

A photograph of a man and a woman in a kitchen. The man, wearing a plaid shirt, stands behind the woman, who is wearing an apron and has curly hair. They are both smiling and looking down at a wooden table covered with various ingredients and kitchen tools. On the table are a head of cabbage, a jar of pickles, a small bowl of seeds, and some fresh herbs. In the background, there are shelves with glasses and dishes, and a hanging bunch of garlic.

# Best 10 Anti-Bloating Recipes

**Flat Abs Are Found In The Kitchen**

GET HEALTHY 

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We know how hard you are working for those flat abs and we are here to help U! Truth is, what you do in the kitchen counts more than how long you can hold a plank when it comes to fighting belly fat. The quickest path to a flat tummy is to eat real foods, fresh produce and lean proteins—the kind of foods you find on the perimeter or your grocery store. Not only will you lose belly fat by choosing to eat clean, but you will reduce the puffiness that comes from bloating. By avoiding processed and packaged foods that are full of sodium, chemicals and artificial flavors, you can avoid the extra look of weight in your mid-section. When your body gets used to eating healthy high-fiber foods, it works optimally, and you naturally fight inflammation and bloating.

We rounded up 10 recipes for you to banish bloat and belly fat. We included recipes for every meal. Some are great as a snack or dessert too. So, keep that water bottle nearby, skip the carbonated drinks like Diet Cokes, and feast your eyes on these great bloat-fighting recipes.



## WILD BLUEBERRY CHIA POWER SMOOTHIE

A guaranteed way to bloat up is to eat foods high in sodium, like the kind found in your processed breakfast cereal. Swap your cereal out for this protein-packed, high fiber smoothie and start beating belly fat as soon as you wake up. Sip this along with your water and you will aid your digestion even more. [Get the Recipe HERE](#).

## APPLE PIE ALMOND BUTTER CHIA SEED PUDDING

Did someone say apple pie pudding? You will love how the creaminess and flavor of this Apple Pie Almond Butter Chia Seed Pudding. The live and active cultures found in yogurt help up your good gut bacteria to keep you running smoothly. Made with fiber-rich apples and the healthy monounsaturated fats found in almond butter, your stomach will stay the way you want it—flat. This recipe proves abs are (mostly) made in the kitchen. [Get the Recipe HERE](#).





## AVOCADO FROZEN YOGURT

Avocados are like the queen food of monounsaturated fatty acids, the good kind of fat that helps prevent bloating. You will love this recipe as it tastes like a royal treat! Good fat, yes, there is such a thing! [Get the Recipe HERE.](#)

## KALE, EDAMAME, AND QUINOA SALAD WITH LEMON VINAIGRETTE

Your pipes can get clogged if you aren't regularly consuming enough fiber. This salad made with kale, quinoa and edamame is loaded with fiber and protein and it's a perfect recipe for lunch, or as a side dish with dinner. Eating clean helps your body run more efficiently. [Get the Recipe HERE.](#)





## TERIYAKI SALMON SALAD

Almonds and salmon pair up in this salad as a powerful duo to combat tummy flab. The make-it-yourself lemon vinaigrette dressing is a great way to skip the sodium-causing bloat that comes with the dressing found in your grocery store. [Get the Recipe HERE.](#)

## ALMOND JOY PROTEIN BALLS

Amazeballs! Joy is right! You will love the ease of making these Almond Joy Protein Balls and the ease of getting a high protein, high fiber snack to fuel your workout, or boost your energy levels during the day. As you fall in love with this easy breezy snack, you will get your body accustomed to eating fiber. [Get the Recipe HERE.](#)



## CLEANSING GREEN RADISH SOUP

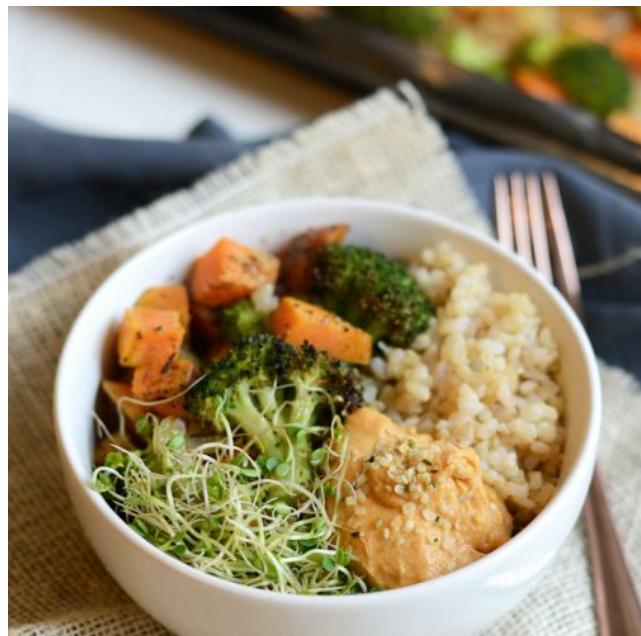


This is my fave clean-eating soup. Every slurp is filled with vitamins and nutrients. Plus, it's dairy-free, gluten-free, and packed with veggies. Forget the canned soup at the store loaded with sodium. You don't have to worry about retaining fluid when you skip the processed canned soups and make your own.

DIY is cool anyway. [Get the Recipe HERE.](#)

## VEGETARIAN BROWN RICE BOWL

Say "see ya" to the refined, empty carbohydrate of white rice and trade it in for the full of fiber brown rice variety—friend to your waistline. Bonus, this recipe is vegan too and you can customize it by adding your favorite veggies. [Get the Recipe HERE.](#)



## WATERMELON, FETA, AND MINT SALAD



A great way to beat bloat is to make sure you get enough water in your body each day. Watermelon not only has the alphabet soup of vitamins, but it's also 90 percent made up of water. This savory salad recipe is the perfect side dish for grilling out. Your friends will thank you for serving it and your abs will thank you for eating it. [Get the Recipe HERE](#).

## THAI CURRY WITH LEMONGRASS

If you want a dish that's sure to please you and your tummy, you can't go wrong with our Thai Curry with Lemongrass. Made with fresh ginger which aids digestion, this dish is gluten-free, dairy-free, and absolutely delicious! Serve this over brown rice for even more fiber. [Get the Recipe HERE](#).

