



DR. MARIZA  
*Snyder*

# BELLY SLIM-DOWN

## *Recipe Guide*

*My go-to hacks and  
recipes for a flatter  
tummy, more balanced  
hormones, and a  
rocking metabolism*

## INTRODUCTION – A SHOCKING DISCOVERY

Here's something every woman can agree on...

***Belly fat can be THE freakin' worst!***

I know because I've been there...

In my mid-30s, I was 30+ pounds overweight and it seemed like my waistline was never going to stop expanding...

But what I didn't know then is that excess belly fat is actually much worse for us than it looks.

According to a brand new study, women over 40 who have excessive belly fat are up to 20% more likely to suffer a heart attack than men with the same amount of belly fat.

Not only that, but these same women are ALSO at much higher risk for cardiovascular disease, diabetes, and stroke.

And given the fact that more than 85% of women are already suffering from some form of metabolic dysfunction, there has never been a better time to start flattening that tummy!

**Ask yourself...**

- Am I tired of tucking my belly into my pants and feeling ridiculously uncomfortable all day long?
- Am I over the way my tops fit and how I look in a two-piece?
- Am I done struggling with a sluggish metabolism, chronic fatigue, and all the related other risk factors of having too much belly fat?

If you said yes, then you are going to LOVE the hacks and recipes I've included in this guide for you.

Read on for everything you need to know about belly fat: including what it is and why we have it, some of the most common causes, and how to get rid of it by building metabolically-healthy meals. And, of course, TEN of my favorite belly-busting recipes. :)

## WHAT IS BELLY FAT?

This may seem like an unnecessary question with an obvious answer, but it's actually slightly more complicated than just the "muffin in the middle." It will probably also surprise you to know that only a small amount of your total body fat ends up around the belly since we tend to gain weight somewhat proportionately.

Let's take a look at the TWO main types of belly fat.

### **#1: Subcutaneous belly fat / subcutaneous adipose tissue (SAT)**

You're probably most familiar with this type of fat, as it's the one we can see jiggling just under the skin.

SAT can be an eyesore, but we need it to insulate our bodies! And it's not usually a health risk even if you generally have a bit more than you'd like.

## #2: Visceral belly fat / visceral adipose tissue (VAT)

Usually referred to as the “harmful” fat, VAT lies deep within the abdomen and it’s needed there in small amounts to help protect your key organs, including your liver, pancreas, and kidneys.

**But too much visceral fat is a problem.**

That’s because it’s way more metabolically-active than subcutaneous belly fat and is very closely linked to insulin and insulin resistance. In other words, **a tight, protruding belly can indicate too much visceral fat and quite possibly metabolic dysfunction, diabetes, or something even worse.**

Visceral fat accumulates near your portal vein, which carries blood from your gastrointestinal tract to your liver. That means it can inadvertently transfer fatty acids, inflammatory proteins, and other dangerous substances to your liver during that process.

This can cause inflammation of the liver, high amounts of liver fat, a sluggish liver, and ultimately, conditions like insulin resistance and nonalcoholic fatty liver disease.

**Visceral fat can also play a role in systemic inflammation**, which as we know, puts you at a greater risk for a number of other chronic issues and disease.

**It’s also important to note that body fat distribution (aka where you gain weight the fastest!) changes with age.**

For example, perimenopausal women have higher levels of subcutaneous belly fat, while postmenopausal women tend to have higher levels of visceral fat (a key risk factor for metabolic dysfunction, heart disease, and stroke).

It's essential to keep both of these types of fat in a healthy range in order to look good, feel good, and live a LOT longer.

## WHAT CAUSES BELLY FAT IN WOMEN?

The short answer is that belly fat hits women harder thanks to estrogen — which fluctuates pretty regularly throughout puberty, pregnancy, perimenopause, and even menopause.

But it can also be the result of stress (aka cortisol) or insulin resistance or both.

Let's take a look at all three scenarios:

### #1: Estrogen Dominance

Things like not having enough estrogen OR a condition known as estrogen dominance (where progesterone is too low and estrogen is too high) can lead to other hormonal imbalances and a host of frustrating symptoms — including excess belly fat.

The constant shifts in estrogen also cause increases in cortisol production, which is directly associated with excess visceral fat — particularly around the reproductive organs.

### #2: Stress and Cortisol

Being stressed out can also trigger an increase in cortisol production and adrenal fatigue, which inadvertently affects the rest of your endocrine system and can ultimately end up manifesting as belly fat.

That's why it's crucial to keep your stress levels in check, because even if you're doing everything else right, too much stress can make it near impossible to flatten your tummy.

### **#3: Insulin and Insulin Resistance**

Metabolic dysfunction affects more than 85% of women over 35 and that is a huge risk factor for insulin resistance.

And the more resistant you are to insulin, the more of it your body needs to make, which destabilizes your insulin-to-glycogen ratio and leads to an almost certain increase in the accumulation of both types of belly fat.

#### **Other likely causes of body fat in women:**

- Genetics
- Age
- Stress (aka too much cortisol)
- Sedentary lifestyle (less than 7,000 steps/day)
- Sugar
- Processed foods
- Gluten
- Inflammatory seed oils
- Alcohol
- Lack of quality sleep

## **WHY IS IT SO HARD TO LOSE BELLY FAT?**

As I mentioned earlier, the root cause of your belly fat could be what's holding you back from losing it.

So if you're struggling with hormonal imbalances, estrogen dominance, or metabolic dysfunction like 85% of all women over 35, then it's likely going to be very hard to lose that belly...

*...even if you do EVERYTHING else right.*

Getting to the root cause (which I'm about to show you how!) is the key to getting the results you want.

You'll also want to consider other factors that could be keeping your belly jiggling, including your blood sugar, sleep, adrenals, liver, and when (and how) you're eating.

For example, eating a bunch of carbs first thing in the morning or right before bed is the perfect recipe for weight gain.

### **3 STEPS FOR FLATTENING YOUR TUMMY**

Flattening your tummy can be much easier and more enjoyable than you ever thought possible. You just need to adjust your lifestyle a little bit here and there, add a few key supplements into your regimen, and be consistent with your new routine.

*You WILL make it.*

*It WILL get easier.*

*The results WILL come...*

*...possibly in as little as a few short weeks!*

#### **Step 1: Add or increase these belly-busters:**

- Eating whole foods, like fruits, veggies, and legumes
- Getting LOTS of protein, healthy fats, and fiber with every meal

- Walking after meals for 10-20 minutes
- Intermittent fasting
- Weightlifting
- Improving your sleep hygiene
- Swapping green tea matcha for coffee
- Swapping avocado and olive oils for vegetable and seed oils
- Choosing grass-fed / pasture-raised meat and wild-caught fish

### **Step 2: Reduce or eliminate these belly-bloaters:**

- Added sugar
- Vegetable / seed oils
- Wheat / gluten
- Snacking after dinner
- Late-night carbs
- Alcohol
- Ultra-processed foods
- Conventional meat, dairy, and poultry
- Farm-raised fish

### **Step 3: Kill cravings, balance blood sugar, and heal your metabolism with these supplements:**

- [Gluco Support](#)
- [Metabolic Restore](#)
- [Magnesium Restore](#)

Above all else, you'll want to shift your mealtime game plan to creating more metabolically-healthy meals so that you can get the nutrients your belly needs to shrink, PLUS become metabolically-flexible...



...which means your body knows how to use fat for energy while you are fasting and switch to carbs throughout the day.

This keeps you in a fat-burning state and will help you literally melt the fat off of your midsection.

## HOW TO CREATE A METABOLICALLY-HEALTHY MORNING

Please refer to my [How to Create Metabolically Healthy Meals](#) guide for a complete rundown, but the important thing to remember here is that you want to start your day in a way that does NOT skyrocket your blood sugar.

I've included my top 7 recipes below to help you get started!

### **But first, a few things to consider:**

- Start things out with a belly-slim down water
- Craft a protein, healthy fat, and fiber-forward smoothie
- Swap out the sugar in your coffee for cinnamon
- Have a cup of both bone broth in the morning
- Check out podcast [#383: How I Build Metabolically Healthy Meals for My Family to Maintain Steady Blood Sugar and Energy Levels](#)
- Integrate the belly-busting recipes below to keep you in a fat-burning state

# MY 10 GO-TO BELLY SLIM-DOWN RECIPES

These recipes are designed to target belly fat specifically by getting your body into fat-burning mode first thing in the morning and setting you up for all-day success.

## Part 1: Beverages

### #1: Belly Slim Down Detox Water

Achieving a flat belly starts with what you are putting into your body. You want to focus on adding anti-inflammatory foods. In this Belly Slim Detox Water Recipe...

- Cucumbers are included to prevent water retention and they also have many anti-inflammatory properties.
- Lemons provide the cleansing effect of citric acid to help clear out the digestive system while stimulating the immune system. Lemon also helps to support the liver and can aid in reducing bad cholesterol.
- Mint helps the body digest more easily and it also soothes any stomach cramps you may have.
- Cayenne pepper can help burn up to 50 more calories a day.

#### Ingredients:

- 10- 15 mint leaves
- 1 lemon, sliced into wheels
- ½ cucumber, sliced into rounds
- ½ teaspoon Cayenne pepper (optional)

- 1.5 quarts purified still water

**Instructions:**

Combine mint with lemon and cucumber slices in the bottom of a 2-quart pitcher. Add purified water and refrigerate for 3-5 hours before serving. Drink first thing in the morning and throughout the day or discard after 24 hours.

**#2: Adrenal Love Tulsi Tea**

Tulsi, or holy basil, is an adaptogenic herb known to support adrenal function and lower stress levels. This tea is the perfect swap for caffeinated teas.

*Serves: 2*

**Ingredients:**

- 2 cups filtered water
- 2 tablespoons of dried organic tulsi or 2 tulsi tea bags
- 2 teaspoons lemon juice

**Instructions:**

Boil filtered water and pour it over dried tulsi leaves using a tea strainer. Add lemon juice and stir. Pour tea into a cup and enjoy hot or warm.

### #3: Iced Matcha Latte

My favorite green tea packs a massive antioxidant punch. Matcha boosts energy levels and supports a healthy metabolism. Matcha also contains L-theanine, designed to enhance cognitive function, memory, and focus.

*Serves: 2*

#### **Ingredients:**

- 1 teaspoon matcha green tea powder, divided
- 14 ounces unsweetened vanilla almond milk or unsweetened coconut milk
- Pinch of cinnamon (optional)
- 2-3 drops of Stevia (optional)

#### **Instructions:**

Place all ingredients in a blender. Blend on high for about 30 seconds until completely blended and a little frothy. Add a pinch of cinnamon, taste, and adjust sweetener, if desired. Serve over ice and enjoy!

### #4: Vanilla Turmeric Golden Milk Latte

Love your liver and cells with the benefits of turmeric in this rich and creamy golden milk latte. Curcumin, found in turmeric, boosts antioxidant levels, supports immune system function and increases brain function.

*Serves: 1*

## Ingredients:

- 1 cup organic coconut milk
- 1 cup organic unsweetened vanilla almond milk
- 1 tablespoon coconut oil or MCT oil
- ¼ teaspoon ground cinnamon 1 drop Turmeric essential oil (or 1 1/2 tsp ground turmeric)
- ¼ teaspoon ground ginger
- 1 pinch of ground black pepper
- 3-5 drops Stevia, to taste (optional)

## Instructions:

In a small saucepan, heat coconut milk and vanilla almond milk on low for 3-4 minutes. Whisk in coconut oil, turmeric essential oil, ginger, black pepper, and Stevia. Whisk to combine and warm over medium heat.

Heat until hot to the touch but not boiling — about 4 minutes — whisking frequently. Remove from heat and pour into mugs, serving while hot to boost antioxidants and support your thyroid.

## #5: Ultimate Belly Slim Down Shake

This belly slim down shake is a great way to boost your metabolism in the morning so that you feel full until lunch. The protein and healthy fats will promote fat burning. And your gut, liver, and brain will love you for drinking this smoothie in the morning!

Turmeric, cinnamon, matcha, and coconut oil boost cognitive function and alertness. Berries, turmeric, and matcha are powerful antioxidants for liver detoxification and inflammation.

Drink this smoothie knowing your body will love you for it!

*Serves: 1*

**Ingredients:**

- 2 ½ cups greens
- 2 cups unsweetened almond milk
- ½ cup frozen blueberries
- 2 teaspoons [Pure Daily Fiber](#) (or 1 Tbsp freshly ground flaxseed)
- 1 tablespoon coconut oil, or MCT oil
- ¼ teaspoon cinnamon
- ½ teaspoon turmeric
- 1-2 scoops [Essentially Whole Vanilla Protein](#) (or similar protein powder)
- 1 teaspoon matcha

**Instructions:**

Add the greens, water, and unsweetened almond milk to a high-powered blender. Start blending on low and increase to medium speed until greens are completely broken down and smooth.

Add frozen blueberries, coconut oil, cinnamon, turmeric, vanilla protein powder, and matcha. Blend well on medium to high speed until desired consistency is achieved, about 1 minute.

Enjoy immediately!

## #6: Raspberry Chocolate Bliss Shake

Serves: 1

### Ingredients:

- 2 cups mixed greens
- 1 cup purified water
- 1 cup unsweetened coconut milk
- ½ cup frozen raspberries
- 2 teaspoon [Pure Daily Fiber](#) (or 1 tablespoon freshly ground flaxseed)
- 1 tablespoon almond or cashew butter
- 1-2 scoops [Paleo Daily Protein - Chocolate Flavor](#) (or similar protein powder)
- 2 teaspoons unsweetened baking cocoa (optional)

### Instructions:

- Add the greens, water, and unsweetened coconut milk to a high-powered blender.
- Start blending on low and increase to medium speed until greens are completely broken down and smooth.
- Add frozen strawberries, fiber, almond butter, chocolate protein powder, and unsweetened baking cocoa.
- Blend well on medium to high speed until desired consistency is achieved, about 1 minute.

Enjoy immediately!

## #7: Belly Slimming Bone Broth

Makes: 1 ½ gallons; Serves: 12

### Ingredients:

- 1 whole chicken carcass (from a 3 to 7 pound whole chicken works well)
- ½ pound whole carrots, about 4 to 5 large carrots, rough chopped
- ½ head celery, about 4 to 5 stalks, rough chopped
- 1 large yellow onion, peeled, and quartered
- 3 bay leaves
- ½ bunch thyme
- ½ bunch parsley
- 4 garlic cloves, unpeeled
- 2 inch piece of ginger, rough chopped
- 2 tablespoons apple cider vinegar
- 1 tablespoon Himalayan pink salt or color rich salt (optional)
- 1 gallon filtered water or enough to cover the carcass
- 2 teaspoons turmeric

### Instructions:

Heat a large heavy-bottomed pot on high heat. Once the pot is hot, add the chicken carcass, backbone side down to brown the skin.

- Brown for about 2 to 3 minutes, then add the remaining ingredients except for the turmeric and pour in enough filtered water to cover the carcass.
- Bring to a rolling boil, cover, and lower heat to a simmer.



- Simmer on low for up to 24 hours, adding the turmeric in the last hour of cooking.
- Strain and discard all of the ingredients and separate into several glass jars for storage.
- Sip on its own in between meals or use in place of water for cooking quinoa.

*Tip: You can also make this bone broth in a slow cooker.*

## Part 2: Meals

### #8: Belly Slimming Creamy Chicken and Veggie Soup

This creamy dairy-free chicken and veggie soup is one of my favorite comfort foods and it's easy to make.

This soup is loaded up with lots of hearty veggies, chicken, fresh herbs, and a dash of creamy cashew cream, making it feel like a creamy treat on cold nights and a great meal to help keep you full and your blood sugar balanced.

*Serves: 6*

#### **Ingredients for cashew cream:**

- 1 cup raw cashews
- $\frac{3}{4}$  cup just boiled filtered water, plus more to soak cashews
- Pinch of salt to taste

## Ingredients for chicken and vegetable soup:

- ¼ cup tablespoons olive
- 1 medium-sized onion, diced
- 4–5 carrots, cut into rounds
- 4 stalks of celery, thinly sliced
- 3 cloves of garlic, chopped
- 1 teaspoon sea salt
- 1 tablespoon italian seasoning
- 1 bay leaf
- 1.5 quart bone, chicken or vegetable broth
- 2 pounds boneless skinless chicken breasts
- 3 cups packed, baby spinach
- ¼ cup fresh italian parsley, chopped
- Salt and pepper, to taste

## Instructions:

In a small heat-proof bowl, pour just boiled water over the raw cashews and set aside to soak. Allow enough time for them to soak for at least 60 minutes. For preparation in advance, you can soak the cashews overnight, which is even better.

- In a large soup pot, heat oil over medium heat with onions, carrots, celery, garlic, and sea salt.
- Cook, stirring occasionally, for about 8-10 minutes, until soft and starting to caramelize.
- Add Italian seasoning and bay leaf and continue to cook, stirring occasionally for 1- 2 minutes. Add broth and chicken breasts. Bring back up to a simmer.

- Simmer for about 20-25 minutes or until chicken is cooked through and veggies are tender.
- Once the chicken is cooked, remove from the soup to a cutting board. Wait for it to cool slightly and then shred using two forks.
- Prepare the cashew cream. Drain and rinse soaked cashews and add to a high speed blender with about 1 cup of just boiled water and pinch of salt.
- Blend on high for a minute or two until completely smooth and no pieces of cashew remain.
- Add chicken back to the pot along with cashew cream and bring back to a simmer. Simmer for about 5-10 minutes to thicken the soup slightly.
- Turn off the heat. Add baby spinach and stir until wilted.
- Stir in fresh parsley, season to taste with salt and pepper, and serve warm!

## #9: Chicken Fajitas with Cauliflower Rice

*Serving size: ½ cup cauliflower rice, ¼-½ cup black beans, 4-5 oz chicken per person, ½ cup veggies, 2 tbsp dressing*

*Serves: 4*

### **Ingredients:**

- 1 ½ pounds boneless, skinless chicken thigh
- 1 teaspoon paprika
- ½ teaspoon ground cumin

- 1 teaspoon sea salt, divided
- ½ teaspoon cracked black pepper
- 2 tablespoons organic cold-pressed coconut oil, divided
- 2 bell peppers
- 1 yellow onion
- 2 medium zucchini
- 2 cups cauliflower rice
- 2 tablespoons cilantro, chopped
- Drizzle of avocado sauce or vinaigrette dressing of choice

### **Instructions:**

Preheat a large grill pan on medium to high heat. Meanwhile, season the chicken thighs in a large bowl with the paprika, cumin, ½ teaspoon of salt, and pepper.

- Spread 1 tablespoon of coconut oil on a paper towel and wipe the grill pan to grease.
- Once hot, place the chicken thighs onto the pan.
- Cook 4-5 minutes on each side and remove, placing on a plate to rest.
- Cut the top and bottom off each bell pepper, lay flat, and cut out the core and veins.
- Cut into ½ inch wide strips.
- Cut the onion in half, peel, and then cut one half into ½ inch wide, reserving the other half.
- Cut the ends off of the zucchini, halve it, then cut into ½-inch-thick half moons.

- Toss the bell peppers, zucchini, and onion into the same grill pan, stirring every 2 to 3 minutes until softened through, a total of about 8 to 10 minutes. Turn heat off.
- Meanwhile, preheat a medium saucepan on medium to high heat.
- Dice the remaining half of the onion.
- Add the remaining coconut oil and diced onion to the saucepan, stirring often.
- Once the onion has become translucent, about 3 to 4 minutes, add the cauliflower rice and black beans, and sprinkle with remaining sea salt.
- Stir until heated through, about 4 to 5 minutes. Toss in the chopped cilantro and mix well.
- Turn heat off and slice the chicken thigh into long strips.
- Serve the cauliflower and black bean mixture onto plates, top with the grilled vegetables and chicken, then drizzle with your favorite vinaigrette dressing.

Enjoy warm!

*BONUS: Add guacamole to this dish for a serving of healthy fats.*

## #10: Cauliflower Rice

Serves: 4

### Ingredients:

- 1 head cauliflower, washed
- 2 tablespoons extra virgin olive oil
- ½ white onion, diced
- Salt and pepper, to taste

### Instructions:

- Cut the cauliflower head in half and chop cauliflower into small florets.
- Cut larger florets into smaller pieces so they'll fit into a food processor.
- Insert the grater-adapter into your food processor and start feeding the cauliflower florets through the top.
- Heat the olive oil in a large pan and sauté the diced onion until it's translucent.
- Add the cauliflower rice to the pan and sauté for another 5-7 minutes.

Season with salt and pepper and serve immediately.