites among four plates. Serve with one steak topped with 2 tablespoons of chimichurri.
ARUGULA CHIMICHURRI

¾ cup packed baby arugula
½ bunch fresh parsley
¼ cup Zero Belly Sofrito (recipe at right)
3 Tbsp red wine vinegar
2 cloves garlic, minced
¼ tsp kosher salt
¼ tsp freshly ground black pepper

How to make it:

- Place the arugula and parsley in the bowl of a food processor. Pulse until well chopped. Add the rest of the ingredients and pulse until well incorporated but still chunky.
- Serve immediately, or store in a glass jar in the fridge for up to 1 week.

BLACK PEPPER MARINADE

2 tbsp whole coriander seeds
2 tbsp whole black peppercorns
½ tbsp whole cumin seeds
6 cloves garlic, peeled
1 1-inch piece of fresh ginger, peeled and sliced thin
3 shallots, peeled and sliced thin
¼ cup extra-virgin olive oil
¼ cup (packed) brown sugar

How to make it:

- Grind the coriander seeds, peppercorns, and cumin seeds in a spice grinder or clean coffee grinder until very fine.
- Add remaining ingredients to a bowl of a small food processor and puree until smooth. Add the ground spices and process to incorporate.
- Store in a fridge for up to 1 week.

ZERO BELLY SOFRITO

1 serrano chili
½ cup roughly chopped shallots (about 2 large or 3 small)
½ cup fresh, roughly chopped ginger
½ cup extra virgin olive oil

How to make it:

- Take the stems off of the serranos and cut in half. Take the seeds out and slice thin. Place the chilies, shallots and ginger in a food processor and chop until finely minced.
- Heat the oil in a saucepot on medium heat and add the shallots, ginger and chillies.
- Reduce the heat to low and cook until the shallots are very soft, about 8 minutes.
- Take off the heat and cool.
• Store in a BPA-free glass jar in the fridge for up to one week.

PER SERVING: 475 calories / 23 g fat / 32 g carb / 34 g protein / 5 g fiber

EASY CHICKEN AND RICE SOUP

½ rotisserie chicken
1 Tbsp extra-virgin olive oil
½ cup finely diced onion
½ cup finely diced celery
½ cup finely diced carrot
2 cups low-sodium chicken broth
3 cups low-sodium vegetable broth
1 tsp kosher salt
1 cup cooked brown rice
¼ cup chopped fresh herbs (your choice)

How to make it:

• Remove the skin from the chicken. Pick the meat, both white and dark, from the bird and shred. Reserve half of the meat for a future meal.
• Heat the olive oil over medium heat in a 4-quart pot. Add onion, celery, and carrot and cook until soft, 5 minutes.
• Add the chicken and vegetable broths, and salt to the pot and bring to a boil. Reduce heat and simmer for 10 minutes.
• Add the chicken, rice, and fresh herbs and simmer for 5 minutes more. Serve hot.

MAKES 4 SERVINGS

PER SERVING: 225 calories / 10 g fat / 18 g carb / 5 g protein / 3 g fiber

SHRIMP/SNOW PEA SALAD

¾ lb snow peas
1 lb pre-cooked, shelled and deveined shrimp
5 radishes, thinly sliced
¼ large red onion, thinly sliced
1 large red bell pepper, thinly sliced
2 Tbsp coarsely chopped fresh cilantro
3 Tbsp Asian Salad Dressing, premade (in a glass jar, combine ½ cup rice wine vinegar; 3 Tbsp extra-virgin olive oil; 2 Tbsp raw Manuka honey; 2 Tbsp low-sodium tamari. Shake vigorously until emulsified. Store in fridge for up to 2 weeks)

How to make it:

• Combine snow peas, shrimp, other ingredients and dressing in a large bowl. Mix and divide into four plates.
• If you have time to blanch the snow peas: Bring a medium pot of water to a boil. Fill a large bowl with ice and cold water. Place snow peas in the boiling water for 30 seconds or until tender. Transfer peas into the ice water using a large, slotted spoon. Once cool, take peas out and place on a plate lined with paper towels to dry.

MAKES 4 SERVINGS

PER SERVING: 248 calories / 5 g fat / 18 g carb / 25 g protein / 2 g fiber