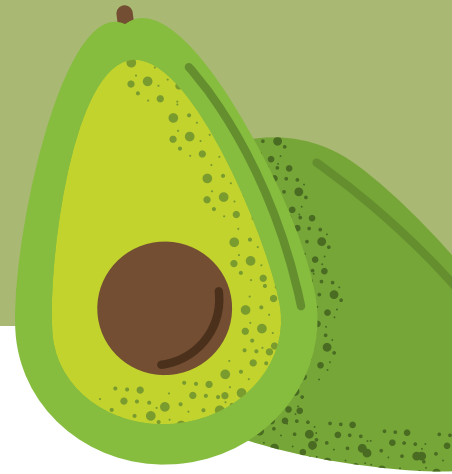


HEALTHY DIET TO LOSE BELLY FAT

8 FOODS TO FLATTEN STOMACH QUICKLY

Getting into keto at keto-custom-plan.do-essential.com

Regardless if you are on a low carb intermittent fasting diet or a healthy diet to lose belly fat, the keto diet is the way to go



Here are a list of the top 8 foods to flatten stomach quickly without being hungry all the time

1 Fennel seeds

Dried fennel seeds are highly nutritious, contain fiber, magnesium, calcium, and iron, and have long been used to aid digestion.



Salmon 2

Salmon is doubly good when it comes to fighting belly fat, containing both omega-3 fatty acids and vitamin D.

③ Eggs

Eggs are packed with protein, and eating them for breakfast provides a feeling of fullness.



Olive oil ④

The healthy monounsaturated fats in olive oil could potentially activate genes related to fat burning and storage



⑤ Asparagus

Asparagus has a source of prebiotics, which support the growth of 'good' bacteria to help maintain a healthy balance in the digestive system, and contain both soluble and insoluble fiber, which promote overall digestive health.



⑥ Yogurt

Yogurt is a good source of calcium, a mineral that reduces the production of the hormone cortisol, which stimulates the accumulation of abdominal fat. The lowest carb you can buy.



Cucumbers ⑦

Cucumbers are packed with water and naturally low in calories, simultaneously helping you hydrate and control your weight.

⑧ Water

Drinking enough water is compatible with any other way you are applying to flatten your abdomen. Water is essential for moving fiber through the gastrointestinal system and preventing constipation.



Resources about getting started on keto which is the best diet to lose stomach fat



Create a keto diet foods list and feel the benefits from day one

You would be surprised how many foods you can eat on keto and because there is such a choice the

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Are you in ketosis, not losing weight and wondering what to do next?

It is a story we hear over and over again. Often there is a simply solution such as a targeted ketogenic diet and a menu that suits you.

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This is a great opportunity to download a **FREE** ketosis recipe book so you can loose weight and feel healthier without feeling hungry

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