

SIX PACK GUIDE FOR SUMMER

*The Best Combination Of The Best Workouts And Diets
To Get Into Shape Fast*

By

Finn-Lysander Reinick

DISCLAIMER

© Copyright 2018 By Finn-Lysander Reinick All Rights Reserved.

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

TABLE OF CONTENTS

<u>DISCLAIMER</u>	3
<u>TABLE OF CONTENTS</u>	4
<u>INTRODUCTION</u>	7
<u>EXERCISES TO GET SIX PACK ABS</u>	9
<u>Getting That Belly Toned For Summer</u>	13
<u>Using Cardio Workouts To Get Six Pack Abs</u>	19
<u>Five Simple Requirements</u>	9
<u>SIX PACK ABS</u>	11
<u>Excellent Exercises To Help You Get Six Pack Abs</u>	11
<u>Fundamental Principles You Need To Focus On</u>	15
<u>SIX PACK ABS DIET</u>	17
<u>5 Healthy And Nutritional Tips For Getting Six Pack Abs</u>	17
<u>Essential Principles Of Diet And Nutrition For Six Pack Abs</u>	18
<u>SIX PACK ABS DIET MEAL PLANS</u>	20
<u>Amazing Foods For Six Pack Abs Diet</u>	21
<u>24 BEST ABS DIET RECIPES</u>	23
<u>POWERFUL NUTRITIOUS DRINKS</u>	23
<u>Power Smoothie</u>	23
<u>Low Carb Strawberry Shake</u>	24
<u>Tofu Strawberry Banana Shake</u>	25
<u>Purple Sweet Potato Parfait</u>	26
<u>SNACKS RECIPES FOR SIX PACK</u>	28
<u>Macho Meatballs</u>	28
<u>Egg Sandwich</u>	29
<u>Turkey Burgers</u>	30
<u>Burger Diet For Abs</u>	31
<u>Pancakes</u>	32
<u>Sprite Cake For Diet</u>	34

<u>Chocolate Almond Protein Bars</u>	35
<u>CHICKEN AND OTHER RECIPES</u>	36
<u>Lemon Grilled Chicken Paillard With Black Pepper</u>	36
<u>Sweet Potato Fries</u>	37
<u>Brazilian Chicken</u>	38
<u>Cereal Number</u>	39
<u>Lentils Soup</u>	40
<u>Spicy Citrus Shrimp With Quinoa</u>	42
<u>Baked Sole With Grapefruit Avocado Salsa</u>	44
<u>Coconut-Lime Chicken Bites With Baked Zucchini Fries</u>	45
<u>Barbecue Tilapia With Mango Salsa And Steamed Asparagus</u>	47
<u>Sweet Chili-Lime Bbq Chicken With Cucumber Salad</u>	49
<u>Chicken Kabobs With Mediterranean Brown Rice</u>	51
<u>Sirloin Steak Lettuce Wraps</u>	53
<u>Pasta With Tuna</u>	54
<u>FINAL REMARKS</u>	56

INTRODUCTION

Thank you for downloading this fantastic guide-- "**Six Pack Guide For Summer: The best Combination of the best Workouts and Diets to get into Shape fast.**"

With the overwhelming amount of information today directed at showing people how to get perfect abs, it can be difficult to separate the hype from the help. A chiseled six pack may be far more comfortable for some to achieve than others, but the two fundamental principles behind great abs are no mystery. How these principles are applied, however, can spell success or failure for those who desire the perfect abdominal form.

The path to perfect abs is no mystery. Building abdominal muscle mass and losing body fat, achieved through workout and diet, are the two keys to understanding how to get perfect abs. Exercise alone won't do it; perfectly formed abdominals resting beneath a layer of fat will never show through.

Likewise, weak abdominals are not flattering, even when body fat is extremely low. A great exercise and diet program should be tailored to individual body types, capabilities and levels of commitment.

There is no one-size-fits-all solution, regardless of the claims made by some. There are, however, some practical guidelines that can help to jump-start the process.

Forget about spot reducing. Exercising the abs does not target belly fat. Just as you cannot drain one corner of a bathtub, body fat is not lost in specific areas by exercising those areas alone. Cardio workouts and specific high-intensity training techniques are most effective at burning calories, and thereby reducing overall body fat.

Exercise your abdominals to build muscle. Choose a routine that builds not only the abdominals but also the internal and external oblique muscles.

Learn the exercises that are proven to be the most effective. Bicycle crunches and captain's chair exercises top the list for both abdominal and oblique results. Avoid expensive gimmick equipment. Crunches appropriately done with a simple ab exercise ball are far more efficient than crunches alone.

Change your diet.

Like exercise, an honest discussion of diet can only be touched upon here, but there are a few principles that are highly beneficial and easy to apply.

Eat smaller meals and eat more often.

Drink more water. Drink at least one full glass with every meal.

Add one new food to every meal. Make it something red, green, orange or purple.

Substitute fish for red meat at least three times per week.

Eat whole grains instead of processed flour.

Avoid eating late at night, when your body needs fewer calories.

If you apply our knowledge to your life, **YOU WILL REACH YOUR GOALS.**
Keep at it, and most of all have fun!

Let's Get Started!

EXERCISES TO GET SIX PACK ABS

Getting That Belly Toned For Summer

Before you start working out in the gym to get six pack abs, here's an important fact you should know: It doesn't matter how diligent you are about working your abs; if that's the only training you do you'll never get the kind of development and definition you seek. The metabolic demand just isn't significant enough to make an appreciable change in your body composition. So if you want high abs, you've got to work your whole body.



Here are 3 most efficient workouts you can do to develop those six pack abs fast.

1. Hanging Leg Raises

This exercise trains your entire ab muscles and hip flexors. Place your upper arms in a pair of ab straps and hang from an overhead bar. Without swinging, use your abs and hip flexors to pull your legs up and in toward your chest. As you do so, round your back and remove your thighs in as close to your chest as possible. Exhale at the top of the motion and then slowly lower your legs to the starting position.

2. Supermans

If you work your abs, you've got to work your lower back, too. This exercise targets those often ignored spinal erectors the muscles that support your spinal column. First, lie flat on your stomach on the exercise mat. Extend your arms straight out in front of you and your legs straight out behind you. Keeping your arms and legs perfectly straight, simultaneously lift your arms, chest, and legs a few inches off the mat. Once there, hold the position for a second or two before lowering again.

3. Dead Lifts

It is quite only one of the best workouts you can do. The trouble is, few people ever do them. It's time for you to break the mold. Stand holding a barbell with a pronated (palms facing down) grip. Your feet should be shoulder width apart, and your knees slightly bent. Keeping your arms completely straight, lower the bar by bending at your knees and hips so that your hips stick out behind you slightly and your torso remains as upright as possible. Maintaining that same torso position, lower yourself until your thighs are parallel to the floor. Pause momentarily and then change directions, slowly rising again to a standing position.

Using Cardio Workouts To Get Six Pack Abs

What's all this talk about cardio workouts and what does cardio have to do with ab workouts?

Well, let's start with what traditional "cardio" looks like to the average Joe/Jane. You go to the gym, and people are walking on treadmills watching a wall mounted TV, or they ride stationary bikes or work on an elliptical. And most think that to lose body fat they need this mind-numbing routine.

It takes a long time to get results that way, and many give up prematurely. Any form of exercise that strengthens that cardiovascular system is "cardio," that means that even weight training is cardio because it's conditioning your heart.

Bodybuilding workouts that include barbell lifting and sprinting are great for burning lose flabby gut fat. When you combine lifting and running with abs exercises, you will find you are developing rapid weight gain in the area of muscle bulk and loss in there of losing gut fat.

Stomach exercises are great but getting that heart pounding, throbbing, throughout your body where you feel your blood pulsing through you, can only be done with an extreme workout.

The kind of workout exercises that leave your chest heaving and sweat running off you. Try 5 minutes of lifting just beyond your comfort level, so if you are

usually lifting a hundred lbs, up that to 140 or 160. Then making some sprints or running in place as fast as you can, followed by some vigorous squats. Your "cardio" will sore, and you'll see some serious results in a shorter amount of time.

Five Simple Requirements



From sportspersons to movie actors, from singers to other celebrities, six-pack abs are undoubtedly included in the list of 'signs of beauty and attraction.' A well-defined set of six pack abs is likely to turn many heads on earth! Six pack abs stand for good health, strength and raw power everything one can ever wish to have.

If you want to sculpt a rock hard set of abs, you need to follow up five requirements.

Be Calm and Patient

Remember, getting a six pack is not a matter of a few days. It needs much time and patience. After all, you are working out for 'six-pack abs,' so don't take that lightly.

Have patience! If you see no results coming out even after three weeks or so, don't give up...it's normal to achieve six pack abs after a proper workout of at least two to three months. Thus, patience is your key to keep your spirit intact.

Show Great Discipline

Discipline is essential in everything, and especially in exercising to get six pack abs. You cannot get six packs abdominal if you show no discipline in your exercise and other requirements such as proper and balanced diet.

Have Full Dedication

Your dedication is your strength! To get six packs abdominal, the lesson of dedication shall not be forgotten.

Once you have made up your mind to get six packs abdominal, just cling to it and stay dedicated. Your dedication should be as solid as a rock unshakeable!

Hard Work is the Key to Success

To achieve everything, you need to work hard.

Hard work is a key to success if your goal is to get six packs abdominal. You have to work day and night because your workout hours must increase day by day. The more the hard work, the better and fast the result.

Must Have a Positive Mindset

Importance of positive mindset cannot be ignored. Be optimistic and stay focused to get six packs abdominal.

SIX PACK ABS

Excellent Exercises To Help You Get Six Pack Abs



Exercises For Six Pack Abs

Body Weight Squats

The most prominent muscles in your body are your leg muscles and buttocks. Whenever you wake up in the morning, come in front of the mirror, place your feet at your shoulder while facing forward, then begin to squat down and up for about 20 to 30 times, repeat this for 2 or 3 consecutive periods.

It works in helping to lose the fat surrounding your leg. If you gain more power, try raising 5 pounds of dumbbells with your hands as you work out. Do not hesitate to halt the exercises but if you experience any unusual pain at your knees, take a break. To build on wall sits, next we have squats. Squats can be done anywhere, with or without weights. As far as resistance training goes, they might be the best full body exercise there is.

Push Ups

It is back to the basics like push-ups. Try flexing your abs while doing at least 10 of these per set. Push-ups should always be mastered before even thinking about moving on to doing something advanced like the bench press. They are

the king when it comes to upper body stability just like squats are with lower body stability.

Burpees

The ultimate cardio exercise. This exercise will work your core, legs, and stamina. Start with your feet shoulder width apart bend your legs and put your hands in front of your knees.

Kick your leg back until you are in a push-up position then bring your legs in back to the starting position and then jump as high as you can.

Jumping jacks

The classic exercise that we have been doing since grade school. But you have to do it the powerful way. Make a diamond on top and touch your hips when you come back down. Make sure you are moving your feet outward and inward.

It is a simple aerobic exercise which you can perform in the comfort of your home or anywhere you feel comfortable to do it. Perform up to 20 jumping jakes, after the first set is over do it again for another 2-3 times while still maintaining the 20 jumping jakes per set.

Planks

With planks, you get a total body workout by exercising not only your ab muscles but also working your core as well. These are also excellent strength building exercises for push-ups. To start a plank, lie down on your stomach with your hands on the floor and your elbows bent (similar to a push-up position). Press your body upwards like a push-up, however, stay resting on your elbows and forearms.

While in this upward position, maintain a straight back posture. You should try and hold yourself in this position for at least 10 seconds but the longer you stay here, the more benefit you'll receive. Slowly let yourself down, breathe and then repeat this same sequence as many times as you can. You will be guaranteed to feel your abs burning after these.

Gorilla Swing

You'll be needing dumbbells for this exercise. On each hand hold your dumbbells. Stand straight in an athletic standing position. With arms straight, swing it at shoulder level and then swing it back down. As you swing your right arm down, swing your left up to shoulder level. While making the arm swinging motion, always keep your abdominal muscles braced.

Sprints

Sprinting is the next exercise in the six-pack abdominal workout. You can sprint instead of jogging for the development of six-pack abs.

While cardio in nature will do great things for the abs just because of the intensity and the 'after burn' effect. After a session of hard sprints, your metabolism will be running at a high rate. Thus you'll torch even more calories than before, further increasing the weight loss you experience.

Side to side Skiers

The ultimate exercise for skiers will be one that mimics skiing movements. It means not just jogging or bike riding but those that take you through the side-by-side changes every day in skiing. Side sprints are a great way to work this movement while still strengthening your aerobic base and leg muscles.

To perform side sprints, think of short sprints you would do in your backyard or even a basement area.

However, rather than sprinting straight back and forth, you sprint in a Z pattern or forty-five-degree angle.

Don't point your body in the direction you're going to run but instead, run slightly sideways. Make these sprints as quickly as you can.

These side sprints will work your leg muscles and give you the balance and coordination needed to stay on your skis as long as possible. They are one of the last skiing exercises you can perform.

Squat Curls

For this drill, all you will need is a couple of moderately heavy dumbbells of equal weight. Once again, stand at a start the way you did with the kettlebell squats. Hold the dumbbells down by your sides. For this drill as you squat merely curl the dumbbells in front of you simultaneously as you descend in the movement.

As you stand back up merely allow the bells to come back to your side. You will find that as you squat down and curl the weight that your hips and butt will naturally force or push back into a more deep more productive squat.

As you do this exercise with heavier dumbbells and don't compromise your form, you will notice your hips getting lower and lower with every squat. It is a great way to get six pack abs.

Squat Jump

Start in a squat position holding a barbell in front of your shoulders. Follow the squat place with a quick jump while pressing the bar straight above your body. Land on the balls of your feet and jump up quickly again without pausing. Repeat

Decline Pushups

Place your hands on the floor, and your feet on an elevated object. Perform pushups.

The higher the object, the more difficult the movement, and the more your triceps and shoulders are engaged in the action.

Spiderman Push Up

With this pushup, you are going to be bringing your leg up your body on the way down so that it resembles Spiderman. Make sure that your leg does not touch the ground when you do this!

Normal pushups

These are perhaps the most common, and practically everyone has done them at least one point in their lives. Start by getting down on the floor and place your hands on the floor near your shoulders. Then as you keep on your feet together and your back straight, push your body all the way up. Then go all the way back down and repeat several times.

Wide Pushups

The wide version is the opposite of the narrow form. They are performed with a wider than shoulder width hand position and nullify the triceps involvement.

Wide push-ups and concentrate more on the chest and shoulder part of the movement. This style is a waste of time and if you want to build chest and shoulders just do regular push-ups.



Fundamental Principles You Need To Focus On

Most people who try to get six pack abs will never be successful because they don't have any idea about the best way to get six pack abs.

The most common exercises that these people do are cardio workouts and abs-specific exercises like crunches and sit-ups.

And most of them stop trying when they don't quickly get the result they want.

To be successful in getting six pack abs, you have to understand which exercises are practical and which ones are not. Here are 2 fundamental principles of the best way to get six pack abs.

Stop focusing too much on abdominal exercises

The essential principle in getting six pack abs is that you need to focus more on full body exercises and less on abs-specific exercises. Stop wasting your time doing endless repetitions of abdominal exercises like crunches, torso twists and leg lifts.

Many people who want to get high looking abs exercise only their stomach muscles. But this is a mistake because you don't lose stomach fat and get flat abs by exclusively doing exercises that target the stomach area.

Start focusing more on full body, big multi-joint exercises

You don't need to eliminate exercises that target the stomach area from your workout routine. These exercises should always be a part of your routine anyway since they are useful for creating a strong back and a strong core.

But you need to spend the majority of your workout time doing full body exercises that target the largest muscle groups in your body like the chest, back, and legs. Doing exercises that target the multi-joint areas of your body is the best way to get six pack abs and burn stomach fat.

These exercises cause an increase in those hormones responsible for burning fat in your body. They also increase your metabolic rate, which causes your body to burn fat faster, up to 48 hours after the workout.

Exercises that fall into the category of full body, multi-joint exercises are back exercises, chest exercises, deadlifts, squats, step-ups, and lunges. You could work with dumbbells, barbells or even your body weight.

Just make sure that you do exercises that target the significant multi-joint parts of your body and that you do them with high enough intensity. That is the best way to get six pack abs.

SIX PACK ABS DIET

5 Healthy And Nutritional Tips For Getting Six Pack Abs

The path to getting six pack abs may not be so difficult if you follow a set workout routine and persistently stick with it. However, if you are not also following a proper diet, then you are not maximizing the potential of your body.



Combining the right exercise routine with healthy meals is sure to give you six pack abs in no time. Here are 5 healthy and nutritional tips to get you started.

1. Eat small meals throughout the day

Regardless of what you may think, staying hungry will not do you any good. Eating small meals throughout the day will provide you with much-needed energy and speed up your metabolism as well. It will significantly help in toning down your entire body.

2. Make protein a part of your diet

If you are going to follow a rigorous workout schedule, then providing your body with a supply of protein through lean meats or protein shakes will help speed up the recovery process when your muscles are resting. It will also help to moderate blood sugar levels.

3. There's a difference between good and bad fat

Despite what you may think, some fats are good for you and even help to tone down your body further.

Examples of good fats include avocados, nuts, and fish and olive oil. Avoid fats from processed foods as they take your body the longest to fully break down.

4. Carbohydrates are essential for your body

Carbohydrates from vegetables, fruits, and whole grains should always be a part of your diet as they will provide you with the needed energy to get you through your day.

Refined carbs should be avoided as they tend to fluctuate blood sugar levels and also lead to higher insulin levels.

5. Keep your body well hydrated

Always keep your body hydrated by drinking plenty of water throughout the day. Aim for at least 4-5 liters of water on a daily basis to maintain a healthy body. Drinking water is essential as dehydration can cause you to faint or even lead to serious health risks if it occurs on a consistent basis.

Essential Principles Of Diet And Nutrition For Six Pack Abs

To get six pack abs, you need to perform regular exercises that are effective for building abdominal muscles. There's just no way around it. But there is another equally important aspect that you need to pay attention to to build six pack abs, which is your diet.

Many people spend long hours in the gym doing repetitive exercises but fail to take care of their diet and nutrition. Here are 4 essential principles of diet for six-pack abs.

Eat enough quality protein

The first principle of diet for six pack abs is to consume enough protein. You burn more calories digesting protein compared to carbs and fat. Consuming protein also helps you to prevent hunger longer, so you can maintain a healthy eating schedule. A diet that is high in protein is essential for building a right amount of lean muscle in your body, which will help your body maintain a healthy metabolism.

Eat carbs that are high in fiber

The next principle of diet for six pack abs is to consume high-fiber carbs. Some examples of carbohydrate that contains high fiber are fruits, vegetables, and unrefined grains. You should avoid refined sugar, and refined grains since those

types of food will cause your body to store more fat. Fiber is also an essential source of energy for your body. Eating high-fiber carbs causes you to feel full longer, which will help you to get lean.

Eat the right type of fat

Many people try to eliminate fat from their diet, which is not a very wise thing to do since a lack of fat intake can disturb your hormone levels. Healthy fat is an essential part of your daily diet because it helps to prevent cravings. Some of the best sources of healthy fat are avocado, olive oil, coconut, and organic meats. You should avoid unhealthy, human-made fat that's usually found in processed food.

Avoid artificial trans-fat and high fructose corn syrup

These two substances can easily be found in our daily food supply. Artificial trans-fat is found in most processed food, and high fructose corn syrup in almost all sweeten products.

You should avoid food that contains these two substances as much as possible since they will create a large amount of fat in your body and cause many health problems. The simplest way to make sure that you avoid these substances is to avoid processed food and consume only fresh, natural food.

SIX PACK ABS DIET MEAL PLANS

Six pack abs diet meal plans can be the most indulging from all the diet plans. It adds two in-between snacks in a three-meal daily plan, resulting in six meals per day. The increased number of meals is done to provide more protein and minerals to the abdomen that will support muscle mass. Scientific studies also prove that more meals have better energy balance, more significant fat loss, and improved body mass, power, and endurance.



An effective abs diet meal plan focuses on incorporating a handful of food types in the daily meal. These food types are known as power foods and can be easily remembered by the mnemonics **ABS DIET POWER.**

A - Almonds and other nuts

B - Beans and legumes

S - Spinach and green vegetables

D - Dairy products that are low-fat or fat-free

I - instant oatmeal that is unsweetened and unflavored

E - Eggs

T - Turkey and lean meats

P - Peanut butter

O - Olive oil

W - whole-grained bread and cereals

E - Extra protein powder

R - Raspberries or any other berries

Amazing Foods For Six Pack Abs Diet

If you desire to have six-pack abs, then you should start paying attention to your diet. What you eat identifies the quantity of belly fat that you will have and thus your probability of obtaining the six pack abs that you want. Most individuals think that workout plays a significant role in identifying whether or not you will have flat abs however it is merely not a fact. Exercise is vital however without focusing on a proper six pack abs diet you will never attain the victory. Below are ten ideal six pack abs diet foods that you must place in your refrigerator and food cupboard:

Vegetables

Vegetables mainly give more vitamins and are essential in any form of a diet. You can prefer carrots, lettuce, peppers, tomatoes or zucchinis.

Cottage Cheese

It is a lean cheese, and it has a great amount of protein. Also, it is probably to cut several walnuts into it, and together with a teaspoon of honey or some raisins, it will be yummy and healthy.

Whole Eggs

Egg whites are one of the primary sources of good quality protein.

Many people dispose of the yolks, and that is a disgrace as they are exceedingly nutritious in spite of having cholesterol.

You can also make an omelet with 3 eggs white and yolk. In that way, you will get loads of protein and have a delicious omelet with bit cholesterol.

Whole Grain Pasta and Whole Wheat

These kinds of portions of pasta are excellent sources of protein and are ideal sources of calories.

Whole Rice

Some people do not love to eat white rice because it is packed with empty calories. However, you can opt for entire rice which is an excellent source of nutrients.

Lean Meat

Buffalo, chicken, turkey, ostrich and other kinds of lean meat and poultry can be utilized in most tasty recipes and sandwiches, give more protein, iron and many other nutrients. Ensure to incorporate them in your six pack abs diet.

Fish Oil

It is an essential part of any form of healthy diet for abs. You can obtain fish oil in salmon, tuna and other kinds of fish.

Almonds and Walnuts

These nuts have more healthy fats and nutrients.

Green Teas

This kind of teas has more antioxidants which slow down the aging process of a person.

Raw Honey

A bit of honey can make even the most tasteless recipes into an exquisite delicacy. It is a natural form of sugar and possesses a lot of positive attributes. Don't worry because a bit of honey will not bring any harm to your flat abs. However, never overdo it.

24 BEST ABS DIET RECIPES POWERFUL NUTRITIOUS DRINKS



Power Smoothie

Nutritional Information per Serving: 220 cal, 12g protein, 29g carbohydrates, 4g fat, 3g fiber, 118mg sodium

Yields: 2 servings

Ingredients:

- 1 cup milk
- 2 tablespoons of low-fat yogurt
- 3/4 cups of oatmeal cooked in water
- 2 tablespoons peanut butter
- 2 teaspoons protein powder
- Ice cubes

Instructions:

It requires minimal preparation because all ingredients will only be mixed in a food processor until a smoothie-like mixture is achieved.

Low Carb Strawberry Shake



One such recipe is a strawberry cheesecake shake. It's all you need in a drink, fruit, and dairy, it's even fulfilling.

Fat0g, Sodium20mg, Carbohydrates4.4g, Fiber0.1g, Sugar0g, Protein0.8g

Yield: 1-cup servings

Ingredients:

1/2 cup 1% Milk

1/2 cup Low fat 1% Cottage Cheese

6-8 packets of Splendid (or sweeten to taste)

1/2 tsp. Vanilla or Almond extract (optional)

Instructions:

Add 300 grams of unsweetened, frozen strawberries. Blend each one before adding the other one.

Making this shake is very easy, and 1 whole serving serves as an entire meal. It's quite fulfilling. The best part is that it has high protein content and a carb content of fewer than 50 grams.

If you want you to dedicate to get six pack abs, you should give this a try. It will be a lot easier than most routines, and the desserts are quite tempting too. Plus this is probably the best way to get your abs fast.

Tofu Strawberry Banana Shake

Nutritional information per serving: Calories: 51 Carbohydrates: 8 g Protein: 4 g
Fat: 1 g Saturated Fat: trace Sodium: 28 mg Fiber: 2 g



Time to Prepare: 5 minutes

Yield: Makes 1 serving

Ingredients:

- 1 block silken or soft tofu
- 1 frozen banana
- 1 cup crushed pineapple (with juice)
- 1/2 cup skim milk or soy milk
- 4 strawberries

Instructions:

1. Drain the tofu and cut it into chunks.
2. Chop the banana and remove the strawberry stems.
3. Mix all ingredients in blender or food processor.

Tip: Add protein powder for an extra boost.

Purple Sweet Potato Parfait

Eat guilt-free with this healthy and delicious parfait that features the vitamin A-rich sweet potato as the main ingredient. Give it a try to satisfy your sweet-tooth cravings.



Nutritional Information Per Serving: calories-290, protein-25g, fat-3g, carbs-38g, sugar-11g

Yield: 2 Servings

Ingredients:

- 8 oz purple sweet potato
- 2 cups Greek-style nonfat yogurt, plain
- 1 tsp vanilla extract
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground allspice
- Almond Slivers

Instructions:

1. Peel and cut sweet potatoes. Put in pot, and cover.
2. Bring to a boil and cook until tender; drain well.
3. In a medium-size bowl, combine yogurt and ½ tsp of vanilla extract; stir well.
4. Puree drained sweet potatoes in a food processor, adding remaining vanilla extract, cinnamon, nutmeg, and allspice.
5. Let cool. Spoon alternate layers of yogurt and sweet potato into a parfait glass. Top with almond slivers. Serve.

SNACKS RECIPES FOR SIX PACK



Macho Meatballs

Nutritional Information per Serving: 569 cal, 38g protein, 65g carbohydrates, 19g fat, 10g fiber, 1,341mg sodium

Yields: 4 servings

Ingredients:

- 1 pound of extra-lean ground beef
- 1/2 cup salted cracker
- 1 large onion, diced
- 1 garlic clove - minced
- 1 tablespoon of protein powder
- 16 ounces of tomato sauce
- 4 rolls of whole-wheat hoagie
- 1/2 cups of low-fat cheese, shredded

Instructions:

1. Place the ground beef, crackers, onion, garlic, and protein powder in a bowl and mix thoroughly.
2. Make meatballs from a spoonful of the mixture.
3. Cook over medium heat until the browned. Drain the excess oil and fat, and add the tomato sauce.

4. Scoop out some portion of the bread from the roll to make trenches. Place some meatballs with sauce in each trench, and sprinkle with cheese. Cover it with the other half of the bread roll.

Egg Sandwich

Nutritional Information per Serving: 399 cal, 31g protein, 46g carbohydrates, 11g fat, 6g fiber, 900mg sodium



Yield: 1 serving

Ingredients:

- 1 whole egg
- 3 egg whites
- 1 teaspoon of protein powder
- 2 slices of whole-wheat bread
- 1 slice of bacon
- 1 tomato or green bell pepper, sliced

Instructions:

1. Place the whole egg and egg whites in a bowl and pour the protein powder. Mix until fully scrambled.
2. Spray some olive oil in the pan and fry the egg.
3. Toast the bread and put in the fried egg.
4. Top with bacon, tomato, bell pepper, or with another garnishing.

Turkey Burgers



Even you're on a 6 pack diet you can still enjoy this delicious food. Yes! You can enjoy your favorite foods without gaining more body fat.

Nutritional Information Per Serving: Calories- 208, Protein- 33, Carbohydrates- 7, Sugar- 0, Fiber- 5, Fat- 2, Saturated- 1, Trans- 0, Cholesterol- 81, Sodium- 112

Yield: 4 Servings

Ingredients:

- 1 pound of ground turkey breast
- ¼ cup oatmeal, uncooked
- 2 cups chopped spinach, frozen
- 2 egg whites
- Black pepper to taste
- 2 tsp garlic powder

Instructions:

- 1.) Let spinach defrost in a bowl. Drain water out in a colander.
- 2.) Blend dry oatmeal in a blender for 30 seconds.
- 3.) Mix all ingredients. Shape into 4 patties (approximately ½ inch thick) Grill burgers 3-4 minutes each side. Serve and enjoy!

Burger Diet For Abs



Nutritional information per
serving: Calories: 274kcal, Protein: 14g, Total Sugars: 1g, Carbohydrates: 8g,
Saturated Fat: 5g

Yield: 4 Servings

Ingredients:

Salt

Pepper

Mexican cheese (2 spoons)

Chopped spinach (1 cup)

Oats (1/2 cup)

Egg

Onions

Ground beef

Instructions:

Beat the egg and mix it with the other ingredients. Stir continuously until the mixture forms patties. Cook the patties for around five minutes and you may now enjoy your burger diet for abs.

Pancakes

This recipe is a beautiful option for a weekend breakfast it's healthy, delicious and ready in 20 minutes. These pancakes are gluten-free and are lower in carbs and sugar than pancakes made from a packaged mix. Serve with a side of eggs and fresh fruit.



Nutritional Information per serving: One pancake equals: 148 calories, 9g fat, 8g carbohydrate, 3g fiber, and 4g protein.

Yields: 3 Servings

Ingredients:

- 1 mashed banana
- 2 eggs
- 1/4 cup coconut sugar
- 1 Tablespoon vanilla extract
- 1/4 teaspoon almond extract
- 1 1/2 cups blanched almond flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- Coconut oil

Instructions:

Combine the mashed banana, eggs, coconut sugar, vanilla and almond extracts in a food processor. Add the flour, soda, and salt. Mix well. Let the batter sit for 15 minutes.

Preheat coconut oil on your griddle over medium heat. Ladle pancake batter by 1/4 cup onto griddle. When bubbles form, flip the pancakes to cook another side.

Serve with sliced banana and pure maple syrup. Enjoy!

Sprite Cake For Diet

Nutritional information per serving: 148 calories, 37 grams of carbohydrates, 33 grams of sugar, 11.5 gram of glucose 19 grams of fructose, 23 percent sugar, 1 percent of salt.



Yield: 1 Servings

Ingredients:

Diet Sprite

Cake Mix

Orange Jello

Instructions:

Pour diet sprite into your cake mix and transfer the mixture into a baking pan. Bake and wait until it has a brownish color. Divide the water and orange jello mixture among the cakes evenly.

Chocolate Almond Protein Bars



This food can replace your old time burgers, fries, and chocolate dessert. The good thing is you won't even notice the difference because it is just as delicious.

Nutritional Information Per Serving: Calories- 355, Protein- 34, Carbohydrates- 13, Sugar- 1, Fiber- 8, Fat- 16, Saturated-, Trans- 0, Cholesterol- 53, Sodium- 141

Yield: 12 Bars

Ingredients:

3 scoops of Chocolate Protein Powder (each scoop should contain 20 grams of protein and less than 5 grams of carbs.)

1/3 cup flax meal

2 TBSP Almond Butter

¼ cup water

1 packet of Splenda

Instructions:

1. Mix everything in a large bowl and start stirring. At first, it will look like you didn't use enough water, but just keep stirring, and the mixture will eventually turn into a mass of sticky dough.

2. Divide the mixture into 2 equal parts, and put them into separate pieces of plastic wrap, shaping them into a bar within the wrap. Put the bars in the refrigerator or freezer. Eat them chilled.

CHICKEN AND OTHER RECIPES



Lemon Grilled Chicken Paillard With Black Pepper

Sodium2, Carbohydrates45g, Fiber5g, Sugar0g, Protein41g, fat 0g

Yield: 1 Serving

Ingredients:

- 4 boneless, skinless, chicken breasts, pounded thinly
- 2 tablespoons extra-virgin olive oil, plus additional for garnish
- 1/4 teaspoon coarsely ground fresh black pepper
- 2 ripe beefsteak tomatoes, diced
- 2 tablespoons red wine vinegar
- 1 small shallot, chopped
- 1 small red onion, peeled, halved and thinly sliced
- 1/4 cup freshly squeezed lemon juice
- 1/2 pound arugula
- Salt
- Lemon halves, for garnish
- 1/4 cup pure olive oil

Instructions:

Combine shallot, lemon juice, black pepper and olive oil in a big baking dish. Add the chicken breast, flip to coat and marinate it in the fridge for a full 30

minutes. Preheat the grill to high. Take the chicken from the marinade and season it with salt on each side and grill it for 2 to 3 minutes on each side or until golden brown. Put the tomatoes, arugula, and onions all in a big bowl and toss them with vinegar and oil. You can also season it with salt and pepper, to taste. Place each paillard on a big plate, sprinkle it with extra-virgin olive oil and top it off with an arugula-tomato salad. You can use the lemon halves for garnish.

Sweet Potato Fries



The only significant fact about 6 pack diets is eating a well-balanced meal.
Make sure that you include protein, good carbs and healthy fats in your diet.

Nutritional Information Per Serving: Calories- 184, Protein- 4, Carbohydrates- 39, Sugar- 10, Fiber- 6, Fat- 1, Saturated- 0, Trans- 0, Cholesterol- 0, Sodium- 72

Yield: 18 pieces

Ingredients:

- 4 large sweet potatoes
- Spray olive oil
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp oregano
- 1 tsp paprika
- ½ tsp ground cumin
- ¼ tsp cayenne pepper

Instructions:

- 1.) Preheat the oven to 450 degrees.
- 2.) Line a baking sheet with a sheet of aluminum foil. Spray aluminum foil with nonstick cooking spray.
- 2.) Cut the sweet potatoes into 1/2 inch strips and lay them in a single layer on the baking sheets. Spray potatoes with oil spray and sprinkle spices. Place in oven for 30 minutes, turning once. It makes 4 servings.

Brazilian Chicken



If you think that you can't eat chicken, then think again. In fact, one of the recommended abs diet recipes is Brazilian Chicken.

It has been found to be kind to flatten the stomach. Also, this is one of the most coveted abs diet recipes circulating nowadays.

Nutritional Information Per Serving: 2.5 grams of fat, 7.4 grams of sugar, 17.8 grams of carbohydrates and 29.1 grams of proteins

Yield: 6 servings

Ingredients:

Boneless and skinless chicken breast

A spoon of dried Italian seasoning

8 ounces of tomato sauce

1 spoon of hot pepper salsa

Minced garlic

1 tablespoon of ground flaxseed

6 ounces of orange juice

1 piece of lime and lemon

Chunky salsa

Instructions:

Get the zest of the lemon and lime and keep aside the breast chicken. Mix all the ingredients and add the chicken to the mixture and refrigerate it for several hours. Grill the marinated chicken for 15 minutes, and it should be served along with salsa.

By the looks of it, the Brazilian Chicken is one hearty meal that you will surely enjoy eating without worrying whether you will gain abdominal fats or not.

Cereal Number



Another best abs diet recipe is called the Cereal Number. Nutritional Information Per Serving: 131.8 milligrams of sodium, 8.4 grams of fiber, 31.9 grams of carbohydrates and 9.5 grams of proteins

Yield: 1 serving

Ingredients:

1 cup of milk

1 cup fiber cereal

A cup of blueberries

5-6 crushed cubes of ice

2 spoons of whey powder

1 spoon of honey

Instructions:

It's so easy to make, and this is the reason why it's the favorite of most dieters because all one needs to do is to blend all the ingredients in the blender until they became smooth and ready to drink.

Lentils Soup

Lentils (both red and brown) are also a protein powerhouse. The following recipe looks so complicated; you'll impress your dinner date. But don't let the long ingredients list fool you it's so simple that you can make it even if you have no cooking experience. Add the spices to your taste to make it mild or spicy.



Nutritional information per serving: 194 Calories, 1 g Fat, 0 g Saturated Fat, 0 mg Cholesterol, 231 mg Sodium, 34 g Carbohydrate, 7 g Fiber, 2 g Sugar, 13 g Protein

Time to Prepare: 30 minutes

Yield: Makes 6 servings

Ingredients:

- 1 cup red lentils (rinsed)
- 4 1/2 cups nonfat vegetable stock
- 2 Tbs. nonfat plain yogurt
- 1 tsp. curry powder

1 tsp. grated fresh ginger (or powdered)

1/2 tsp. ground cumin

1/2 tsp. cayenne

1/2 tsp. onion powder

Possible garnishes may be:

Shredded coconut

Dried peanuts

Cilantro

Diced red pepper

Chutney

Raisins

Instructions:

1. Put lentils and vegetable stock in a large saucepan, and bring to a boil over medium-high heat.
2. Reduce heat to medium, and cook for about 20 minutes, or until lentils are tender.
3. Reduce heat to very low.
4. Put 2 cups lentils and yogurt into a blender, and puree until smooth.
5. Recombine with soup in the pan, and stir in seasonings.
6. Heat and serve, garnishing each portion as desired.

Spicy Citrus Shrimp With Quinoa

This light, citrusy dish includes quinoa and shrimp as the stars and can be prepared with ease.



Nutritional Information Per Serving: calories-281, protein-27g, fat-7g, carbs-26g, sugar-4g

Yields: 2 servings

Ingredients:

- 1 cup quinoa, cooked
- ½ Tbsp extra-light olive oil
- 1 tsp garlic, minced
- ½ tsp horseradish
- ½ Tbsp 100% pure honey
- ½ Tbsp fresh lemon juice
- ½ Tbsp fresh lime juice
- ½ lb (8 oz) raw shrimp, peeled, deveined
- ¼ tsp lime zest
- ¼ tsp lemon zest
- ½ Tbsp fresh parsley, chopped

Crushed red chilis, to taste

Freshly ground pepper, to taste

Instructions:

1. Cook quinoa. In a medium-size frying pan, sauté olive oil, garlic, horseradish, honey, and lemon and lime juices for 2 minutes, stirring constantly.
2. Add shrimp; cook 3–4 minutes. Turn shrimp, top with lime and lemon zest, parsley, and chili's. Cook 2–3 minutes; don't stir.
3. Toss, then place shrimp on quinoa. Serve.

Baked Sole With Grapefruit Avocado Salsa

This good-for-you seafood dish will help you sculpt the body you want.



Nutritional Information Per Serving: calories-320, protein-26g, fat-8g, carbs-37g, sugar-6g

Yield: 2 Servings

Ingredients:

- 4 oz sole (flounder) fillets
- 3 cups organic baby spinach
- ½ cup grapefruit, cubed
- ½ cup avocado, cubed
- ¼ cup red pepper, chopped
- ¼ cup yellow pepper, chopped
- 1 Tbsp fresh lime juice
- 1 tsp fresh parsley, minced
- 1 Tbsp spring onion, minced
- Red pepper flakes (optional)

1 cup brown rice, cooked

Instructions:

1. In a medium-size bowl, combine grapefruit, avocado, peppers, lime juice, parsley, onion, and pepper flakes; toss lightly. Chill in the refrigerator.
2. Preheat oven to 375°. Line baking sheet with parchment paper lightly coated with cooking spray.
3. Rinse fillets; pat dry. Bake fillets 10–12 minutes.
4. Top each fillet with salsa, and serve on a bed of baby spinach with a side of rice.

Coconut-Lime Chicken Bites With Baked Zucchini Fries

An ultra-healthy twist on a fast-food staple, these chicken bites and zucchini fries will satisfy your craving for finger food.



Nutritional Information Per Serving: calories-245, protein-28g, fat-12g, carbs-9g, sugar-4g

Yield: 2 Servings

Ingredients:

- 2 large egg whites
- 1 tbsp fresh lime juice
- 6 tbsp unsweetened coconut, finely shredded
- 2 4oz chicken breasts, boneless, skinless
- 1 medium zucchini
- ½ tsp garlic powder
- Dash cayenne pepper
- To taste freshly ground black pepper

Instructions:

1. Preheat oven to 375°.

2. Line baking sheet with parchment paper lightly coated with nonstick cooking spray; set aside.
3. In a small bowl, gently whisk egg whites and lime juice. Place coconut in a separate small bowl.
4. Dredge chicken in the egg white mixture, and then roll in coconut to coat. Place the coconut-coated chicken on prepared baking sheet.
5. Line a second baking sheet with parchment paper lightly coated with cooking spray.
6. Cut zucchini lengthwise into ½-inch slices. Spread on baking sheet; lightly dust with garlic powder, cayenne pepper, and black pepper.
7. Bake chicken and zucchini for 25-30 minutes, turning often.

Barbecue Tilapia With Mango Salsa And Steamed Asparagus

Tilapia is a uniquely nutritious fish that finds itself rich in essential omega-3 fatty acids. Instead of popping a fish oil supplement, enjoy this delicious BBQ fish with zesty mango salsa. This fish shouldn't spend more than 10 minutes in the pan to be cooked to perfection.



Nutritional Information Per Serving: calories-210, protein-28g, fat-2g, carbs-23g, sugar-7g

Yield: 2 Servings

Ingredients:

2 4 oz tilapia fillets

For the mango salsa:

1 tbsp fresh mint, minced

½ tbsp fresh cilantro, minced

½ cup mango, diced

¼ cup red bell pepper, diced

1 tbsp spring onion, minced

¼ tsp ginger, freshly ground

½ tbsp white vinegar

Freshly ground pepper, to taste

Instructions:

1. In a medium-size bowl, combine mint, cilantro, mango, red bell pepper, spring onion, ginger, white vinegar, and pepper; toss lightly. Chill for one hour in the refrigerator.
 2. Preheat barbecue to medium-high heat. Rinse fillets, and pat dry. Place fillets on grill and cook for 3–5 minutes per side, depending on the thickness of the fillets. Top each fillet with mango salsa.
- Serve with a side of steamed asparagus (1 cup).

Sweet Chili-Lime Bbq Chicken With Cucumber Salad

Try this simple, calorie-burning recipe to help you lose weight and sculpt six-pack abs fast.



Nutritional Information Per Serving: calories-135, protein-24g, fat-2g, carbs-9g, sugar-6g

Yield: 2 Servings

Ingredients:

2 4 oz chicken breast, boneless, skinless

For chili-lime marinade:

¼ cup lime juice, freshly squeezed

½ tsp lime zest

½ tsp mild chili powder

½ tsp paprika

½ tbsp organic 100% pure honey

dash cayenne pepper

to taste Freshly ground pepper

For cucumber salad:

1 medium English cucumber, peeled and sliced into quarters

½ tbsp fresh mint, chopped

½ tbsp fresh cilantro, chopped

1-2 tbsp white vinegar

Instructions:

1. Preheat barbecue to medium-high heat. Rinse chicken, and pat dry. Set aside.
2. In a small bowl, whisk together lime juice, lime zest, chili powder, paprika, honey, cayenne pepper, and ground pepper.
3. Place in a Ziploc bag, add chicken and toss well.
4. Grill 8-10 minutes or until chicken is done, turning occasionally.
5. In a medium-size bowl, combine cucumber, mint, cilantro, and vinegar; toss lightly. Serve as a side to chicken.

Chicken Kabobs With Mediterranean Brown Rice

This six-pack-friendly take on chicken kabobs is the perfect way to switch up mundane chicken.



Nutritional Information Per Serving: calories-262, protein-26g, fat-7g, carbs-26g, sugar-2g

Yield: 2 Servings

Ingredients:

8 oz chicken breast, boneless, skinless

2 8-inch wooden skewers

For the brown rice:

1 cup brown rice, cooked

1 tbsp spring onion, minced

1 tbsp red bell pepper, minced

1 cup spinach, chopped

1 tbsp black olives, minced

1/4 cup tomatoes, diced

1/2 tbsp lemon juice, freshly squeezed

1/2 tbsp extra-light olive oil

To taste freshly ground pepper

Instructions:

1. Combine all ingredients in a small bowl; set aside.
2. Preheat barbecue to medium-high heat.
3. Rinse chicken, and pat dry.
4. Cut into 1 1/2-inch pieces, and then thread chicken onto 8-inch wooden skewers.
5. Grill 8–10 minutes or until chicken is done, turning occasionally.
6. Add remaining ingredients to 1 cup of brown rice; toss until combined.
7. Top with chicken kabobs. Serve.

Sirloin Steak Lettuce Wraps



Nutritional Information Per Serving: calories-147, protein-23g, fat-4g, carbs-3g, sugar-1g

Yield: 3 servings

Ingredients:

- 8 oz ground sirloin
- ½ tbsp sriracha sauce (optional)
- ½ tbsp water
- 2 tbsp spring onion, chopped
- ½ tsp ginger, minced
- 1½ tbsp lime juice, freshly squeezed
- 1 tbsp lime zest
- 2 tbsp fresh cilantro, chopped
- ½ clove garlic, minced
- 4 small butterhead lettuce leaves

Instructions:

1. Sauté ground sirloin over medium-high heat until lightly browned. Combine Sriracha sauce with water and add mixture to pan.
2. Let sizzle until water has evaporated. Reduce heat to low.
3. Add spring onion, ginger, lime juice, lime zest, cilantro, and garlic. Stir well.
4. Spoon meat mixture into lettuce leaves.

Pasta With Tuna

A delicious tasting and easy to prepare pasta with tuna recipe. It takes 15 minutes, and you don't need to be a professional chef to cook it.



Nutrition Information per serving: 723 calories, 43 grams of fat

Yield: 4 servings

Ingredients:

Whole-wheat fusilli pasta – 100g (or a heaped coffee mug)

Tuna chunks in brine – 130g (1 can)

Tomatoes on the vine – 2

Pinch of salt

Pinch of black pepper

Half a lemon or lemon juice

1 tablespoon olive oil (or regular cooking oil)

Pitted olives in brine (optional)

1 red chili or chili flakes (optional)

1 garlic clove (optional)

Instructions:

Boil the pasta. Add a tablespoon of olive (or cooking) oil and a pinch of salt to a small-ish pan with boiling water. Add the pasta and leave to boil for 12-13 mins. Prepare the tuna.

Open the tuna tin and drain the liquid. Wash the tomatoes and chop them. If you are using chili pepper and olives, now is the time to chop them too. Peel and crush the garlic clove.

If you don't have a garlic press, you can crush it on the chopping board and then finely chop it. Put your pasta with tuna together. Drain your pasta and return it to the pan you use to boil it in. Add the tuna, chopped tomatoes, chili (or chili flakes), olives and garlic. Season with a pinch of salt, black pepper, and the lemon juice. Stir it all in and serve in a bowl.

FINAL REMARKS

A proper diet is not enough on its own. To have a healthy lifestyle; a combination of exercise is vital not only for toning muscles and reshaping the body but also essential for improving cardiovascular needs of the body and burning extra fat.

Abdominal exercises should include the entire stomach: upper abs, lower abs, & obliques. Upper abs consist of the upper half of the body, shoulders & chest. For lower abs; exercises should integrate the pelvis & legs. For developing oblique's muscles or side abs, exercises must encompass a twisting motion. Strengthening abs is not only essential for a good posture but also can prevent lower back pain.

Six pack abs dietmeal plans are not as strict as other diets. They can be substituted and mixed in any way as long as the foods will be kept in the method.

Combining one food with the other can yield a vast amount of recipes to keep a person full. They can also be as simple as green vegetables dipped in a non-fat dairy product.

Remember eating these foods will undoubtedly give you a big leap towards achieving those ripped abs you desired but you need to understand that this will not take away the importance of Exercise. You cannot excuse yourself from exercising. The most effective formula for well-toned abdominal muscles is Abs exercises + Right diet.

Don't just read. Apply fitness knowledge you learn. Take your time, have fun and enjoy it at the same time. Will make all the difference in your life when your friends and family notice the difference in you physically and mentally.

Thank You Once Again For Downloading This Fantastic Guide!