

FLAT STOMACH BEFORE EVENTS PROTOCOL

YOUR 48-HOUR PLAN TO AVOID BLOATING
BEFORE IMPORTANT MOMENTS

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Reset

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Let's be honest.

Bloating isn't just uncomfortable —
it's emotional.

It's:

- Cancelling plans last minute
- Changing outfits 5 times
- Feeling self-conscious in photos
- Worrying about how your stomach looks

And the worst part?

It always seems to happen at the worst
time.

Before a date.

Before an event.

Before a long day out.

Here's the truth:

Bloating before events is **predictable** — and preventable.

This guide gives you a **simple, realistic 48-hour protocol** to:

- Reduce bloating
- Avoid common triggers
- Feel lighter and more in control

No extremes.

No starvation.

No guesswork.

HOW THIS WORKS

This protocol focuses on 3 things:

1. Reducing gut irritation

Certain foods + habits increase gas, water retention, and inflammation.

2. Improving digestion timing

When and how you eat matters just as much as what you eat.

3. Preventing last-minute triggers

Most bloating before events comes from small mistakes in the final 24 hours



48 HOURS BEFORE YOUR EVENT

GOAL:

Calm your gut and reduce baseline bloating

✓ **WHAT TO EAT**

Stick to low-bloat, easy-digest foods:

- Eggs
- Chicken or fish
- White rice or potatoes
- Oats (if tolerated)
- Cooked vegetables (carrots, courgette, spinach)
- Bananas
- Lactose-free or plant-based yoghurt

✗ **AVOID THESE (KEY TRIGGERS)**

- Fizzy drinks
- Beans, lentils
- Broccoli, cabbage, onions
- Large salads (hard to digest)
- Processed “diet” foods
- Chewing gum

💡 **PRO TIP:**

Cook your vegetables — raw veg is a major hidden bloating trigger

48 HOURS BEFORE – HABITS

✓ **Eat slowly**

Rushing = swallowing air = bloating

✓ **Stay hydrated**

Aim for steady water intake (not all at once)

✓ **Light movement**

Walking helps digestion more than intense workouts

✓ **Avoid overeating at night**

Late heavy meals = morning bloating

24 HOURS BEFORE YOUR EVENT

GOAL:

Minimise gas + avoid water retention

✓ **SAFE MEALS (EXAMPLES)**

Breakfast:

- Eggs + toast
- Oats + banana

Lunch:

- Chicken + rice + cooked veg

Dinner:

- Fish + potatoes + spinach

Snacks:

- Rice cakes
- Banana
- Yoghurt (if tolerated)

✗ **STRICTLY AVOID**

- New or unfamiliar foods
- Takeaways
- High salt meals (cause water retention)
- Alcohol
- Protein bars (common hidden cause)

THE NIGHT BEFORE

**🚫 BIGGEST MISTAKE:
EATING A LARGE,
HEAVY “TREAT MEAL”**

✓ Instead:

- Keep dinner light and simple
- Stop eating 2–3 hours before bed
- Avoid fizzy drinks completely

💡 OPTIONAL:

Peppermint tea can help reduce bloating

EVENT DAY MORNING ROUTINE

GOAL:

Wake up feeling flat and light

MORNING ROUTINE (10–15 mins)

1. Warm water (not ice cold)
2. Gentle movement (walk or stretch)
3. Light breakfast:
 - Eggs + toast OR
 - Banana + yoghurt

Avoid:

- Large coffees on empty stomach
- Smoothies with lots of ingredients
- Heavy fibre foods

WHAT TO EAT BEFORE THE EVENT

GOAL:

Minimise gas + avoid water retention

3-4 HOURS BEFORE:

- Small, balanced meal
- (protein + carbs, low fibre)

Example:

- Chicken + rice
- Eggs + toast

1-2 HOURS BEFORE:

- Light snack if needed:
 - Banana
 - Rice cakes

RULE:

Slightly hungry is better than overly full

EMERGENCY DEBLOAT (IF YOU START BLOATING)

If bloating hits, do this immediately:

- ✓ Walk for 10–15 minutes
- ✓ Sip warm water or peppermint tea
- ✓ Avoid eating more food
- ✓ Loosen tight clothing temporarily

🚫 DO NOT:

- Panic eat
- Drink fizzy drinks
- Lie down immediately after eating

QUICK CHECKLIST

48 HOURS BEFORE:

- ✓ Eat simple foods
- ✓ Avoid major triggers
- ✓ Stay hydrated

24 HOURS BEFORE:

- ✓ Stick to safe meals
- ✓ No alcohol
- ✓ No new foods

EVENT DAY:

- ✓ Light breakfast
- ✓ Small pre-event meal
- ✓ Stay relaxed

FINAL NOTE

You don't need to fear bloating anymore.

Once you understand your body and follow a simple structure, you can:

- Feel confident in your clothes
- Enjoy events without anxiety
- Stop second-guessing every meal

Remember:

Consistency beats perfection.

“If you struggle with bloating daily – not just before events – my 7-Day Bloat-Free System shows you exactly how to fix the root cause.”

visit

<https://www.mindandbodyreset.co.uk>