

Your diet has been designed by Rebecca Gray (Dietician) with assistance from Matt Lawrence (SixPackNow Trainer)

Hi Nick

Thanks for completing the Diet Request

Having looked at the information you provided in your Diet Request we have designed the following plan to help you shed unwanted body fat, improve abdominal definition and to tone your body with an increase in lean muscle mass. With dedication there is no reason why you cannot achieve your endeavour and win your 'Six Pack Competition' within a matter of a couple of months, however, in order to achieve your goal it will require a change in your diet and some lifestyle changes.

First of all, you can't "spot lose" fat. In other words, you can't lose body fat in any one or more specific areas. When you lose body fat, you lose fat from every area of the body, even your face, wrists, neck, and feet! You can't just lose fat from your hips or midsection with out losing fat from every other place in the body. With that being said, as your midsection becomes more defined and you begin to see your abdominal muscles, you will also see more definition in your legs, arms, chest, back, calves, and every other muscle group in the body.

I notice that you currently play squash twice weekly along with your walking, which is great cardio, however, to promote fat loss I'd suggest you use the HIIT (High Intensity Interval Training) method with some additional cardio workouts, what's HIIT?

HIIT Cardio is a very effective cardio workout that cuts regular cardio sessions by half, yet provides the very best results in terms of body-fat loss. HIIT Cardio is where you perform a cardiovascular exercise in intervals, e.g., slow jog for one minute and then a fast run for one minute and you do this for the duration of the workout. The reason that High Intensity Interval Training works better for fat loss is this: When you do a cardio session at the same pace the whole time, your body goes into what is called steady state. This means that your body has adjusted itself to the speed you are going and tries hard to conserve energy (calories). You will be able to avoid this and burn more calories and FAT by doing the interval training.

For the very best results, HIIT cardio should be performed first thing in the morning before breakfast when your metabolism is at its most active and your body is in a fasted state (where no food is in the body - meaning body fat is burned much more effectively), if this is not possible then do them sometime later in the day, but please avoid eating heavily within 1.5 hours before. You may eat protein foods, but try to stay clear from highly processed foods or high carb foods, or you'll just end up burning them back off, as opposed to body fat! Training before breakfast is by far the best and most effective time, as you will be burning fat from your body and not from any food you've consumed before hand. When performing cardio, your body searches for a faster burning source of energy. This source of energy is carbohydrates and after about 5 or so minutes of cardio, all the carbohydrates stored as glycogen will be burned up. Then, you'll begin burning body fat. Ideally, to burn the maximum amount of body fat, you must perform your cardio for more than 10 minutes with only a short break, your sessions must be intense. Here's how I would like you to plan your cardio workouts for the next 12 weeks:

Week 1-2 3 x HIIT cardio sessions weekly, 12 minutes per session, sessions must be intense
Week 3-4 3 x HIIT cardio sessions weekly, 14 minutes in duration, sessions must be intense
Week 5-8 3 x HIIT cardio sessions weekly, 16 minutes in duration, sessions must be intense
Week 8-10 3 x HIIT cardio sessions weekly, 18 minutes in duration, sessions must be intense
Week 11 & 12 3 x HIIT cardio sessions weekly, 20 minutes in duration, sessions must be intense

You will ideally need some form of cardio apparatus or a bicycle in order to do cardio.
You can find more info on HIIT here: <http://www.spnfitness.com/page33.html>
Cardio Alternatives: http://www.sixpacknow.com/mem_al_car.html

As for weights you may either continue with your current workout or begin our Lean Muscle Plan which can be found on site. This will be the ideal plan to provide more structure and direction in your workouts. If preferred you may incorporate the above cardio workouts after your weight training sessions.

Your current diet intake will need to change in order to maximise results so I will make some suggestions. You will need to monitor the carbohydrate content of your diet and make some adjustments. Firstly I'd like to explain a little about carbohydrates and what they do. Carbs main purpose is to supply energy to your body for strenuous activities and exercise. Carbs are burned by the body to produce energy. Any carbs that are not burned off from exercise or activity will be stored as body fat by your body. Therefore our diet plan recommends eating more carbs on the days you weight train or exercise intensely and then less on the days you're not so active. This is called 'Carb Rotation'. Non high activity days don't require you to consume lots of carbs, they will not get burned off and you'll end up adding even more body fat. So just to recap eat carbs (wholegrains, wheats, fruits, vegetables, brown rice, sweet potatoes etc) on days you exercise and eat them sparingly on days you do not train. You should NOT eat any carb foods after 8pm, only protein foods or vegetables only. Again this is due to the carbs not being burned off. If you eat a meal at 9pm with lots of processed carbs, that food will be turned to body fat overnight, its that simple.

You must also consume an adequate amount of high protein foods in order to build and maintain lean muscle whilst also eliminating body fat. You must make a real effort to possibly add new ideas to your diet. This diet will require to consume smaller, more frequent meals which you already do (includes two protein shakes as meals, which you do supplement with). If you stick with this, I am sure you will see the results you are looking for. Apart from the foods you mentioned I will make a few suggestions with some other foods to form part of your new diet.

I'm not sure whether you may eat cereal for breakfast. But if you do I'd like you to take a look at the ingredient list, if sugar is on there, then stop eating it immediately. **SUGAR IS THE NUMBER 1 CULPRIT FOR ADDING BODY FAT** and keeping on body fat. If the cereal does not contain sugar, then limit yourself to only 1 cup a day, eaten at least 5 hours before you retire for the night and go to sleep. Some cereals have no sugar whatsoever. Post (the company) makes a cereal called, "Shredded Wheat" It's great! It's high in fiber, low in fat, and has no sugar. Other great cereals include Oatmeal, Grits, Weetabix, Special K, Bran Flakes or other wholegrain cereal. I'd suggest you take a look at the packaging of all the foods you consume and check it's sugar values, even limit yourself to adding sugar to tea and coffee, if you really want results then please reduce sugar consumption where possible, you will really see the difference.

As for fruit keep it at one or two pieces a day, maximum. And those pieces can be eaten post workout, in the morning, or any other time of the day, but not within 5 hours of going to bed. So if you go to bed at 11:00pm, then stop eating the fruit and cereal at 6:00pm.

For your diet, you are going to have to eat a high amount of protein if you want to lose body fat. Protein is what will maintain and a good lean build so adequate quantities are essential. You must consume approx 1.0 gm or more of protein, per pound of body weight, if you do not hit these targets then you will compromise muscle gains. Your current bodyweight is 190 pounds, so I would suggest consuming approx 175-200 grams or more of protein per day divided into 5 or 6 smaller sized meals.(take a look at www.sixpacknow.com/protein1.html for an index of the best

sources of protein. Generally the best sources are chicken, tuna, lean meats, eggs whites and whey protein shakes. Your carbohydrate intake (Potatoes, brown rice, wheat products, vegetables and salads) should be kept at approx. 200-225 gms max (equivalent to approx. 1.2 gram per pound of bodyweight) on the days you weight train or exercise and decreased to no more than 150-175 grams (approx 0.8 gram per pound of bodyweight) on non-weight training or days you do not exercise. So to make it simple eat most of your carbs on days you exercise and lower them considerably on days you do not. This constant changing will fool your metabolism and will ensure that it never plateaus. If you were to constantly eat the same thing day after day your body will become used to it and your metabolism slow down which in turn will mean that your body fat stays put. The faster your metabolism runs the greater fat loss you will see. You must eliminate Processed carbs like, Pastas, breads, bagels, muffins and snacks and replace them with the fibrous carbs mentioned above. I'd like you to eliminate full fat dairy products from your diet as much as possible especially high fat yogurts or cheese. Below are a few of the best sources of Protein and carbs:

PROTEIN

Chicken Breast without skin approx 25-30 grams of protein

Tin of Tuna approx 40 grams of protein

Tin of Salmon approx 30 grams of protein

Low Fat cottage cheese approx 20 grams of protein (Dairy products kept to a minimum)

White meats Pork, Lamb great sources of protein

Whey Protein shake approx 20 grams of protein I would recommend Optimum Whey Powder, available from our store: www.spn-supplements.com

FIBROUS CARBOHYDRATES (These are the types of carbs you should consume)

Brown Rice

Wheat Products, Wheat Breads, Wheat Cereals and wholemeal products

Vegetables High in Fibre, Beans, Green beans, broccoli, courgettes, carrots, cauliflower

Sweet Potatoes, Yams, spinach, cabbage

Salads, cucumber, lettuce, celery, etc.

(a small serving approx 1/2 - 3/4 cup with each meal on weight training days is fine)

STARCHY & PROCESSED CARBS (best avoided)

White Bread

White Rice

Pastas

Snack Bars, bagels, muffins etc. (Avoid)

You may find that you crave some of your favorite foods or sweets so you must be strict. I allow myself one day of the week where I eat pretty much whatever I like, but don't go overboard and assume you can gorge on fatty foods. Should you ever feel lethargic, low in energy or extremely hungry I'd suggest a piece of fruit to give you some added energy, but only if you really need it. Also, just watch your fat intake. You don't have to count the exact gm of fat you're eating, but make sure you aren't taking in more than maybe 6gm per sitting. If you are not satisfied with the amount of body fat you are losing then either increase your cardio or decrease your carbs further.

Ok, now let's put it all together. Here is an example: For breakfast, eat a cup of shredded wheat with a cup of non-fat milk or eat a cup of oatmeal or grits. Have some egg whites on the side, maybe 5 egg whites on the side or instead a protein shake, you'll find it much more convenient. For your next 3 or 4 meals, eat about 3-4oz of chicken, steak, fish, tuna, turkey or any other cuts of lean meat. Have that with a small serving of complex carbs, roughly half a cup cooked. Brown rice, sweet potatoes, or potatoes are ideal sources. Also, add some vegetables to the mix. Any type

is okay as long as it's high in fiber. For meals 5 and 6 eat the meats I mentioned above with some veggies or a salad. Low fat dressing on the salad is ok, as long as you don't use that much. Vinegar is even better. As for supplements I would encourage you to continue with your whey protein powder. A shake mid morning and again mid afternoon will make very convenient meal replacements and will be especially useful in reaching your daily targets.

Ok, now let's put it all together. Here are some lean ideas for both your HIGH and LOW CARB DAYS. The only thing that changes between these days is the reduction or increase of carbs, protein and fats remains the same. Feel free to mix and match your meals to suit your schedule.

Breakfast Ideas:

HIGH DAY 2 x Shredded Wheat with 200 ml of 2% or Soy milk, plus 1/2 scoops of Whey Protein powder in a shake. Tea/Coffee (no sugar added)

Macros: Protein: 25-35g Carbs: 40g Fat: 2g Sodium: 0.4g

or

LOW DAY Egg White Omelette made with 4-6 egg whites and 1 yolk. Add grated ham, onion, spinach or diced chicken and pepper. 1/2 slices of whole-wheat toast.

Macros: Protein: 25-35g Carbs: 35g Fat: 4g Sodium: 0.8g

or

HIGH DAY 75g weight of Instant Oatmeal/Oats (Unsweetened and Unflavored) with protein shake added to or on own.

Macros: Protein: 25-35g Carbs: 40g Fat: 2g Sodium: 0.4g

or

HIGH DAY Whey Shake (2 scoops of protein powder for men, 1 scoop for women) with piece of fruit (apple, banana, melon, pear, avocado or orange) (Peanut Butter may be added to your shake)

Macros: Protein: 25-35g Carbs: 40g Fat: 7g of which 5g is good fats Sodium: 0.6g

or

LOW DAY Abs Smoothie - 1 Banana, low fat vanilla yogurt, skimmed milk, whey powder and crushed ice

Macros: Protein: 25-35g Carbs: 35g Fat: 2g Sodium: 0.7g

or

HIGH DAY Homemade Juice - Fruit of your choice made into a Fresh Smoothie. One-two scoops of Whey Powder in a separate shake

Macros: Protein: 25-35g Carbs: 45g Fat: 2g Sodium: 0.4g

or

HIGH DAY Breakfast Protein Burger - 1 slice of back bacon, Half a teaspoon of fat free spread, whole-wheat muffin. One-two scoops of Whey Powder in a separate shake

Macros: Protein: 25-35g Carbs: 35g Fat: 2g Sodium: 1g

or

LOW DAY Wholegrain Bagel with 1 teaspoon of Crunchy Peanut Butter. Protein Shake with 2 scoops of whey powder and 200 ml of water.

Macros: Protein: 25-35g Carbs: 40g Fat: 2g Sodium: 0.5g

or

HIGH DAY 2 x Wheatbix/Weetabix with non fat or semi skimmed milk with Whey Protein Shake

Macros: Protein: 25-35g Carbs: 40g Fat: 2g Sodium: 0.4g

or

LOW DAY 250g Low fat cottage cheese with side serving of diced fruit--melon or apple or pear.

Macros: Protein: 25-35g Carbs: 25g Fat: 4g Sodium: 1.2g

or

HIGH DAY Breakfast Burrito - Whole-wheat tortilla with four scrambled egg whites. Tablespoon of Salsa, low fat shredded cheese and low fat sour cream. Plus Protein shake

Macros: Protein: 25-35g Carbs: 30g Fat: 4g Sodium: 1g

Mid Morning Ideas:

LOW DAY Lemon/Tuna Salad - Tin of water packed Tuna fish mixed with half a spoon of low fat mayonnaise or salad cream with freshly squeezed lemon juice with diced salad or slice of brown bread.

Macros: Protein: 25-35g Carbs: 25g Fat: 4g Sodium: 0.9g

or

LOW DAY Whey Shake with handful of nuts or sunflower/pumpkin seeds

Macros: Protein: 25-35g Carbs: 10g Fat: 6g of which 5g is good fats Sodium: 0.4g

or

LOW DAY 250g Cottage Cheese Snack Low fat cottage cheese with raw carrot and celery sticks or 4-5 Rice Cakes

Macros: Protein: 25-35g Carbs: 25g Fat: 4g Sodium: 1g

or

HIGH DAY Whey Protein Shake with 200 ml of cold water or low fat milk + 1 piece of fruit:
Apple, Pear, Orange or Peach

Macros: Protein: 25-35g Carbs: 25g Fat: 2g Sodium: 0.4g

or

LOW DAY Low Carb Protein Bar With glass of water

Macros: Protein: 25g Carbs: 5-20g Fat: 4g Sodium: 0.7g

or

HIGH DAY Fruit & Yogurt Surprise - Mixed bowl of fruit, strawberries, raspberries, melon and orange with yoplait natural yogurt.

Macros: Protein: 15g Carbs: 30g Fat: 3g Sodium: 0.7g

or

HIGH DAY High Protein/Moderate Carb Bar must have less than 40g carbs.

Macros: Protein: 25-30g Carbs: 25-40g Fat: 5-7g Sodium: 0.8g

or

HIGH DAY Chicken/Salsa Burrito Whole-wheat tortilla with 100g sliced, cooked chicken or turkey breast. Tablespoon of Salsa.

Macros: Protein: 25-30g Carbs: 25g Fat: 3.5g Sodium: 0.7g

or

LOW DAY Salmon Salad Small Tin of Salmon with added mixed leaf salad or cucumber, celery or tomato with low fat dressing

Macros: Protein: 25-35g Carbs: 5-20g Fat: 8g of which 6g is good fats Sodium: 1.0g

or

HIGH DAY Lean Meat Roll/Sub Roll or Sandwich with 75-125g of Tuna, Chicken, lean ham or Turkey + Protein Shake

Macros: Protein: 15-30g Carbs: 25g Fat: 4g Sodium: 0.8g

Lunch Ideas:

HIGH DAY 100-150g of Chicken or Turkey Breast with either Brown Rice/Wholewheat spaghetti or Pasta with Vegetables. Lemon Juice or Low-Fat Sauce

Macros: Protein: 35g Carbs: 45g Fat: 5g Sodium: 1.6g

or

LOW DAY 150g Tin of water packed tuna mixed with teaspoon of fat free mayo or salad cream

with lettuce, cucumber and tomato. Relish may be added.

Macros: Protein: 30g Carbs: 15g Fat: 3g Sodium: 0.9g

or

HIGH DAY Ham and Cheese Omelette made with 4 egg whites, 1 yolk, shredded low fat cheese and diced lean ham. Serve with two slices of whole-wheat toast. Macros: Protein: 16g Carbs: 35g Fat: 6g Sodium: 1.2g

or

HIGH DAY 2 x Scoops of Whey Protein with 200 ml of cold water or low fat milk + 1 piece of fruit: Apple, Pear, Orange or Peach

Macros: Protein: 35g Carbs: 30g Fat: 3g Sodium: 0.5g

or

LOW DAY Sandwich on Wholewheat with either 100g of steak, turkey or tuna fish and salad. Protein Shake

Macros: Protein: 25g Carbs: 35g Fat: 5g Sodium: 1g

or

LOW DAY Fruit Salad - Mixed fruit in a small bowl with 2 x scoops of Whey Protein in a shake

Macros: Protein: 30g Carbs: 30g Fat: 2.4g Sodium: 0.7g

or

LOW DAY 125-150g of Chicken/Turkey in Whole-wheat tortilla with sliced, cooked chicken or turkey breast. Tablespoon of Salsa.

Macros: Protein: 30-35g Carbs: 15g Fat: 3g Sodium: 0.8g

or

HIGH DAY 150g of Baked Salmon or Haddock served with baked or sweet potato and small serving of salad or vegetables. Squeeze of lemon juice to flavor.

Macros: Protein: 40g Carbs: 40g Fat: 7g Sodium: 1.0g

Mid Afternoon Ideas:

LOW DAY Half a tin of water packed tuna fish (70g) with raw vegetables or loose leaf lettuce/cucumber/tomato or celery.

Macros: Protein: 20g Carbs: 15g Fat: 2g Sodium: 0.8g

or

LOW DAY Protein Shake 1 scoops of Whey Protein added to 200-300 ml of cold water or low fat/semi skimmed milk + handful of mixed nuts and raspberries/strawberries.

Macros: Protein: 18g Carbs: 20g Fat: 7g Sodium: 0.7g

or

LOW DAY Whey Shake (2 scoops) with Cooked Corn on the Cob

Macros: Protein: 35g Carbs: 20g Fat: 1.2g Sodium: 0.5g

or

LOW DAY 125-150g of Chicken/Turkey with 2 x Wholewheat tortillas. Tablespoon of Salsa.

Macros: Protein: 30-35g Carbs: 30g Fat: 3g Sodium: 0.8g

or

LOW DAY 150g Low fat Cottage cheese with added salmon, shrimp, prawns, pineapple or chives

Macros: Protein: 18g Carbs: 5g Fat: 4g Sodium: 1.5g

or

LOW DAY 4 x Rice Cakes with 150g of low fat cottage

Macros: Protein: 20g Carbs: 20g Fat: 2.5g Sodium: 1.0g

Dinner Ideas:

HIGH DAY Lean Wholewheat Tortilla - 100-125g of Extra Lean Minced Beef or Turkey with chopped onion, finely chopped garlic, chili powder, kidney beans, chili peppers. Whole-wheat Tortillas. Lettuce, grated cheese and tomatoes can also be added.

Macros: Protein: 25-30g Carbs: 35g Fat: 2.5g Sodium: 1.0g

or

HIGH DAY Tuna Pasta Bake 130g tin of water packed tuna mixed with 75g of cooked whole-wheat pasta and tomato sauce

Macros: Protein: 25g Carbs: 40g Fat: 2.5g Sodium: 1.0g

or

HIGH DAY Spaghetti Bolognese - 100-125g of Lean Minced Beef/Steak with whole-wheat spaghetti and homemade tomato sauce (4 vine tomatoes, chili flakes, olive oil, basil and 1 tablespoon of white wine)

Macros: Protein: 20g Carbs: 20g Fat: 2.5g Sodium: 1.0g

or

LOW DAY Tuna Burgers - 130g of tin of water packed tuna drained, 1 egg white, 1 Tbs low fat pancake mix, salt free seasoning, pepper mixed together formed into a patty and cooked in frying pan with low fat spray served with vegetables.

Macros: Protein: 25g Carbs: 25g Fat: 2.5g Sodium: 1.0g

or

LOW DAY 125g of Skinless Chicken Breast served with baked or Sweet Potato and mixed vegetables. You may have Sweet Potato fries, cut in chunks and grill.

Macros: Protein: 30g Carbs: 25g Fat: 1.5g Sodium: 1.0g

or

HIGH DAY 100-125g of Lean Ground Beef or Mince mixed with baby tomatoes and basil with 100g of brown rice and 50g of mixed vegetables Cajun Style (brown rice and canned black beans with low fat spread and hint of Tabasco Sauce)

Macros: Protein: 25g Carbs: 45-50g Fat: 2.5g Sodium: 1.0g

or

HIGH DAY 125-150g of Grilled or Baked Trout, salmon, Haddock or Cod served with lemon juice, baked potato and vegetables. Lemon juiced can be used for taste.

Macros: Protein: 35-40g Carbs: 35-40g Fat: 7g Sodium: 1.2g

or

LOW DAY Smoked Turkey Sausage with baked beans, chopped tomatoes, mushrooms and diced onion.

Macros: Protein: 17g Carbs: 20g Fat: 1.5g Sodium: 1.0g

or

HIGH DAY 125-150g of Sirloin, Fillet or Rump Steak served with vegetables or salad (oven baked fries once weekly) Steak can be peppered or seasoned to your choice

Macros: Protein: 30-40g Carbs: 25g Fat: 5g Sodium: 1.0g

or

HIGH DAY Chicken Curry - 125g of Diced chicken breast with curry powder, finely chopped onions, fat-free natural yogurt, reduced fat mayo, paprika, and brown rice or basmati rice.

Macros: Protein: 30g Carbs: 40g Fat: 5.0g Sodium: 1.4g

or

HIGH DAY 100g of Turkey or Chicken in two slices of whole-wheat or brown bread with lettuce or salad + 1 x scoop of Whey Powder in a Shake

Macros: Protein: 40g Carbs: 35g Fat: 1.5g Sodium: 1.0g

or

LOW DAY 150g of Turkey Steak Mince fried in little olive oil with onion, mushrooms, green beans or spinach.

Macros: Protein: 40g Carbs: 5g Fat: 2.5g Sodium: 0.5g

or

HIGH DAY 125g of Steak served in 2 x whole-wheat pita bread served with salad and low fat relish

Macros: Protein: 30g Carbs: 35-40g Fat: 6g Sodium: 1.0g

Supper Ideas (Optional)

HIGH/LOW DAY Protein Shake. 2 scoops of Casein Protein powder added to 200-300 ml of cold water or 2% Milk

Macros: Protein: 30-40g Carbs: 5g Fat: 2.0g Sodium: 0.4g

or

HIGH/LOW DAY 2 x Rice Cakes with 150-200g of low fat cottage cheese or dry curd cottage cheese. Macros: Protein: 20-25g Carbs: 15g Fat: 2.0g Sodium: 1.0g

or

HIGH/LOW DAY Tuna Salad. Half a tin (70g) of water packed tuna mixed with lettuce, cucumber or mixed green salad. Olive oil can be added.

Macros: Protein: 17g Carbs: 5-10g Fat: 2.0g Sodium: 0.7g

or

HIGH/LOW DAY 250g of Dry Curd Cottage cheese with Raspberries

Macros: Protein: 25g Carbs: 7g Fat: 2.0g Sodium: 1.0g

or

HIGH/LOW DAY Egg White Omelette made with 5 egg whites, pepper, spinach and 2 x Rice Cakes. (To increase the protein content add more egg whites. The white from a small egg = 4g of protein)

Macros: Protein: 20g Carbs: 10g Fat: 2.0g Sodium: 0.7g

Pre-Post Workout Options:

50g of Oats and 2 scoops of whey protein in 200ml of water

Macros: Protein: 20g Carbs: 25g Fat: 1.5g Sodium: 0.3g

or

2 scoops of Dextrose and 2 scoops of whey protein in 200ml of water

Macros: Protein: 40g Carbs: 30g Fat: 2.0g Sodium: 0.4g

or

1 scoop of Dextrose and 1 scoop of whey protein in 200ml of water

Macros: Protein: 20g Carbs: 15g Fat: 1.0g Sodium: 0.3g

or

Banana & Berry Smoothie, 1 Large Banana, 1 Large Handful of Strawberries or other Berries, 1-2 Apples, 1 scoop of original whey powder

Macros: Protein: 20g Carbs: 60g Fat: 1.0g Sodium: 0.5g

Sugar Free Desserts / Healthy Desserts

To help with those cravings you can enjoy some great low calorie, low fat desserts without feeling guilty.

Sugar Free Jello with scoop of flavored Whey. Mix with water and leave in fridge to set.

Macros: Protein: 20g Carbs: 2g Fat: 0.5g Sodium: 0.1g

Instone Protein Pudding - Sylvester Stallone's Supplement Brand make these fantastic little desserts in a can!

Macros: Protein: 20g Carbs: 1g Fat: 2g Sodium: 0.3g

Crunchy Chocolate Delight - 1 cup of Source 0% (50g) Chocolate flavored yogurt, 1 Scoop Chocolate Whey, Mix, then put in freezer for 15 minutes, then mix in 2 tablespoons of Kashi or Granola Cereal (for crunch)

Macros: Protein: 25g Carbs: 10g Fat: 2.5g Sodium: 0.5g

IMPORTANT - DAILY ALLOWANCES

Here are your daily protein, carb and fat targets. With the following allowances please visit the following page on site where you can browse various foods and construct your own meal plans with your daily allowances in mind.

<http://www.sixpackknow.com/mealplans.html>

Protein - 175-200 grams per day divided into 6 meals = approx 30-35 g or more grams per meal
Carbs (Weight Training / Exercise days) - Approx. 200-225 g grams divided into 5 meals = approx 40-45 grams per meal

Carbs (Non Exercise Days) - 150-175 grams divided into 4 meals = approx 35-45 grams per meal
Fat - No more than 6 or 7 grams per sitting

NOTE: Adequate water intake is essential. Please continue with 8 glasses daily

IMPORTANT:

Remember your weight is 187 pounds and you require approx. 175-200 grams of protein per day. If you don't have time to cook or make a meal, supplement with a good Whey Protein Shake. As for carbs, eat them mainly in the morning and daytime and never any before bedtime. I'd suggest approximately no more than approx 40-50 grams per meal in four meals or approximately 1.2 gram per pound of bodyweight on weight training or exercise days and no more than 35-45 grams

per meal in four meals on non-weight training or exercise days (approx. 0.8 gram per pound of bodyweight). As for your fat intake, as stated earlier make sure you are not consuming more than 6 grams in each of your meals. If you find that your progress is slow, decrease your carbs further and add a few extra minutes to your cardio sessions.

Overall, just watch what you eat. Stay away from refined sugars and wheat, like bagels, rolls, muffins, enriched pastas and all the other bad stuff. Try to keep your food as "clean" as possible. Drink plenty of water, at least 8 glasses a day as already stated. Water will keep you hydrated and it also has very beneficial fat loss benefits. Avoid sugary drinks, like juices as mentioned. Read the labels on what you eat and realize what you're taking in before you take it in.

As for your abdominals try some of the different exercises for your abs and remember to work them till failure. If you've not exercised your abdominals in a long time I would recommend visiting our Ab Exercise pages and select some of the various exercises or incorporate our Beginner Routine. If you will be incorporating our 12 Week Lean Muscle Plan you can use the ab exercise detailed in the plan.

With your current waist size at 35 inches you should see a great improvement in a very short time, I would especially recommend incorporating resistance/weighted exercises to help bring our more prominent definition. Please take a look at our Weighted Exercises Page: <http://www.sixpacknow.com/mmresistex.html>

I would recommend you incorporate some of the exercises here, especially decline crunches along with some of the non-resistance based exercises on the Main Ab Exercises Pages. Three workouts weekly, training your Upper Abs on a Monday (Pick three exercises for three sets), Lovers on a Wednesday and Obliques on a Friday.

Here is a great routine (All exercises to be performed to failure):

Monday: UPPERS

3 sets of Cable Crunches

3 sets of Decline Crunches (you may place a loose weight on chest for increased resistance)

3 sets on the Abdominal Crunch Machine

Wednesday: LOWERS

3 sets of Roman Chair Crunches

3 sets of Bench Leg Raises (with light dumbbell placed between feet)

3 sets of Seated Leg Raises

Friday: OBLIQUES

3 sets of Oblique Crunches

3 sets of Weighted Side Bends

3 sets of Reverse Trunk Twists or 3 sets of Oblique Crunches on Decline Bench

After four weeks on the above routine I would like you to move onto this more advanced routine:

Monday: UPPERS

3 sets of Janda Sit Ups: http://www.sixpacknow.com/janda_sit_up.html

3 sets of Weighted Crunch http://www.sixpacknow.com/m_cr_head.html

3 sets of Cable Crunches

3 sets of Clamshell: <http://www.sixpacknow.com/clamshell.html>

Wednesday: LOWERS

3 sets of Weighted Leg Pull Ins: http://www.sixpacknow.com/weighted_pull_in.html
3 sets of Reverse on Bench: http://www.sixpacknow.com/m_rev_b.html
3 sets of Decline Crunches: http://www.sixpacknow.com/m_dec.html

Friday: OBLIQUES

3 sets of Russian Twists: http://www.sixpacknow.com/russian_twist.html
3 sets of Reach and Catch: <http://www.sixpacknow.com/zreachandcatch.html>
3 sets of Cunches on Bench: <http://www.sixpacknow.com/zocrunchonbench.html>

For more info on these exercises visit the following pages:

<http://www.sixpacknow.com/mmresistex.html>
<http://www.sixpacknow.com/guidetolowers.html>
<http://www.sixpacknow.com/guidetolowers2.html>
http://www.sixpacknow.com/obli_ex.html

Remember the key to your success with the program comes down to the amount of dedication you put in. Remain motivated and you'll see the results. Everything is awaiting you, you just need to put in that extra effort and commitment to achieve it.

I hope this Diet Plan will be useful and not to overwhelming, If you need any part clarifying please feel free to contact either one of us. Once you have read and digested the information we have presented above by all means email us with a diet and training schedule you have planned and are ready to start, we can then check over and ensure everything is in place and ready for you to begin. We hope that you will keep in contact with us frequently and strongly encourage you to take progress photos so that you and we can monitor your transformation along the way, we can then also assess areas which may need particular attention and advise accordingly. Once again, thank you for giving us the opportunity to help you with your goals and we look forward to working closely with you over the coming weeks.

Best Regards

Matt Lawrence (SixPackNow Trainer)
email: matt@sixpacknow.com

Rebecca Gray (Diet Nutritionist for Sixpacknow.com)
email: rebecca@sixpacknow.com