

Based on
the #1 *New
York Times*
Bestseller

JORGE CRUISE

Featured on *Oprah*, CNN, and *The Dr. Oz Show*

The

BELLY FAT
CURETM **ITALIAN**
MEALS

Delicious **ITALIAN CARB SWAPS**TM that will help you lose up to 4 to 9 lbs. a week!

The
BELLY FAT CURE[™]
Belly Good Carb Swaps

Dear Friend,

From the ancient Roman Empire to the Renaissance, Italy's impact on the world has been profound. But today Italy is most adored for its incredible food. Bread, pasta, pizza... I love it all, and I'm sure you do, too! You may have tried to avoid this kind of food in the past in order to keep a flat belly, but there is a way to remain healthy and indulge in Italian cooking.

I recently traveled to Italy on a mission to bring you the best of this country's magnificent cuisine. I've combined what I gathered about Italian food with my passion for a healthy lifestyle to bring you downright divine BFC Italian recipes. From rich, creamy pastas to succulent chicken and seafood, these dishes are guaranteed to please. Don't forget about everything in between: wine, cheese, olives, and more.

Whether you have enjoyed Italian cuisine your entire life or are new to preparing these types of dishes, these tasty recipes are simple enough for anyone to master. Get ready to dig into Italian Belly Fat Cure style!

Buon appetito!



THE ONE WEEK MENU

The simple menu included in this packet is inspired by fresh, flavorful Italian cuisine and is tailored to your appetite for great taste and a smaller waist. **You can savor rich, delicious flavors such as steak, dark chocolate and wine and still burn belly fat.** This flavor-infused menu follows the guiding principle of all my Belly Fat Cure books: avoid hidden sugar. How? Simple, tasty carb swaps to keep you eating only 15 grams of sugar and 6 servings of carbohydrates daily. Get ready for a lifestyle that is sweet and satisfying without the sugar!

I encourage you to make a personal commitment to follow this menu exactly for one week. In return, I will make this commitment to you: If you have more than 30 lbs. to lose in order to reach a healthy weight, **I personally guarantee you will lose a minimum of 4 lbs. by the end of this week.** Many of my clients lose much more than 4 lbs. during their one-week commitment. **Dr. Wilensky from San Diego lost 10 lbs. his first week on the Belly Fat Cure. Katherine Brown lost 12 lbs.** The truth is, the less belly fat you have to burn, the slower you will lose weight. Still, it's important to celebrate every pound lost and the rejuvenating effect it has on your body.

This menu does not contain any specialty products or recipes. And though inspired by Italian flavor, I've also included some everyday foods you may already have in your kitchen. More importantly, it is designed to burn belly fat. By doing so, your confidence will increase and you'll feel more attractive.

Remember:

- No substitutions are allowed unless they are one of the included recipes or on the approved "Options List".
- You'll notice I don't specify exact amounts for every item in each meal. Meats, cheeses, and veggies are low in sugar and can be enjoyed till your physical hunger is satisfied. As a guide, I often recommend a serving size that fits in the palm of your hand.
- Feel free to season these meals with your choice of spices.

I encourage you to share your experience at www.facebook.com/jorgecruisefan to let me know your personal goals. I wish you all the best on this 7-day commitment, and look forward to seeing your results!

THE ONE WEEK ITALIAN MENU

BREAKFAST

- 2-egg omelet with spinach and mozzarella cooked in olive oil with garlic, salt and pepper to taste. Coffee with cream or half and half (avoid milk since it's full of hidden sugar).

SNACK

- 1/4 cup of pumpkin seeds (this was a favorite of mine I picked up from the locals!)

LUNCH

- Mixed greens layered with grilled chicken, olives, crushed black pepper, and olive oil dressing topped with graded Romano cheese. Add a side of broccoli, sautéed in butter and garlic. Enjoy with a glass of mineral water or unsweetened iced tea with lemon.

SNACK

- 2 oz. prosciutto with 1 oz. fresh mozzarella ball (a tasty appetizer common in Tuscany!)

DINNER

- Steak or grilled fish with sliced zucchini sautéed in olive oil and a piece of bread dipped in olive oil and parmesan cheese. Enjoy with a glass of Chianti wine.

DESSERT

- Decaf espresso or coffee with a dollop of heavy whipped cream sweetened with stevia

EVERYDAY OPTIONS

BREAKFAST OPTIONS

- 2 or 3 eggs any style topped with goat cheese and 2 strips of bacon with side of flat bread.
- 2 sausage patties served with 1/2 whole grain muffin topped with cream cheese.

LUNCH OPTIONS

- Chicken strips and bacon with baby spinach, slice of tomato, and mayonnaise wrapped in a whole grain tortilla.
- Grilled hamburger patty topped with a slice of cheese, slice of tomato, and wrapped in lettuce. Served with mayonnaise or mustard.

DINNER OPTIONS

- Grilled chicken served with one cup cooked, whole-wheat pasta (season with olive oil, parmesan cheese, and garlic salt & pepper), and broccoli sautéed in olive oil.
- Tuna or turkey with your favorite cheese and mixed greens wrapped in a whole grain tortilla.

SNACK OPTIONS (only 2 per day)

- 2 oz. pancetta wrapped around asparagus
- 2 or 3 strips of grilled chicken wrapped in lettuce
- A handful of olives
- 1/4 cup walnuts

DESSERT OPTIONS (only 1 per day)

- 2 squares of 85% dark chocolate
- 1/4 cup blackberries or raspberries

EVENING DRINK OPTIONS (2 per day maximum)

- Chianti wine
- Mineral water (with Vodka and lemon/ lime if desired)
- Vitamin Water Zero

AGREEMENT TO SUCCEED

I commit to following the One Week Menu and options list exactly. By doing so, I give myself the greatest opportunity to successfully burn belly fat to result in higher confidence, and a healthier body that makes me feel more attractive.

X  _____

X _____

Your Signature

ITALIAN MEALS RECIPES

BELLY GOOD

TUSCAN SPINACH CHICKEN



INGREDIENTS

4 chicken breasts
4 oz. mozzarella cheese
2 oz. romano cheese
8 oz. baby spinach
½ cup chopped mushrooms
2 cloves minced garlic
2 tsp. oregano
¼ cup olive oil
Salt and pepper

DIRECTIONS

1. Tenderize chicken breasts. Marinade breasts in olive oil with salt and pepper. Grill.
2. Sautee spinach over medium heat with olive oil, minced garlic, chopped mushrooms, and oregano.
3. Layer sautéed spinach over chicken breast and sprinkle on mozzarella and romano cheeses. Bake 3 minutes.

BELLY GOOD

CAPRI PAN-SEARED SALMON



INGREDIENTS

ENTREE

4 salmon steaks (½ in. thick)
¼ cup sundried tomato flakes
¼ cup cilantro (chopped)
¼ cup garlic cloves minced
1 Tbsp. crushed basil
Salt and pepper
Olive oil

SIDE

2 whole zucchinis
1 roma tomato
Olive oil
Garlic
Salt and pepper

DIRECTIONS

ENTREE

1. Season salmon with basil, sun-dried tomato flakes, salt and pepper.
2. Mix together olive oil, garlic, and cilantro. Pour marinade over salmon, cover, and refrigerate 4-6 hours.
3. Grill salmon steaks on high-heat for a 90 seconds on each side.

SIDE

1. Slice zucchinis lengthwise. Season with garlic, salt and pepper.
2. Sautee in olive oil over medium heat.
3. Drizzle with olive oil and garnish with sliced roma tomato.

BELLY GOOD

RIGATONI PASTA WITH MUSHROOM MEAT SAUCE



INGREDIENTS

1 box rigatoni
½ lb. ground beef
½ cup parmesan cheese
2 tsp. ground basil
3 garlic cloves (minced)
1 tsp. onion powder
1 cup low-sugar tomato paste
½ cup eggplant (chopped)
½ cup chopped mushrooms

DIRECTIONS

1. Brown ground beef over medium heat in pan with eggplant, mushrooms, salt and pepper.
2. Broil tomato paste with garlic, onion powder and basil. Stir in parmesan cheese and add ground beef with eggplant and mushrooms.
3. Pour sauce over cooked rigatoni and serve hot.