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Don't go to extremes trying to flatten your belly - try this simple cleansing diet and you'll see the difference
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[Three Day Eating Plan for a Flat Belly](#)

The best way to achieve a flat stomach is to get rid of any nasty bloating

Very often, a not-so-flat belly is not primarily precipitated by fat deposits (or not only by fat deposits, to be completely fair). The first step towards getting a flat belly is not doing an impressive - and very painful - amount of stomach crunches, but rather going on a cleansing diet to eliminate any and all bloating. Here is such a suggested meal plan developed by British food scientist Monica Grenfell. It is conceived to expand over three days, but the "Day 1" menu is the base, with various other suggestions for a varied eating regime that will not leave you bored out of your mind. The plan is made up of simple, unprocessed foods that will keep you healthy and help you eliminate any bloating over the next few days. **Breakfast** 1/2 cup oats simmered or microwaved with nonfat milk **OR** 2 egg yolks and 3 whites whisked and scrambled and a glass of unsweetened freshly squeezed orange juice. **Mid-morning snack** 6 oz live and active culture yogurt and plenty of water **Lunch** Herb, spinach, or tomato omelet (2 yolks and 3 whites) **OR** grilled chicken with leaf salad (must include watercress) **OR** 4 ounces of tuna packed in spring water, served with salad, capers and olives **Mid-afternoon snack** 10 ounces nonfat milk with 1/2 tablespoon honey **Dinner** Grilled, poached, or pan-fried salmon fillet with sliced tomato and cucumber salad **OR** one baked potato with 1 spoon of sour cream and spinach with carrot puree (no butter) **OR** 2 "skinny" burgers (minced beef, nothing else) served with 1 spoon of tomato salsa and a baked potato with 1 spoon of sour cream **Two hours before bed** 1 apple, 1 banana and 6 almonds, and a small cup of nonfat milk, warmed, with 1/2 tsp honey **OR** 1 cup of warm nonfat milk with 1/2 tsp honey and one apple **OR** Warmed milk as before, one apple and one peach