

six pack abs guide meal plan



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WEEK 2: MEAL PLAN

the fitnessista's
summer shape-up!

sunday

Grocery shop and prep

monday

Breakfast: Green-a-colada smoothie

Snack: Two amazeballs

Lunch: Brown rice sushi and seaweed salad

Snack: Yogurt and fruit

Dinner: Carrot, beet, bean burgers and roasted green veggies

tuesday

Breakfast: Sweet or savory breakfast crepes

Snack: Small smoothie

Lunch: Baked potato (or sweet potato) with goat cheese, chives, and tempeh + salad

Snack: Carrots and hummus

Dinner: Sweet potato spaghetti with Italian sausage + salad

wednesday

Breakfast: Protein chia pudding

Snack: Two egg puffs with toast

Lunch: Open-faced turkey burger with avocado, Dijon, greens, and baked chips or veggies

Snack: Small fruit smoothie

Dinner: Slow cooker shrimp curry and brown rice

thursday

Breakfast: Omelette with toast

Snack: Trail mix

Lunch: Lentil quinoa salad

Snack: Protein fluff

Dinner: Grilled chicken (or protein) with goat cheese stuffed mushrooms and greens

friday

Breakfast: Breakfast cookie

Snack: Two eggs

Lunch: Wrap (with deli meat, tempeh, hummus, whatever you like) and raw veggies

Snack: Protein yogurt with fruit

Dinner: Chickpea cakes and greens

saturday

Leftover/clean out the fridge day

www.fitnessista.com



Give these 6 ab exercises a try to get your six pack lean and shredded.

Click here <http://> In this short video I show you EXACTLY what to eat to get six pack abs. My name is Raza and I have 2.

Your diet and the foods you include in your meal plans are absolutely critical when it comes to decreasing body fat levels and achieving six pack abs.

Six Pack Shortcuts. Ripped Body. Six Pack Abs. Now. NO EXCEPTIONS, NO EXCUSES.

Hi Mike. I was searching for a program to genuinely help me lose body fat and get a six pack. I came across your website and the money back guarantee you offered.

We're as into working the core as anyone, but save the planks and transverse abdominus training for another day. it's time to get a six-pack the old-fashioned.

How to Get Six Pack Abs. It will take dedication, time and patience to get a six pack. You need to do two things: lose fat and build muscle. You get this by dieting.

Six pack abs are on the top of people's wish lists for their physiques. What does it take to actually get them though? Everyone wants it...the elusive "six pack."

Includes: Abdominal Workout Videos, Exercise Schedule, and Six Pack Diet. HASfit's Free 30 Days To Get Six Pack Abs Workout Routine will get you ripped abs fast!

Six Pack Abs, 6 Pack Abs, Fat Loss, Ripped Abs, Washboard Abs, Ab Exercises, Abdominal Exercises, Ab Workouts from Vince DelMonte