

Chapter 1 : 6-Pack Abs Diet Plan - Best Six Pack Abs Diet for Men & Women

Page 1 | Reach your sleek ab goals in two months with our 8-week diet plan filled with clean eating recipes and meal ideas for six-pack abs.

Dieting for a Six Pack: When you diet to lose fat, you eat fewer calories than you burn and you lose fat. When you are dieting for a six pack you must get enough food to feed your muscles while losing fat at the same time. By the time you finish reading this article, you will know everything about dieting for six pack abs. **The First Rule of Fat Loss:** They made compelling arguments about glycemic index, insulin, leptin and a bunch of other useless bullshit. I foolishly followed their advice to cut the carbs and eat a high-fat diet, hoping to get six pack abs. My trip to South East Asia during those times was an eye-opener. I traveled to Thailand, Laos, Cambodia, and the Philippines and spent time with the locals. Rice is the staple of South East Asian diet. They eat rice at every meal. But the people of South East Asia are some of the leanest people on the planet. I realized that I was fooled. I started eating more carbs and counting my calories. That was the best dieting decision I made in my quest for getting six pack abs. I got my six pack abs after a few months of counting calories. Not only that but the quality of my life skyrocketed after going back to eating carbs. Low-carb diets suck and training while not eating enough carbs is exhaustive. The only possible way to lose fat is to create a caloric deficit. Creating a caloric deficit is a must for fat loss but if you are going to get six pack abs you must also avoid losing muscle. How much caloric deficit you can create will depend on your starting body fat percentage. First, you need to know your daily calorie expenditure. Use the calorie calculator here to find an estimate of your daily calorie expenditure. Next, find out your body fat percentage. There are many ways to measure your body fat percentage ranging from a skinfold caliper to an expensive DEXA scan but an educated guess will be more than enough for your goals. You can use the following picture to guess where you stand bodyweight percentage-wise: After you find out your daily calorie expenditure and body fat percentage, use the following chart to determine the daily caloric deficit you need to create for six pack abs: If you eat too little calories then you will be too exhausted to train. It takes only a minute to guess your body fat percentage and daily calorie expenditure. Weekly or even monthly adjustments to your diet will be more than enough to get you moving towards your goal of getting six pack abs. **Macros for Six Pack Abs:** First, you need to eat your animal protein. Eating enough animal protein will accomplish a few things: When you are building six pack abs, you need to keep your existing muscles and add muscle mass to your body. So, you need to eat your protein. Training when you are eating fewer calories than you burn will be tough. Trust me, you will feel hungry. Protein is the most satiating macronutrient. Eating more protein will make you feel less hungry. Protein has a thermic effect. Your metabolism will slow down when you are in a caloric deficit. Protein will help increase your metabolic rate. Here, you are not bulking. You are cutting, which means you must eat more than 0. While you are training and dieting for six pack abs, I recommend you to eat Fat is an essential nutrient. You need to eat fat to keep your hormones to function properly. The truth is that fat is the most calorie dense nutrient. Add an extra tablespoon of olive oil into your salad and you just added extra calories to a supposedly diet-friendly meal. Measure your fat intake meticulously. In terms of a 6 pack diet, I recommend you to eat 0. After eating your protein and fat, the remaining calories on your daily budget should be spent on carbs. Ketones are an inferior substitute for carbs and they should be avoided. Low-carb diets are deadly. Even on your non-training days, you should eat enough carbs to avoid ketosis. I recommend you to eat Off your training days eat approximately gr of carbs to avoid ketosis. **Protein Sources** Eggs, egg whites, beef, lamb, pork, chicken, turkey, fish, squid, shrimp, cottage cheese, low-fat yogurt and skim milk are all excellent sources of protein. I mostly ate eggs, beef, chicken, and tuna during my 6 pack diet. You are free to pick your favorite animal protein source. Understand that different cuts of meat have different fat content. See the table below to have an idea about how different parts of animals have different content of fat and calories; **Table 2: Protein macros and calories for types of food** Full fat cheese, yogurt, and milk are too high in fat content so if you want to consume them, aim for low-fat versions. **Fat Sources** You will inevitably eat some fat from your animal protein sources. Additionally, you can add some butter, olive oil, fish oil, flaxseed oil or coconut oil to

your diet. Always measure your fat intake meticulously. I love olive oil and butter and I use a tablespoon to measure how much I eat them. Since I love eating eggs, I prefer to mix eggs and egg whites to avoid eating too many calories from fat. Eggs have their fat content in the yolk so egg whites will not hurt you. Supplementing with fish oil is a good idea because of the omega-3 content. Carb Sources Fruits, vegetables, potatoes, rice, pasta, wheat, oats are all good sources of carbs. I prefer to eat potatoes, bananas, apples, tomatoes, cucumber, radish and lettuce for my carb requirements. Some vegetables -such as peas- can contain too many calories so be sure to include those calories in your calorie budget. Eating vegetables will help you suppress your hunger with relatively lower calories. They will also add color and flavor to your meals. Use them to your advantage. Adjust your macros and calories according to the Table 1 above. Coffee suppresses hunger and has zero calories. Drink some black coffee when you feel hungry. You can also add low-calorie sauces such as salsa to your dishes. Remember that this is temporary. Maintaining six pack abs is easy once you get them. The rewards of getting six pack abs are enormous. When the going gets tough, imagine the rewards you will receive. Visualize yourself looking in the mirror with your six pack abs looking back at you. Why should I diet? How many meals a day should I eat? Hitting your macro protein, fat, and carbohydrates goals and the total number of calories you eat is all that matters. You can prefer to get your calories with 6 small meals or 1 giant meal a day. Is protein shake OK for my abs? Just check the carb and fat content of your protein powder and count those calories too. What about cheat meals? I believe in getting things done as fast as possible so I recommend you to eat as little cheat meals as possible. The fewer calories you eat, the better. Do I need to eat the vegetables raw or cooked? Can I eat canned tuna? Can I eat or drink eggs with every meal? Can I drink alcohol? Alcohol is not a nutrient so when you drink alcohol you are getting empty calories.

Chapter 2 : Indian Diet for Six Pack Abs to Build Cutting Abs

The six pack diet plan requires you to be well hydrated. Although the optimal amount of liquid will differ from person to person, 8 glasses of liquid daily for a sedentary person is a reasonable estimate.

Add the bacon to the middle of the tortilla and top with tomato, turkey breast, and lettuce. Then tightly roll it into a tube to make 1 serving. Dinner For dinner, you should take the Philadelphia Fryers. This food contains 3 power foods that your body will be grateful for within this 7 days. Below are the ingredients and directions for making the Philadelphia Fryers. The directions below will make about 4 sandwiches. Add the salsa and continue heating until warm. Now make the sandwiches with the buns, onions, roast beef, peppers, and cheese. Warm them in a microwave for about minutes over a high heat. Continue until the cheese starts to melt. Snacks Take about 2 teaspoons of peanut butter and a cup of low-fat ice cream as a snack to ease your cravings. Viola, breakfast is served. Lunch Today, your lunch will be simple. Take a Sushi lunchbox for lunch and enjoy. Dinner For dinner, delight yourself with g of roast chicken fillet combined with a baked tomato, a large and baked sweet potato and about g runner beans. Snacks Wet your appetite with rice cakes and cottage cheese. Alternatively, you can treat yourself to a serving of g tuna with cherry tomatoes, black olives, and shredded lettuce. Day 6- Breakfast A little bit more patience as your six pack abs diet plan is almost coming to an end. Round up your breakfast with Dandelion tea. Lunch For lunch, enjoy a stir-fried vegetable meal mixed with 30g of toasted cashews. Dinner Dinner is here and you are going to take a g of cubed lean lamb fillet on kebabs. Sprinkle it with Greek salad and bread. Ensure there is no feta with the Greek salad. Snacks Your cravings for snacks must have increased now. You can ease those cravings with 1 tablespoon of reduced-fat hummus with crudites. Alternatively, you can eat 1 slice of pumpernickel toast with 2 teaspoons of peanut butter. Day 7- Breakfast Today is the last day of the six pack abs diet plan for flat belly. Today, you eat 30g of Special K mixed with milk, 50g of blueberries and crushed flaxseeds. Top it with a small glass of fruit juice. Lunch For lunch, eat grilled vine tomatoes and sprinkle it with balsamic vinegar and oregano. Dinner For dinner, you are going to treat yourself to some healthy and satisfying meal for a job well done. Serve yourself with a grilled salmon fillet brushed with pesto sauce, broccoli, and 50g wild rice. Snacks Reward yourself with a slice of bread, cottage cheese, and pineapple. You can also enjoy rice pudding g and fresh raspberries.

Chapter 3 : The Simplest Six Pack Diet Plan That Will Work For You

6-Minute Meals for 6-Pack Abs. A meal plan that will shrink your gut -- and fill it at the same time Reprinted from The Abs Diet 6-Minute Meals for 6-Pack Abs! by David Zinczenko with Ted.

How to get six pack abs: How to get six pack abs? The six-pack diet and workout regime Drooling over the six-pack abs of your favorite cine star is not going to fetch you one. You should better start working for it. You should admire the effort put in by the star actor for achieving the abs. He has to abide by a strict diet and exercise regimen. The good news is that you can achieve the same results if you make a similar effort. About the abs As you can see, the abs are several muscles whose functions can get rather complex if you examine each one of them in detail. The abs are really involved with balance and stabilization during all sorts of every day movements and exercises. Spot fat reduction is a myth. Now we come to the most accurate means to get six pack abs: Should you not seem to be becoming more slender, reduce your calories by a further per day. It is all about the number of calories your body burns daily to do everything you want it to do live, function, digest, move, exercise, etc. If you have MORE calories than this number " meaning more calories than your body really wanted " that left over number of calories will be kept on your body for later use, usually in the form of body fat. This article attempts to highlight the diet requirements as well as the workout schedules required for burning that belly fat away and attaining the coveted six-pack abs. Carbs are good for your health. You might have heard this many times. However, eating the right kind of carbs is more important. In order to achieve six-pack abs, you have to cut out the white carbs and concentrate on the brown ones such as the brown rice, brown bread, and oats, etc. This is because these slow moving carbs could impart a feeling of satiation making you feel less hungry. You should count your calories while attempting to achieve the six packs. However, getting rid of the fat on top of the abs is more important. A protein-based diet early in the morning can reduce your desire to eat less throughout the day. You should have your quota of Greek yogurt, egg whites, as well as Canadian bacon instead of the ham and the steak. The common rule is that when you have to process foods, you have to remove some of its nutrients. In addition, you have to add unhealthy fats, sugar substitutes, and other preservatives. They may impart taste to the processed foods. However, they do more harm than good. You should substitute these processed foods with low-calorie fruits and vegetables such as broccoli. This is an oft-repeated truth. Drinking water in large quantities throughout the day can help you lose weight easily. It is better if you have cold water, as the body tends to spend energy in warming the cold water. This would also help to keep your mind off the sugary cool drinks that you might crave to have. Consuming monounsaturated and polyunsaturated fats present in foods such as olive oils, fish oils, peanut butter, avocado, and nuts is desirable when you diet. Consuming healthy fats can also keep you satiated for a long time thereby reducing the urge to go back to the fridge every time you wish to have something. Having six small meals in a day is better than having two full meals. You should ensure that you never feel hungry. If you eat the right foods, you will never feel hungry at any time. Your body metabolism will be on duty right through the day helping you achieve the six-pack abs. Researches have shown that eating times a day dramatically reduces the threat of obesity. The workout regime This is as important as the diet. To achieve the six-pack abs, you have to get rid of the fat on top of the abs. At the same time, you should ensure to remove the fat underneath the abs as well. The following exercises can help you do so. Lying down on the floor in the upright position, keep the elbows in line with the shoulders. Lift your core and thighs off the floor while flexing your abs and the butt. From the plank position, bend your knees towards your abs and bring them as close to the head as possible without moving your head. Hold the position briefly and lower your feet to the mat. Lying in the same position, make a pedaling motion in the air as if riding a bicycle. Repeating the exercise around a dozen times would be fine. Strong abs require you to have strong shoulders and back as well. Lifting weights is the best way to achieve the same. Use the wood chop: Kneeling down on one knee, lift the weight with both hands, and bring it down to the other hip. Hold it for a moment and lift the weights again. Repeat at least twelve times. Sit down with your knees bent and feet flat on the floor. Holding the weight close to your core, you have to twist from side to side with a brief pause in between. You can train your abs very effectively by

training the obliques like side bends and atmosphere bikes. You should complement your weight training with the cardio. In case you are unable to run, you can do the swimming and boxing routines. Before attempting any new exercise, consult the trainer. He would be the best person to guide you in the matter. Follow the diet as well as the workout and start showing off your abs to the world. Your six-pack can rival that of your favorite cine star now. Tricks To Get Six Pack Abs Getting six pack abs rapidly can be reached rapidly with some perseverance and perseverance. Now, just like you, it is tough for most men to accept the fact that their abdomen fat is getting worse and worseâ€ combined with the weak feeling you get with each unsuccessful effort you have made to remove it. And you are reminded of this every time you see yourself in a unanticipated, candid photograph, when your clothes are feeling tighter, and every time you catch a glimpse of how much you have let your abdomen go in the mirror. I understand it is rough for lots of people to find a great routine to keep them going. I have made some astonishing gains in just a couple of months thanks to the guidance I got from this incredible routine. Additionally , I started consuming dry carbs this meant unsalted rice cakes and sweet potatoes to soak any remaining water upward. Greatist Pro, trainer, and fitness competition Robynn Europe describes: Since your muscles are depleted of carbs, instead of the carbs making you hold water under your skinâ€ your muscles suck it up like cocaine. Should you be trying any of those ab workouts programs? There are many ab workout programs out there like the P90x ab ripper, Six pack shortcuts, Athlean X, Hip hop abs etc. Six Pack Shortcuts demands that you to follow an eating plan and occasionally limit the number of calories you use up. Similar to another muscle, as your abs get more powerful, a progressive strategy must be used to forge further improvement. This Advanced Abs Program was created to assist you to get that remarkable abdominal V taper. But understand that it is going to be considerably more difficult to lose fat to low enough levels for abs to show. How to fix your diet? Researchers say that skimping on sleep raises the likelihood you will find yourself munching on junk food , particularly at nighttime, which could allow it to be hard to get chiseled abs. What ab workouts to follow? Like most matters associated with fitness, the actual means to get six pack abs-for both men and women is fairly clear-cut. It is possible to have rippling muscle abs but if they may be covered having an inner tube of fat then nobody is going see them. To start, it may be advisable to use the free diet and workout advice given here, assess your body and then it would be possible to get a notion of which paid physical exercise program would work best for you. In my opinion, Truth about abs is a pretty decent , straightforward guide to get abs. So, you need to burn the fat and feed the muscle simultaneously. So, resistance training is needed to burn that fat. Begin extremely light, and ramp up the weight until you just can end 30 seconds with good form. Once you join appropriate diet and increased metabolism through your exercise, this will be a sure fire method of getting killer abs.

Chapter 4 : DIET PLAN for a 6 Pack (FOLLOW THIS!) | ATHLEAN-X

Get 6 pack abs year round by following this diet plan calendrierdelascience.com You've probably heard that 6 pack abs are obtained throu.

As they say, abs are made in the kitchen. To create chiselled abs most of us need to cut back on calories. Generally, a good rule of thumb is to cut right back on sugar, simple carbs such as bread and pasta, fried foods and alcohol, and to replace them with plenty of vegetables, lean proteins, foods rich in healthy fats such as oily fish, avocado and nuts, and wholegrains and pulses. Start by building your diet around your protein intake. Not only will tossing in a few chicken breasts, some low-fat milk and protein shakes to fill in any gaps in your diet keep you full for longer, your body actually burns more calories breaking down protein than it does other foods. Tupperware is your friend. Even in social situations you can make smart swaps that will keep you on track. They also provide very few calories, while breadsticks are surprisingly high in them and easy to overeat. Swerve quiche and opt for a Spanish omelette to get all the eggy, carby satisfaction of a quiche without the high-fat pastry casing. Add as many fresh ingredients as you can find for an added vitamin boost. Avoid crisps and go for nuts as small handful of unsalted mixed nuts provides stomach-filling healthy fats and many essential trace minerals. Processed potato slices are little more than excess energy. Replace cheese dips with hummus. The chickpea dip is high in protein and heart-healthy unsaturated fats, so favour it over highly processed and higher-calorie cheesy dips. And finally, swap a gin and tonic for a gin and diet tonic. Now you understand the basics, start adding these ingredients to your diet to burn fat, boost your metabolism and reduce stress. Mushrooms are a great low-calorie way to add bulk to stews and pasta sauces, according to American research. Grapefruit contains chemicals that reduce insulin levels, which in turn can cause increased metabolism, American research discovered. Milk contains a protein called lactium, which helps reduce cortisol and lower blood pressure, according to a number of studies. Eating plenty of protein is crucial if you want to build your abdominal muscles. These are all great sources, as shown by the amounts of protein they contain per g

Chapter 5 : 6 pack abs meal plan - calendrierdelascience.com

Easy 7 Days Six Pack Abs Diet Plan for Flat Belly - It is possible for everyone regardless of age to have beautifully defined abs. Most people agree on one thing, "to lose the ugly belly fat, have a flat stomach, and have the perfect six-pack.

The Abs diet is planned with all the 12 nutrients with vitamins, fiber, and minerals in order to provide you sufficient calories and you can thrive with your gym routine. You have to eat six times a day so that you can keep your energy level at its zenith. Proteins are must to have in the new Abs diet, so that that you can have an extraordinary energy throughout the day, even if you are working outdoors or inside your office. The 6-pack abs is ranked 26th in comparison to all other diet plans. Dieters need to include at least two items from six pack abs diet power foods, you can have raspberries, almonds, eggs, peanut butter, spinach. You have to fix your diet on healthier fats, taking more proteins, fiber, minerals, vitamins, and calcium as well. Carbs and saturated fats are not allowed to be included in your diet. But still, you can cheat once a week and can eat anything you are craving to eat. In the new Abs diet, workouts is necessary to have during the diet. You visit the gym on regular basis, and workouts to have 6 pack abs, but still wondering nothing is happening, then you are missing the six pack abs diet, and you need to follow this diet as soon as possible because it is the only way to have sick pack abs. If you want to defeat extra fat on your belly, you need to break up with junk food and need to have such a diet that can boost up your metabolism. You need not to worry about calories or food proportions but instead need to eat six times a day with balancing your diet and taking more proteins and low-carb diet. Below you can find a good diet for abs. Eggs Eggs in breakfast are very important, to have maximum proteins and to boost up your metabolism while avoiding all the stuff rich in carbohydrates. If you are bored of eating boiled eggs you can try different recipes to also satisfy your taste buds. Bananas Bananas are the very good source of potassium, In order to live a healthy life you need potassium especially if you are following the 6-pack abs diet. Green Tea Green tea is very important if you are going to gym, you can even carry with you to the gym and can sip at several intervals. According to a recent study, the person who drinks 5 to 6 cups of tea per day and spending 30 minutes in the gym will lose more belly fat as compared to others. Lentils, beans, chickpeas are something very essential to losing belly fat, It has been proven by an Italian nutritionist that if you are consuming legumes once a day you are likely to lose more belly fat as compare to another being on another diet. It is the perfect diet for abs but you can add more food items as per your need or taste buds, above mention list is a must to add to your diet. The New Abs Diet For Men Mostly diet proposes to cut certain food but this one proposes to include food items, that can help you out in having a six pack abs. Its the best thing about this diet that you can eat whatever you want, because it allows you to fine-tune your body with some simple tricks, especially for men, it is important to have the good looking attractive body so that women can be attracted to them. The basic tip of the abs diet is to eat right food item to get more muscle. The simple formula that is mentioned below: Diet For abs men is very essential and important to use, while you are a workout for six pack abs. In order to get ripped abs, you need to follow ripped abs diet, by eating lean meat and food items that contain proteins in a large amount. By just following six weeks diet plan you can achieve your goals easily without any major hurdle. Women are prescribed to eat 3 meals a day and snacks before lunch and dinner. The abs diet for women is very easy to follow, again you need to add proteins with low carbs and maximum food intake to build muscles.

Chapter 6 : How to get six pack abs: Exercises and diet plan - calendrierdelascience.com

Some people come to me with steroid questions, others are looking for the perfect workout and many more come to me to get a perfect diet plan to help them achieve that lean look and six-pack abs. All of these years, I have put together many meal plans and it is always a tedious task to dial in a client's diet just right.

Dinner Essential Nutrients for Six Pack Diet Leave your eating habits behind, and get ready to feed your body with wholesome food, at frequent intervals. Balanced diet is necessary for many reasons such as: Even if you know the benefits of nourishment, it is likely you may still get it wrong. Consider these two points regarding consumption of protein during cutting. There is a common notion attached to consuming more protein to strengthen muscles. So, does it mean you only need protein to build muscles? Some of us may not really stress on protein supplements during muscle-building, choosing to maintain a high-protein diet instead. But is your protein-diet really enough? The answer lies in the fact that every nutrient in your body should be consumed to an optimum level. Double-check your diet facts now. Your desire to build your 6-pack should include a high protein dosage. Besides having protein-rich food, you necessarily require supplements. MFF Whey Protein 80 is your best choice of supplements at the start. It is a good pre and post-workout tonic for gym beginners and bodybuilders, as it is easy to digest, and keeps you stomach full. It is a rich protein source which feeds your body with It contains less fat and carbs because it has no sugar and aspartame. Another good thing about this protein source is its amino acid profile which promotes faster muscle recovery with a body feed of 5. What you require is a good balance of carbs in your diet and supplements Get hold of MFF Dextrose Monohydrate for fast energy replenishment as you may feel energy deprived after hard workouts some days. Fats This is the trickiest part perhaps, and if you ask me, a typical body-builder is likely to ignore it in their diet plan for six-pack abs. Because fat helps you gain weight does not mean that you will not include it in your diet. Just be mindful to choose between the good and bad, fat. Say no to trans and saturated fat, commonly found in Indian diet plan, and substitute it with other sources of "good fat. Your body requires it to exercise hormone control, and therefore fats, is included in our Indian diet plan. Fiber You will need to avoid foods with high level of sugar and low fiber. Fiber is a good biological solvent and easy-to-digest, which also helps your bowel movements. A high fiber dose will reduce frequent cravings. BCAAs It is important to feed your body with three essential amino acids, constituting of leucine, isoleucine, and valine. Together they are known as BCAAs, and required to increase protein synthesis in your muscles. MFF BCAA is a balanced source of gram of Leucine, and gram each of Isoleucine and Valine, assisting you in maintenance of your lean muscle growth, endurance, and a perfect aid to trigger muscle growth. Glutamine It is a conditioned amino acid, which promotes fat burning and improves retention of carbs as muscle glucose. In other words, it helps in lean muscle retention. But you will have to resist this temptation for food. It is important to measure the calorific value of the food you eat. Here is your daily nutrition break-up. Your calorie intake can be calculated by multiplying your weight in pounds by Another way to is to consume calories extra on a daily basis. Your fiber consumption should be 14 grams per calories eaten in a day.

Chapter 7 : The Six Pack Abs Diet Plan | Workout Trends

Help your six-pack show its full potential with a daily serving of milk and vitamin D-fortified yogurt. A Nutrition Journal study found consuming a combination of calcium and vitamin D can significantly decrease visceral (abdominal) fat and lipid absorption in overweight populations.

Are you looking for a six pack diet plan? A nutrition strategy that is simple enough to follow? And most importantly—the one that brings results? No lean mass volume, no body fat percentage or other information you may not know required. All you have to know is your body weight. Here is what you need to do to succeed. Figuring out your daily calorie requirement is paramount. For your abs to appear you need to lose the body fat that is on top of them. To activate a fat-burning process what you have to do is to eat enough less calories than your body burns. Caloric deficit forces your body to use the energy stored into fat cells to compensate the missing energy which results in reducing fat storages over time. To find an approximate daily target calorie intake that ensures a decent caloric deficit for you simply multiply your body weight with the corresponding multiplier below: If you have an active lifestyle or you do work out regularly use this formula: Cut your calories gradually for long lasting progress. Multiply your bodyweight with the corresponding calorie multiplier from the formula above. Write down the number, you will need it in the following steps. John has a sedentary lifestyle and his current body weight is pounds. To find his daily calorie intake he simply multiplies his body weight with 10 calories. Firstly, high protein diet reduces the appetite and increases satiety when compared to a regular diet. Thus reducing your chance of overeating and intake of the excess calories. By eating more protein, you will make it much easier to stick to the diet. Secondly, high protein intake can help prevent the muscle loss that may occur on the calorie restrictive diets. The more muscle you have the greater your metabolism is. Thirdly, there is a slight metabolic advantage to a high protein diet. Your body burns a little bit more calories to digest protein than other nutrients. Meat, eggs and fish are great sources of food high in protein. Multiply your total calorie requirement from Step 1 by 0. Then divide the resulting amount of calories by 4 1 gram of protein provides 4 calories to get your protein requirement in grams. Your body needs fats to function properly. Fats are vital for optimal nervous system, hormonal, brain and cell functioning. Fats are behind the health of your heart, nails, hair as well. Another benefit of dietary fats is a more controlled appetite. Fats as part of the meal slow down a digestion thus keeping your body sugar level steady and providing satiety for a longer period of time. This helps to minimize the risk of consuming excess calories. But fats still get stored as fat more quickly than other nutrients and they are more calorie dense as well. So for the purpose of this six pack diet limit your fat intake to only grams per meal coming from the absolute healthiest sources such as extra virgin olive oil, fatty fish, avocado, nuts or fish oil. Split your total daily fat intake across all your meals, except pre-workout and post-workout meals to avoid hindering the absorption of the carbs and protein. Then divide the resulting amount of calories by 9 1 gram of protein provides 9 calories to get your fat requirement in grams. Carbs are the primary source of the energy supply for tissues and organs to perform their necessary functions. They are essential for optimal digestive health and brain functioning. Without carbs in your diet you may feel physically and mentally fatigued. Carbohydrates rich in fiber make you feel fuller for longer and can help you control body weight. Therefore following the six pack diet plan you have to consume carbohydrates in a moderation. You are allowed to eat unprocessed or minimally processed fibrous complex carbohydrates such as vegetables, whole grains, beans, legumes and fruits. Avoid heavily processed carbohydrate sources like sugar, white grains or white flour as a plague. They increase a level of fat-storing hormone and cause cravings making it harder to stick to the diet. Not only the type of the carbohydrates matter, the amount per serving and timing is crucial as well. If you do NOT work out: Limit your intake at around 20 – 50 grams of carbs in one sitting to maintain a steady blood sugar level. And avoid consuming carbohydrates hours before the bed. If you DO work out: Ingest about 30 – 50 grams of simple carbs in a form of fruit or dextrose immediately after your workout altogether with a whey protein. An hour later have another 50 – 70 grams of complex fibrous carbohydrates like sweet potato, whole grain pasta, brown rice. If there is any more carbs left, split them across the meals throughout the day in a form of

vegetables. Then divide the resulting amount of calories by 4 1 gram of carbs provides 4 calories to get your carbohydrate requirement in grams. Especially when you are dieting. Your body needs water to burn calories efficiently. A lack of hydration slows down the fat-burning process. As you constantly lose fluids through sweat, exertion and bodily function you need to consume plenty of liquid regularly to stay well-hydrated. Also drinking liquids with a meal will make you feel full sooner thus reducing the chance of overeating. The six pack diet plan requires you to be well hydrated. Although the optimal amount of liquid will differ from person to person, 8 glasses of liquid daily for a sedentary person is a reasonable estimate. If you engage in the physical activities, you probably need more than that. If you are not sure if you drink plenty of water take a color test. Your urine color should be pale yellow most of the times. If your urine looks dark yellow you are dehydrated and you should drink more. If this is the case drink less. Avoid getting noticeably thirsty. Liquids permitted are all types of unsweetened water, tea and black coffee without a sugar. All other liquids are not allowed on this diet plan. Use this hydration calculator to decide how much water you really need to be consuming daily. Although this diet strategy works, it will take time before you reach your goal. Most likely you will need to follow this diet strategy at least for multiple weeks or even months until you lose enough body fat for your abs to be clearly visible. It all depends on your current state of the metabolisms and how much body fat you have to lose. Also you may be required to tweak your calorie and macronutrient intake along the way as you progress and your body composition change. Once you reach a single digit body fat level and think you are photoshoot ready, follow these dietary manipulation strategies to get extremely shredded in 7 days. Until then commit yourself to follow the 6-Pack diet plan for at least 12 weeks and see where it take you. If you have any questions or you need help, let me know in the comments.

your diet. The programs and information MFIT90, that people rave about it. Also, I created HIIT MAX, a day teenager, like most teens, I wanted six-pack abs.

Take The Quiz Now that summer is here and bikinis are in the air, people are looking for that quick fix to have a sexy tummy like the fitness cover models. Hate to break it to you, but there is no quick fix! Healthy is a lifestyle. Working out and eating clean go hand in hand to get the results you want. Below is a 6 pack diet plan you can use as a guide to help get you to your weight loss goals.

Lemon Water This beverage contains flavonoid and is known to help improve your metabolic health and may improve athletic performance. All you need is a lemon juice mixed with water.

Blueberries These little guys are full of antioxidants and pack important vitamins vital for your health. Not to mention, they also contribute to your daily fiber intake. Fiber helps keep you regular and do away with bloat. One cup of blueberries contains 3. These guys can be great as a stand-alone snack, or you can add them to your pancakes, oatmeal, or cereal. Not only does it help keep your gut healthy, but it is also low in fat and high in protein. Try this out for a healthy breakfast or snack option.

Healthy Protein Parfait First Layer: Oatmeal This is such a healthy and delicious breakfast option. Having oatmeal for breakfast can help keep you fuller longer. Try to stay away from the pre-packaged versions as they can be filled with unwanted sugars. Get creative with your protein! Try adding 1 scoop of chocolate whey protein and 1 tablespoon natural peanut butter.

Red Grapes These crunchy and juicy guys contain antioxidants that can help with high blood pressure and blood clots. Red grapes are higher in antioxidants than green grapes. If you are looking for a sweet treat, try freezing your grapes. Try adding these guys to your afternoon snack regimen.

Eggs People give eggs a bad rap. Too much of anything can be bad for you. These guys are full of vitamin D and protein. To cut down on some of the fat, try mixing one whole egg with 4 egg whites.

Green tea is rich in antioxidants and also contains an ingredient called EGCG, which can help aid in weight loss.

Tips to Help You Stay on Track

1. **Eat Fruits and Veggies** Keep your refrigerator stocked with lots of fresh fruits and veggies. The greener the veggies, the better!

Lean Proteins Lean proteins are your friends. Make sure there is protein included in all of your meals. These guys are low in fat and carbohydrates and help fuel your body and feed your muscles.

Spices and Seasonings Spice up your life! Feel free to add some spices and seasonings to flavor your foods. Dash seasoning has great flavor options and is low in sodium.

Stay Hydrated Drink Up! I cannot express how extremely important it is to stay hydrated. When you sleep, walk, speak, and train, you are losing water. Make sure to replenish yourself and then some. By eating five to six small meals a day, you will stay fuller longer. This will also keep you from unnecessary snacking. Stay away from soda and empty calories.

Stop Late Night Snacking No more late night snacking. Try not to eat right before you go to sleep. Your body needs time to break down the food it just ate. If you absolutely need something to keep your stomach from rumbling, try a whey protein shake with non-fat milk or just water. Try timing out your meals so your body will get used to a routine and get hungry at the same time each day. Pack five to six small meals and try to eat every hours. Want to prepare something healthy for breakfast? Watch this **Healthy Egg Muffins** recipe: What are your thoughts on six pack abs diet? Share them in the comments section below!

Chapter 9 : Six-Pack Abs: The Complete Week Guide

50+ effective fitness plans in one place. 30 Days To Six-Pack Abs Follow a clean diet along the way to preserve all your muscle and possibly gain a bit of fat.

If you are unable to get off the ground for the explosive push-up, then simply shoot for completing the reps in the shortest time possible. Try for perfect form on all these exercises. Cheating will only reduce your results and prolong the time it takes to get six pack abs. The quicker you complete the workout, the higher your heart rate will be. A higher heart rate means a higher metabolic rate, which will burn more fat and get those six pack abs sooner than expected. Increasing rest time and ignore supersets. Decrease rest times and increase supersets. Workout Plan Summary

Summertime is when everyone starts coming out of their winter slumber with a few extra pounds added on, and heads outside for outdoor adventures, weekends at the pool and vacations to the beach. Are you tired of not feeling comfortable with your shirt off when everyone else has removed theirs? Do you want your friends to be envious of your body? If you want bystanders ogling over your shredded abs, here is a 6 pack abs workout routine that will rip your abs in time for the summer fun in the sand and surf. How to get 6 pack abs This 6 pack abs workout program is broken into four separate workouts that will focus on the three main areas of your abdomen muscles: Each ab exercise workout will be performed once a week, and since there are four workouts, this means you will perform an ab exercise four times a week. After thirty days of this ripped abs workout plan, combined with a six pack abs diet plan, you will have abs that would make a professional bodybuilder proud. Can I complete this workout? This six pack abs workout routine is considered intense, but if you are willing to stick with it for only thirty days, you will be amazed by the results. By the end of the 6 pack abs workout program, your friends will be telling you to put your shirt back on, and the opposite sex will be begging you to keep it off. This 6 pack abs workout can be modified for a beginner by increasing rest time and ignoring supersets. Likewise an advanced version of this workout will decrease rest times and increase supersets. What type of diet should be followed while on the 6 pack abs plan? The six pack abs diet plan includes the consumption of whey protein, which is rich in vitamins, minerals and protein that promotes muscular abdominals. The six pack abs diet also mandates that you stay away from foods high in carbohydrates, such as breaded foods and foods loaded with starch. Ripped abs in half the time If you desire those sexy, jaw-dropping shredded abs, then follow this spectacular 6 pack abs workout routine and maintain a low carb diet. This workout is simple to comprehend, and can be done at a gym without having to learn a whole bunch of crazy workout contraptions. Also, it is not time consuming, so you will not have to spend hours doing thousands of crunches to cut up your abs. In truth, you will be working your abs twice as hard in half the time by following this six pack abs workout plan. Follow this 6 Pack Abs plan today!