

Collection of 7 Eat Clean diet to lose belly fat

To build a Eat Clean menu to lose weight 'clean' while ensuring adequate nutrition is not easy. Then, immediately refer to the 7 suggested menus below!

Eat Clean is a diet to help with weight loss is currently very popular. However, to build a Eat Clean menu to lose weight 'clean' while ensuring adequate nutrition is not easy. Then check out our 7 suggested menus right away!

Principles of building a Eat Clean menu to lose weight

Eat Clean is just like any other weight loss method. In order to be effective, you need to follow the principles of menu development, making sure the body is still provided with nutrients and calories necessary for day activities. The principles when developing the Eat Clean menu to reduce belly fat include:

1. Each of your meals must contain 4 groups of essential nutrients for the body including: Protein, fat, vitamins, carbs.
2. Limit the use of chemical sugars, industrial sweeteners during cooking. Instead, you can replace it with natural sugars like jaggery, honey, etc.
3. Use fresh food, preferably organic foods, limit the use of canned foods containing many preservatives, fast food.
4. Limiting the use of sugar and salt during processing because they can increase the risk of cardiovascular disease, blood pressure, diabetes. Enhance the use of spices like pepper, lemon, chili. Will make delicious food more without using too much sugar and salt.



The Eat Clean menu for weight loss still has to ensure all the nutritional components such as Protein, fat, starch,

vitamins .

1. In Eat Clean, the most important thing is that the food must remain in its original state or closest to the original. This does not mean that you have to eat everything raw, instead, the dishes should not be too picky. Instead of grilling and using a lot of grease, we should focus on processing by methods such as steaming, boiling, pan-frying, etc. If you prepare frying, stir-frying and baking dishes, you should not use excessive heat to make food. The product becomes dry, depleting the nutrients it contains.
2. The Eat Clean menu is often divided into small meals (5-6 meals / day) to ensure that you never feel hungry before the meal. If you get hungry before a meal, it makes you eat more during the meal, which in turn causes more weight gain.
3. The Eat Clean diet is most effective when combined with exercise. So, besides improving your diet, you should also build yourself a scientific workout roadmap to quickly get the perfect body.

To help make the Eat Clean diet more scientific, check out our 7 Recommended Eat Clean menu suggestions.

7 Eat Clean menu to lose weight 'super fast'

Eat Clean menu for weight loss 1



Eat Clean menu number 1

1. **Breakfast:** Banana smoothie (2 bananas, 1 box of unsweetened yogurt, 5gr of condensed milk, 5gr of honey, 5gr of peanut butter, 5gr of roasted peanuts or cereal).
2. **Lunch:** Salad cowpea salad with tomatoes (100gr cowpea, 50gr tomato, 50gr onion, salt, pepper, apple cider vinegar, olive oil).
3. **Dinner:** Boiled carrots with Mayonnaise sauce (200gr carrots).
4. **Dinner:** Vermicelli mixed with chicken (50gr vermicelli, 100gr chopped boiled chicken breast, onion, coriander, ginger, fried garlic, roasted peanuts, apple cider vinegar, pepper, soy sauce).
5. **Dinner:** An apple (eat 1 hour before bed)

Analyzing the menu: With this Eat Clean diet, fruits and vegetables will contribute to the addition of vitamins A, K, D, E, B vitamins , fiber . for your body. Besides, not only chicken breast but also bananas and apples also

contain enough calories, protein and other minerals, enough to provide energy for a day of your activity.

Eat Clean menu to lose weight 2



Eat Clean menu no.2

1. **Breakfast:** 1 mango, 1 box of unsweetened yogurt, cereal.
2. **Lunch:** Sprouts Salad (30gr sprouts, 20gr carrots, 1 egg, 5gr sesame oil, 5gr sugar, 5gr vinegar, african garlic).
3. **Dinner:** Lemon butter smoothie (1 avocado, 1 lemon, 5gr sugar, all pureed together).
4. **Dinner:** Beefsteak (30g broccoli, 30gr carrot, 150gr beef, salt, pepper, cumin leaves, olive oil, garlic, thyme leaves).
5. **Dinner:** 200ml of chocolate milk (1 hour before bedtime).

Menu analysis: In this menu, besides ensuring adequate nutrition as well as vitamins and minerals through vegetables and meat throughout the day, before going to bed we use an additional 200ml of chocolate milk . With 200ml of fresh milk, your body only adds approximately 100 calories, it will be consumed gradually during the overnight sleep through the excretion activities of organs in the body. So you will not have to worry about drinking milk before going to bed will cause fat accumulation offline.

Eat Clean menu to lose weight 3



Eat Clean menu number 3

1. **Breakfast:** Vegetable oatmeal (30gr oatmeal, 10ml of honey, peas, carrots, cauliflower).
2. **Lunch:** Chicken corn salad (150gr chicken breast, 50gr sweet corn, 50gr cherry tomatoes, 50gr salad, 10ml honey, 10ml apple cider vinegar, 10ml olive oil, salt, pepper).
3. **Dinner:** Tomato Salad (100gr tomatoes, 20gr basil, 10ml apple cider vinegar).
4. **Dinner:** Cabbage Taco (100gr chicken breast, 50gr butter, 50gr ripe mango, 20gr tomatoes, 10ml olive oil, 10ml apple cider vinegar, 30gr cabbage, salt, pepper).
5. **Dinner:** Fruit yogurt (1 box of yogurt, 30gr mango, 30gr plum, 30gr butter, 30gr watermelon, use 1 hour before bedtime).

Menu analysis: The Eat Clean menu in the morning with oatmeal will provide you with energy to keep you fuller for longer and focus on working throughout the morning. Moreover, oats not only provide vitamins, essential nutrients but also contain many antioxidant compounds that help burn excess fat, prevent the risk of cardiovascular disease, obesity, diabetes .

Eat Clean menu for weight loss 4



Eat Clean menu number 4

1. **Breakfast:** Fried eggs with cheese (2 eggs, onions, 10gr of parmesan cheese, fish sauce, pepper, olive oil).
2. **Lunch:** Cicada Salad (100gr bean, 30gr carrot, 50gr crab meat, soy sauce, sesame, onion, olive oil, salt, pepper, peanuts).
3. **Dinner:** Mango smoothie (50gr mango, 1 banana, 100ml of unsweetened fresh milk).
4. **Dinner:** Grilled chicken with vegetables (200gr chicken breast, 50gr eggplant, 50gr carrot, 50gr apple, 50gr onion, salt, pepper, oyster sauce, olive oil, lemon, honey).

Menu analysis: The special feature of this Eat Clean 4 weight loss menu is that we will skip the night snack, replacing it with a dinner full of protein, protein, fiber and vitamins. .

Eat Clean menu to lose weight 5



Eat Clean menu No. 5

1. **Breakfast:** Fried cauliflower egg (2 eggs, onions, 30gr cauliflower, scallions, salt, olive oil).
2. **Lunch:** Grilled chicken (200gr chicken breast, 50gr price, 30gr onion, 1 lemon, 1 chili, salt, pepper).
3. **Dinner:** Boiled carrots with Mayonnaise sauce (200gr carrots).
4. **Dinner:** Salmon with soy sauce (200gr salmon, 50gr sprout, lemon, mustard).
5. **Dinner:** Black currant, pistachio (1 hour before bedtime).

Menu analysis: The highlight of the Eat Clean menu for reducing belly fat is the use of salmon ingredients. Salmon has long been a favorite in weight loss menus because not only is it high in protein, vitamins and trace elements, but also high in Omega-3, a fat beneficial to the body. Omega-3 has a great effect in regulating blood pressure and preventing cardiovascular diseases.

Eat Clean menu to lose weight 6



Eat Clean menu No. 6

1. **Breakfast:** Mango pudding (50gr mango, 100ml of fresh milk, honey, gelatin).
2. **Lunch:** Salad with avocado, salmon (100gr salmon, 1 avocado, lemon, mint leaf, soy sauce, olive oil, pepper).
3. **Dinner:** 1 box of yogurt and 1 banana.
4. **Dinner:** Cucumber rolls with meat (150gr bacon, cucumber 200gr, green onions, lettuce, perilla, mint, basil).
5. **Dinner:** 1 dragon fruit (used 1 hour before going to bed)

Menu analysis: In this Eat Clean menu for weight loss, in addition to high-protein ingredients, such as salmon, bacon and other fruits and vegetables that provide vitamins, we use avocado. Not only does avocado help stabilize blood pressure, reduce blood cholesterol levels but also improve the absorption of nutrients to help you eat longer, reduce snacking in the middle of the day.

Eat Clean menu to lose weight 7



Eat Clean menu No. 7

1. **Breakfast:** Blanched asparagus eggs (1 egg, asparagus, salt).
2. **Lunch:** Cauliflower rice with pineapple teriyaki sauce (100gr cauliflower, 100gr lean shoulder meat, 50gr pineapple, teriyaki sauce, olive oil, green onion, pepper).
3. **Dinner:** Mango, orange smoothie (50gr mango, 50gr orange, 1 box of unsweetened yogurt).
4. **Dinner:** Pan-fried meatballs (100gr lean ground meats, 50gr apples, 1 egg, scallions, oyster sauce, salt, pepper).
5. **Dinner:** 1 orange (used 1 hour before bedtime).

Menu analysis: With this Eat Clean menu, we have a group of protein, fat including eggs, meat; Starch groups have rice and vitamins and minerals come from vegetables and fruits. In particular, asparagus must be mentioned as an ingredient with high nutritional value, good for cardiovascular health, digestive system, cardiovascular, bone .

Above are the Eat Clean menu for your reference, from here, you can completely learn and develop other menus to enrich your daily meals. Be persistent with the Eat Clean diet, make sure you will quickly get a healthy body and beautiful physique. Good luck!

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