



# 7-Days Flat Belly Reset

Feel lighter.  
Fit better.

**Tighter Pants Happen**  
Knowing What to Do  
Comes Next



# WHAT'S REALLY CAUSING THE "TIGHT PANTS" FEELING?

**It's not always fat gain.  
Common causes include:**

- Water retention from high sodium festive foods
- Carb bloating (rice, noodles, kuih, desserts)
- Poor digestion & slow metabolism
- Hormonal imbalance & poor sleep



# RESET RULES (FOLLOW FOR 7 DAYS)

## Reset Rules (Follow for 7 Days)

- Eat 3 meals + 1 light snack
- Drink 2–2.5L water daily
- No sugary drinks & alcohol
- Stop eating 3 hours before bed
- Walk least 20 minutes daily



# DAY 1 - DE-BLOAT

- **Morning:** Warm water + lemon
- **Meals:** Eggs, vegetables, soup
- **Avoid:** Carbonated drinks, fried food



# DAY 2 – REDUCE WATER RETENTION

- Add potassium-rich foods (banana, spinach)
- Reduce salty foods
- Light walking after meals

**Nourish & Balance**



# DAY 3 - CARB AWARENESS

**1. Replace white rice/noodles  
with:**

**a. Brown rice (½ cup)**

**a. Sweet potato**

**2. No desserts today**



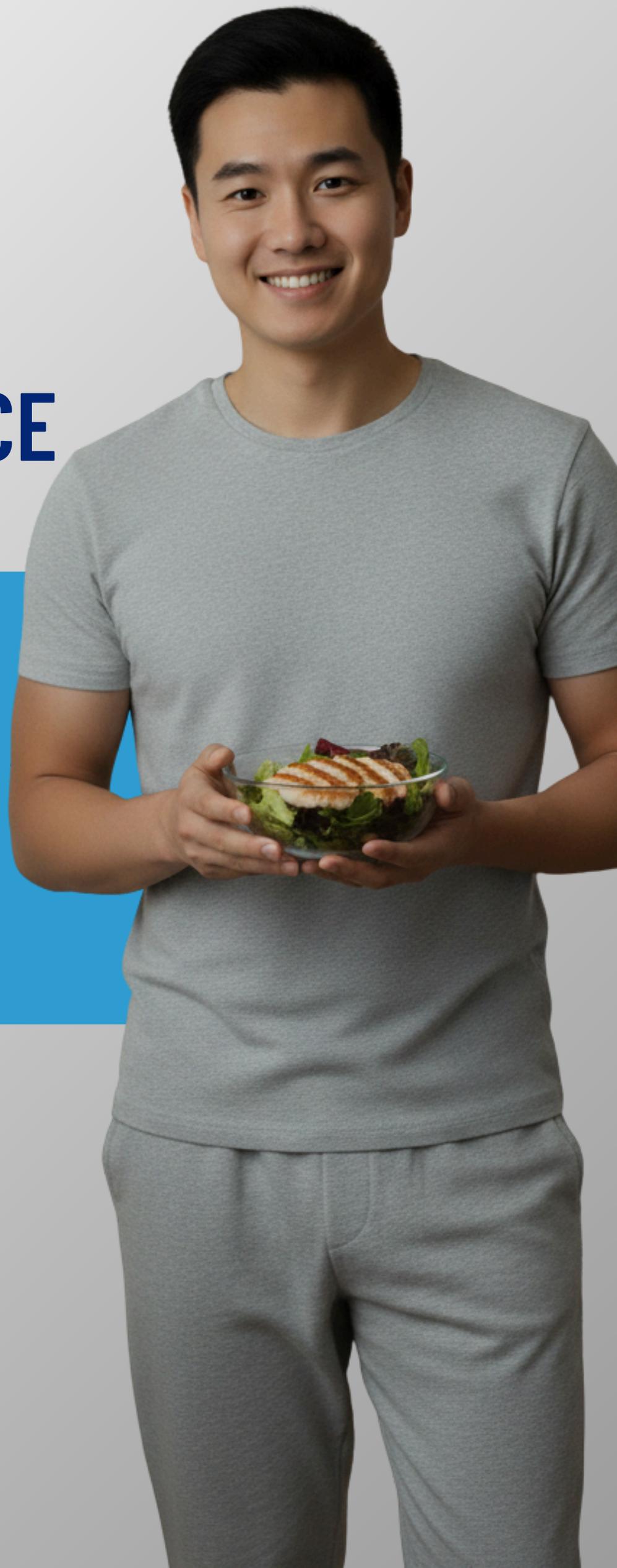
# DAY 4 – GUT RESET

- **Add yogurt / probiotics**
- **Increase fiber (veggies, chia seeds)**
- **Avoid dairy-heavy meals at night**



# DAY 5 - HORMONE BALANCE

- Eat protein in every meal
- Sleep before 11:30 PM
- Reduce caffeine after 2 PM



# DAY 6 - BELLY COMFORT DAY

- Focus on simple foods
- Avoid spicy & oily meals
- Herbal tea in evening



# DAY 7 - FEEL THE DIFFERENCE

- **Wear your “tight pants” again**
- **Check waist comfort (not scale)**
- **Most people feel lighter & less bloated by now**



# FOODS THAT MAKE PANTS FEEL TIGHTER

Limit these during festive seasons:

- Sugary drinks
- Fried snacks
- White bread & pastries
- Late-night heavy meals
- Alcohol



# WHAT TO DO NEXT?

If your pants still feel tight, it may be:

- **Hormones**
- **Insulin resistance**
- **Slow metabolism**

