

The Six Pack Abs Diet Plan

You don't want to count calories, look up recipes, or think about your weight-loss program. You want it to be easy, you want it to be filling, and you want it to work.

Meal Plan

Pick a breakfast, a 10:30 a.m. snack, a lunch, a 3:00 p.m. snack, and a dinner from the list below.

Breakfast

Pick one:

- Bowl of cereal: 1.5 cups (2 servings) Shredded Wheat or Wheaties with 6 oz. 1 percent milk
- Bowl of oatmeal: 1 cup instant oatmeal, unsweetened, with 20 blueberries
- 3 scrambled eggs

Add

- 1 piece of fruit: A medium apple, banana, or orange
- Breakfast beverage: An 8 oz. glass of unsweetened orange juice, 1 percent milk, or a pint of coffee (that's a grande) with 1 sugar and 1 individual packet of cream. (Save yourself 27 calories by substituting calorie-free sweetener and a drop of skim milk.)

Lunch

Pick one:

- Turkey sandwich: 3 deli slices of turkey breast on whole-wheat bread with lettuce, tomato, and 1 tsp. Dijon mustard
- Tuna sandwich: 1 can tuna, drained, mixed with 3 tsp. Dijon mustard on whole-wheat bread
- PB&J sandwich: Peanut butter and easy-on-the-jelly on whole-wheat bread

Add

- 1 piece of fruit
- Handful of almonds: 24-28 nuts
- Water

Dinner

Pick one:

- Seared steak: 1 medium New York strip steak, seared ([click here to learn how](#))
- Chicken breast: Boneless, skinless chicken breast, grilled (George Foreman or otherwise) with 1 tsp. BBQ sauce

Add

- 1 heaping portion green vegetables: An individual frozen package or normal-sized can of peas, green beans, or spinach
- 1 glass wine or beer: A 6 oz. glass of wine or a bottle of beer. Don't go nuts, here: Extra calories from alcohol can ruin your weight-loss plans

Snacks

At 10:30 a.m. and 3 p.m., pick one of these snacks:

- Stonyfield fruit-flavored yogurt
- 2 sticks low-fat string cheese

Don't Want to Cook?

For those of you who are too lazy to make it yourself.

If you must eat out for breakfast...

McDonald's: Egg McMuffin, no hash browns, Breakfast beverage

Burger King: Croissan'wich egg and cheese, no side, Breakfast beverage

If you must eat out for lunch...

McDonald's: Option 1: Asian Salad with Grilled Chicken and Newman's Own Low-fat Sesame Ginger Dressing

McDonald's: Option 2: 6-piece Chicken McNuggets with 1 package BBQ sauce

Burger King: Option 1: Whopper Jr. (no mayo) with side garden salad

Burger King: Option 2: Tendergrill Chicken Garden Salad with Ken's Light Italian Dressing

Wendy's: Ultimate Chicken Grill Sandwich with side salad and medium iced tea

If you must eat out for dinner...

McDonald's: Option 1: Asian Salad with Grilled Chicken and Newman's Own Low-fat Sesame Ginger Dressing

McDonald's: Option 2: 6-piece Chicken McNuggets with 1 package BBQ sauce

Burger King: Option 1: Whopper Jr. (no mayo) with side garden salad

Burger King: Option 2: Tendergrill Chicken Garden Salad with Ken's Light Italian Dressing

Wendy's: Ultimate Chicken Grill Sandwich with side salad and medium iced tea

If you'd rather microwave...

Healthy Choice: Beef Merlot Dinner

Lean Cuisine: Glazed Chicken

How you can get six pack abs faster

So far I've given you some basic diet guidelines to follow, but if you want to develop six pack abs more quickly, you'll have to use a more advanced diet plan. And that's not all. You'll need a good workout program to go with your new diet as well.

For a full diet program and workout routine, I recommend reading [The Truth About Six Pack Abs](#). To get it [Click Here](#).