

MEAL #1

- 8 OZ. EGG WHITES
- 4 OZ. BEEF
- 0.5 CUP OATS
- 1 BANANA

- 20 OZ. WATER
- 1 TBSP MCT OIL
- MULTI VITA, FO
- CLA, PROBIOTIC

MEAL #2

- 2 SCOOPS WHEY
- 2 TBL NATURAL PEANUT BUTTER
- 20 OZ. WATER

MEAL #3

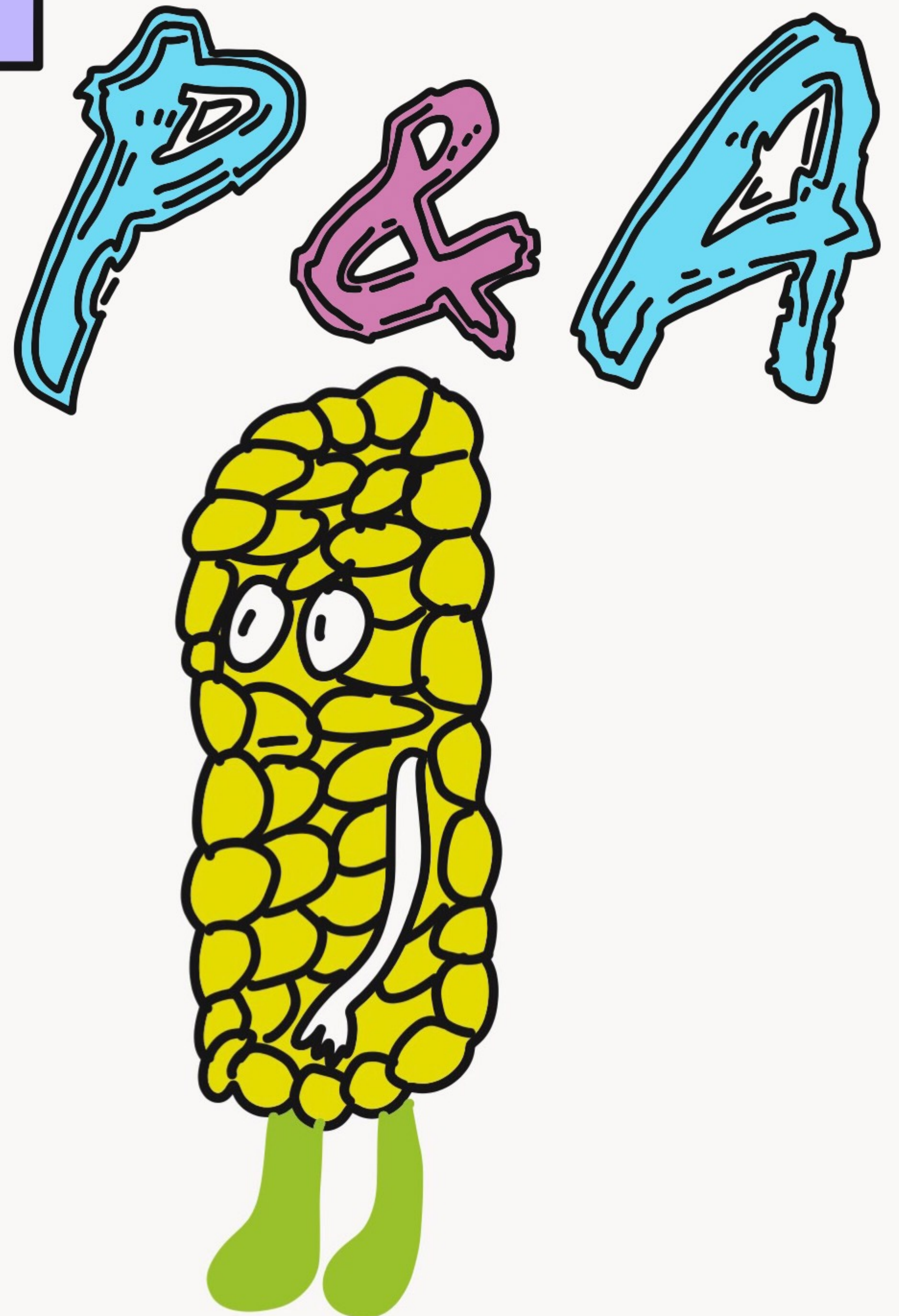
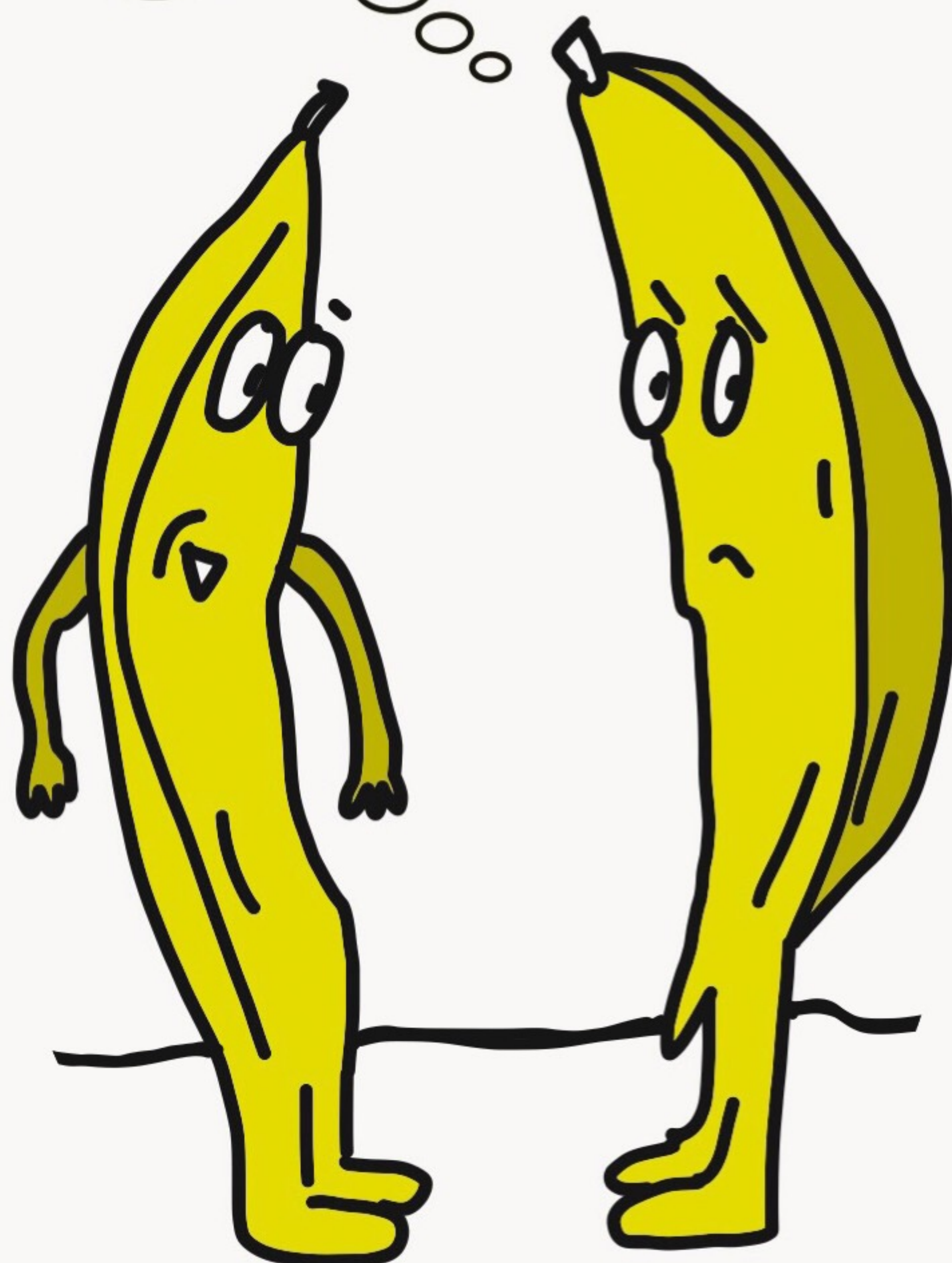
- 6 OZ. GROUND BEEF 99%
- 6 OZ. SWEET POTATO
- 3 OZ. AVOCADO
- 1 CUP. BROCCOLI

- 20OZ. WATER

- FO,CLA

"Check out the abs on that dude!"

1ST 6 PACK DIET



Be the Guy or Girl with the Abs this season.

MEAL #4

- 6OZ. CHICKEN
- 6OZ. BROWN RICE
- 6 PIECES ASPARAGUS

- 20OZ. WATER

- 1TBSP MCT OIL

MEAL #5

- 6 OZ. BEEF
- 4 OZ. WHITE POTATO
- 3 OZ. AVOCADO
- 1 CUP SPINACH

- 20 OZ. WATER

- FO,CLA

MEAL #6

- 8 OZ. SALMON
- 4 OZ. BROWN RICE
- 1 CUP SPINACH

- 20 OZ. WATER
- 1 TBSP.MCT OIL

MEAL #1

- 10 OZ. EGG WHITES
- .5 CUP OATS

- 20 OZ. WATER
- 1 TBSP MCT OIL
- MULTI VITA, FO
- CLA, PROBIOTIC

MEAL #2

- 2 SCOOPS WHEY

- .25 CUP OATS

- 20 OZ. WATER

MEAL #3

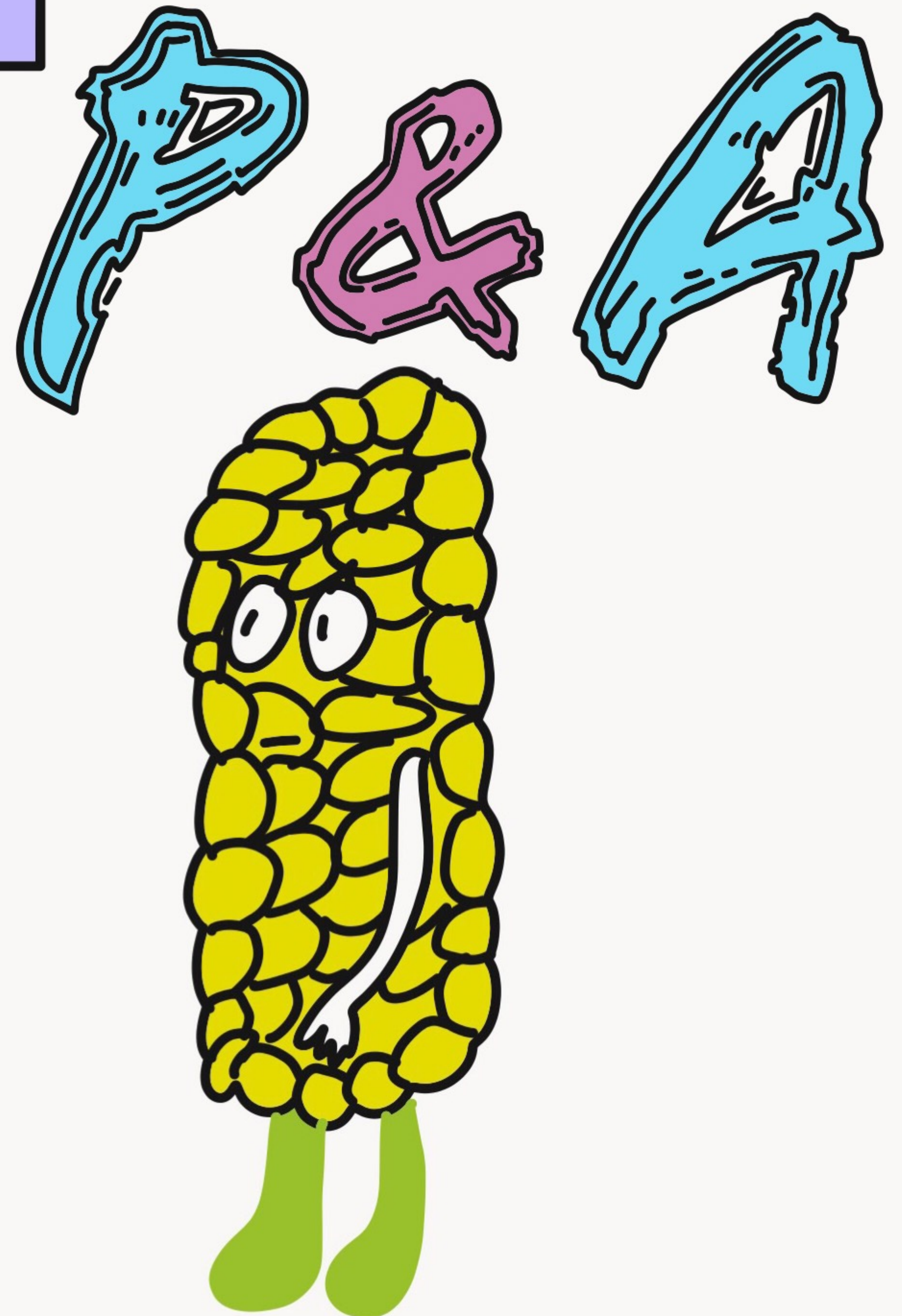
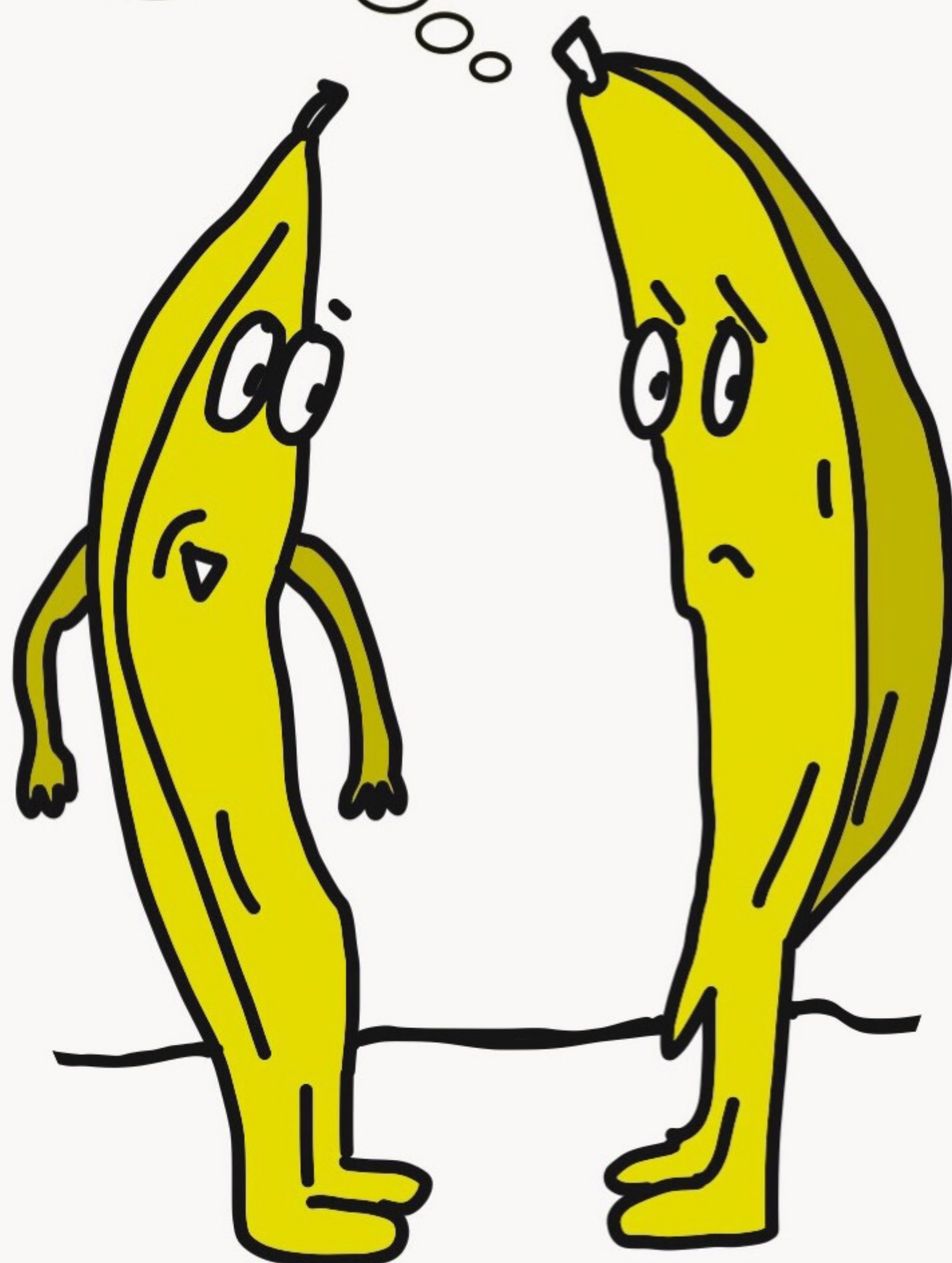
- 6 OZ. GROUND BEEF 99%
- 6 OZ. SWEET POTATO
- 1 CUP. BROCCOLI

- 20OZ. WATER

- FO,CLA

“Check out
the abs
on
that dude!”

2ND 6 PACK
DIET



Be the Guy or Girl with
the Abs this season.

MEAL #4

- 6OZ. CHICKEN
- 6OZ. BROWN RICE
- 6 PIECES ASPARAGUS

- 20OZ. WATER

- 1TBSP MCT OIL

MEAL #5

- 6 OZ. BEEF
- 4 OZ. WHITE POTATO
- 1 CUP SPINACH

- 20 OZ. WATER

- FO,CLA

MEAL #6

- 8 OZ. COD
- 1 CUP SPINACH

- 20 OZ. WATER
- 1 TBSP. MCT OIL

MEAL #1

- 10 OZ. EGG WHITES
- .5 CUP OATS

- 20 OZ. WATER
- 1 TBSP MCT OIL
- MULTI VITA, FO
- CLA, PROBIOTIC

MEAL #2

- 2 SCOOPS WHEY

- 20 OZ. WATER

MEAL #3

- 6 OZ. GROUND BEEF 99%
- 6 OZ. SWEET POTATO
- 1 CUP. BROCCOLI

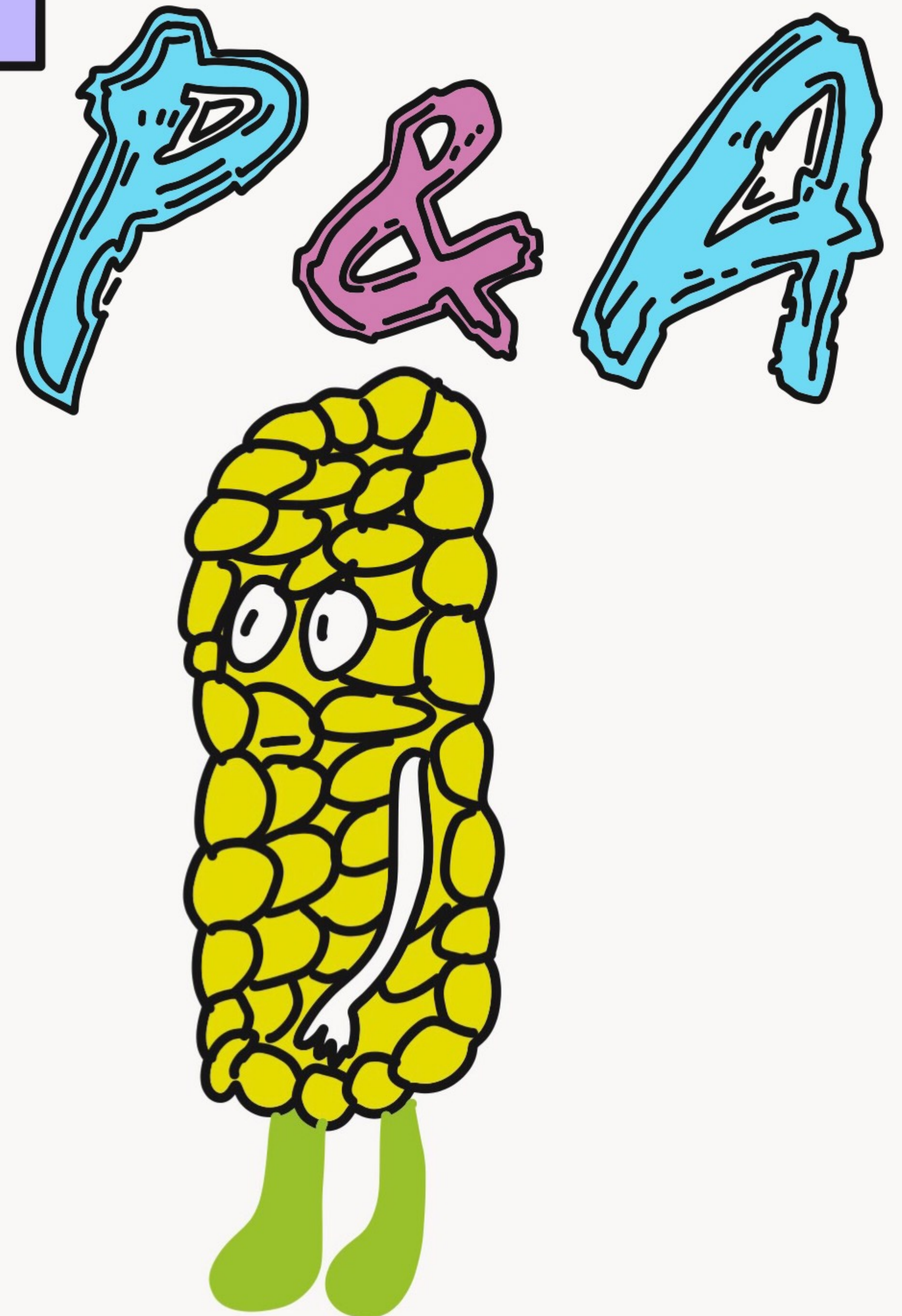
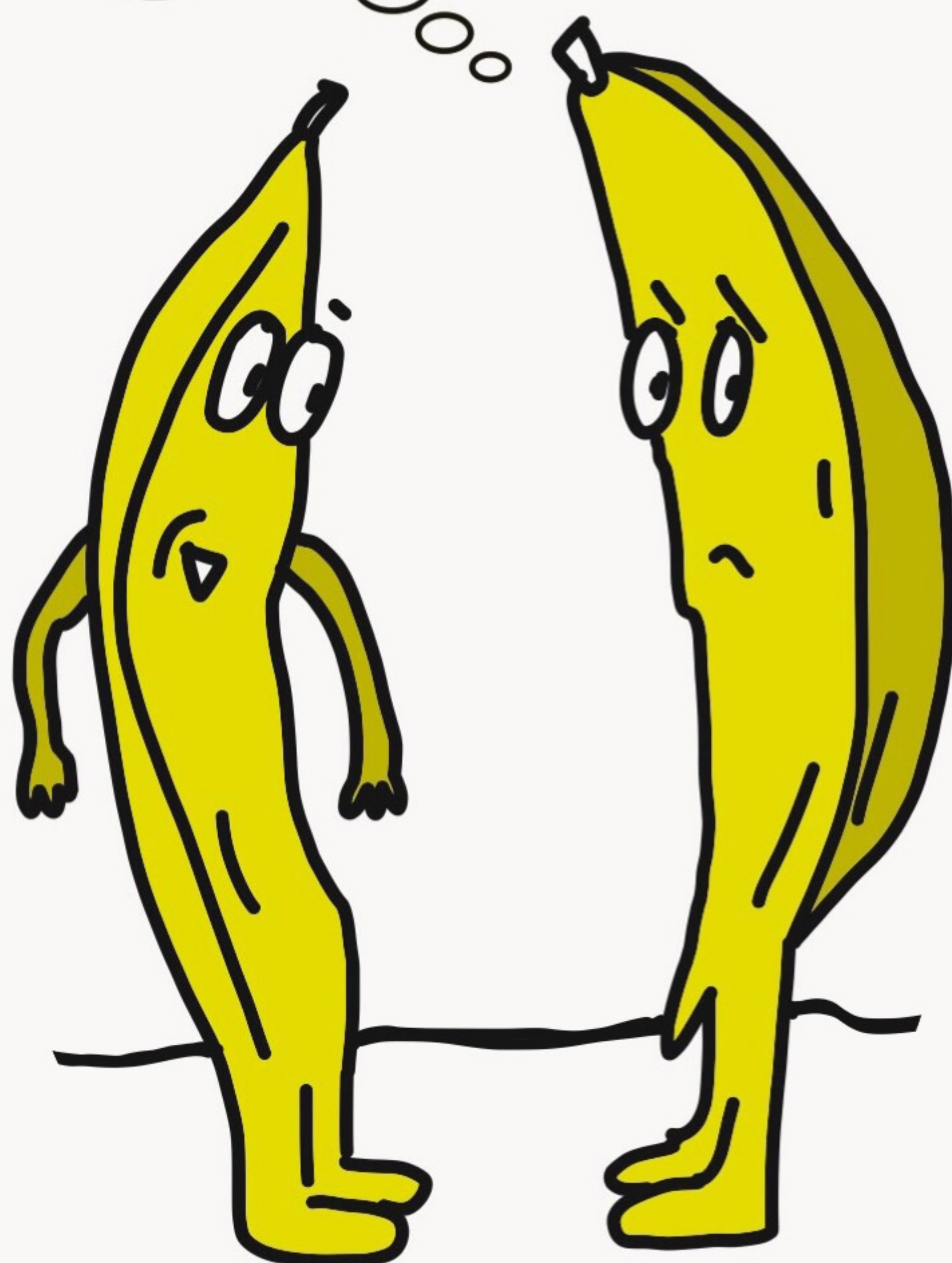
- 20OZ. WATER

- FO,CLA

"Check out the abs on that dude!"

3RD 6 PACK DIET

-45 MIN FASTED
CARDIO BEFORE
AND AFTER
WORKOUT



Be the Guy or Girl with
the Abs this season.

MEAL #4

- 6OZ. COD
- 6OZ. BROWN RICE
- 6 PIECES ASPARAGUS

- 20OZ. WATER

- 1TBSP MCT OIL

MEAL #5

- 6 OZ. GROUND TURKEY 99%
- 6 OZ. SWEET POTATO
- 1 CUP SPINACH

- 20 OZ. WATER

- FO,CLA

MEAL #6

- 8 OZ. COD
- 1 CUP SPINACH

- 20 OZ. WATER
- 1 TBSP. MCT OIL

MEAL #1

**8 OZ EGG WHITES
.5 CUP OATS
2 TBL. NATURAL PEANUT
BUTTER
1 BANANA**

20 OZ WATER

**VITAMIN, FO, CLA,
PROBIOTIC**

MEAL #2

**2 SCOOPS WHEY
.5 CUPS OATS
2TBL. NATURAL
PEANUT BUTTER**

20 OZ. WATER

MEAL #3

**6 OZ GROUND
TURKEY
4 OZ SWEET POTATO
3 OZ AVOCADO
1 CUP BROCCOLI**

20 OZ WATER

I'M BULKING



MEAL #6

**8 OZ SALMON
4 OZ BROWN RICE
1 CUP SPINACH**

20 OZ WATER

MEAL #4

**6 OZ CHICKEN
4 OZ BROWN RICE
6 ASPARAGUS**

20 OZ WATER

MEAL #5

**6 OZ BEEF
6 OZ WHITE
POTATO
3 OZ AVOCADO
1 CUP SPINACH**

20 OZ WATER

PHASE 1

MEAL #1

**8 OZ EGG WHITES
4OZ BEEF
.5 CUP OATS
1 TBSP MCT OIL
1 BANANA**

20 OZ WATER

**VITAMIN, FO, CLA,
PROBIOTIC**

MEAL #2

**2 SCOOPS WHEY
.5 CUPS OATS
2TBL. NATURAL
PEANUT BUTTER**

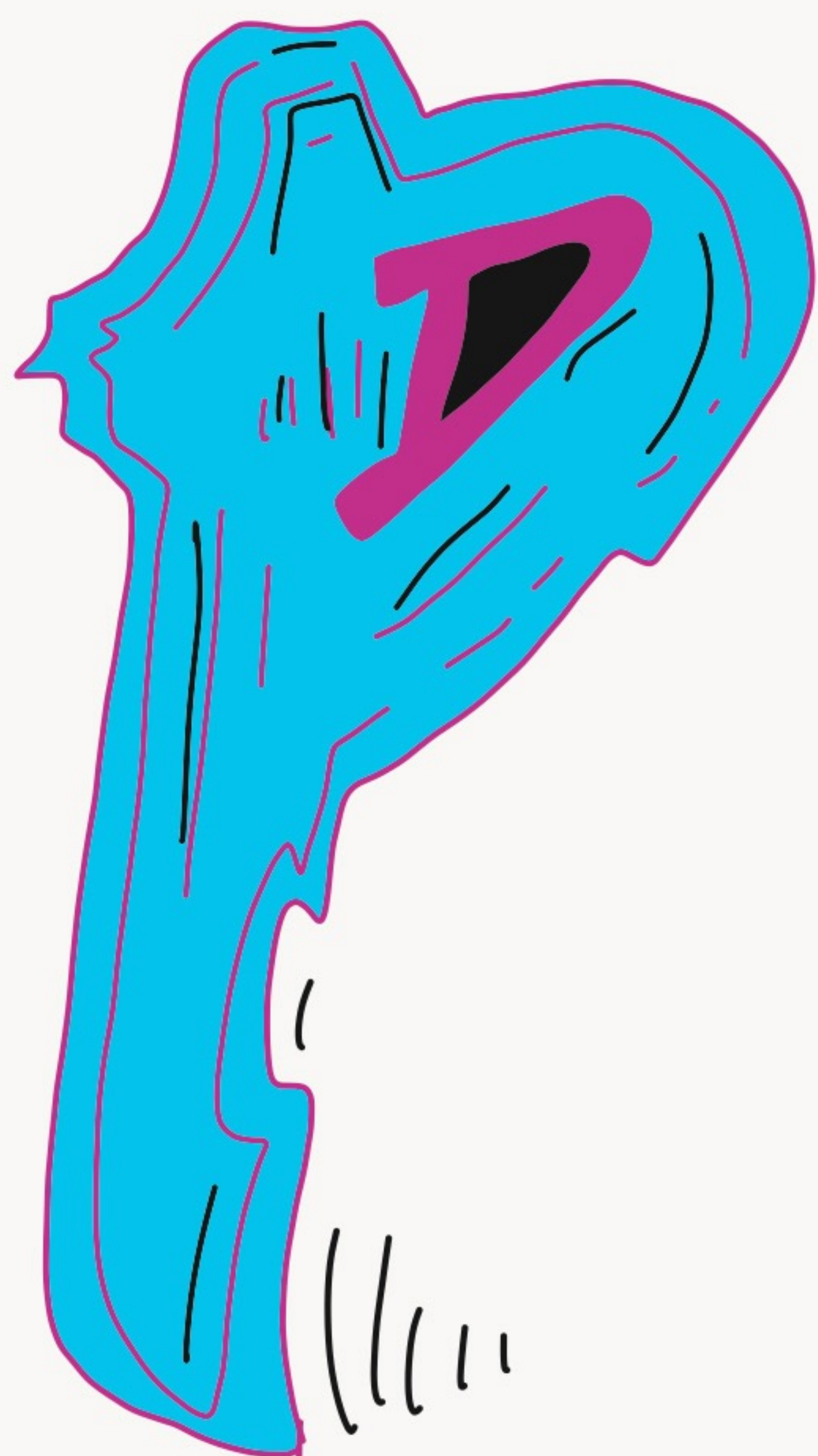
20 OZ. WATER

MEAL #3

**6 OZ GROUND
TURKEY
4 OZ SWEET POTATO
3 OZ AVOCADO
1 CUP BROCCOLI**

20 OZ WATER

I'M BULKING



MEAL #6

**8 OZ SALMON
6 OZ BROWN RICE
1 CUP SPINACH**

20 OZ WATER

MEAL #4

**6 OZ CHICKEN
4 OZ BROWN RICE
6 ASPARAGUS
1 TBSP MCT OIL**

20 OZ WATER

MEAL #5

**6 OZ BEEF
6 OZ WHITE
POTATO
3 OZ AVOCADO
1 CUP SPINACH**

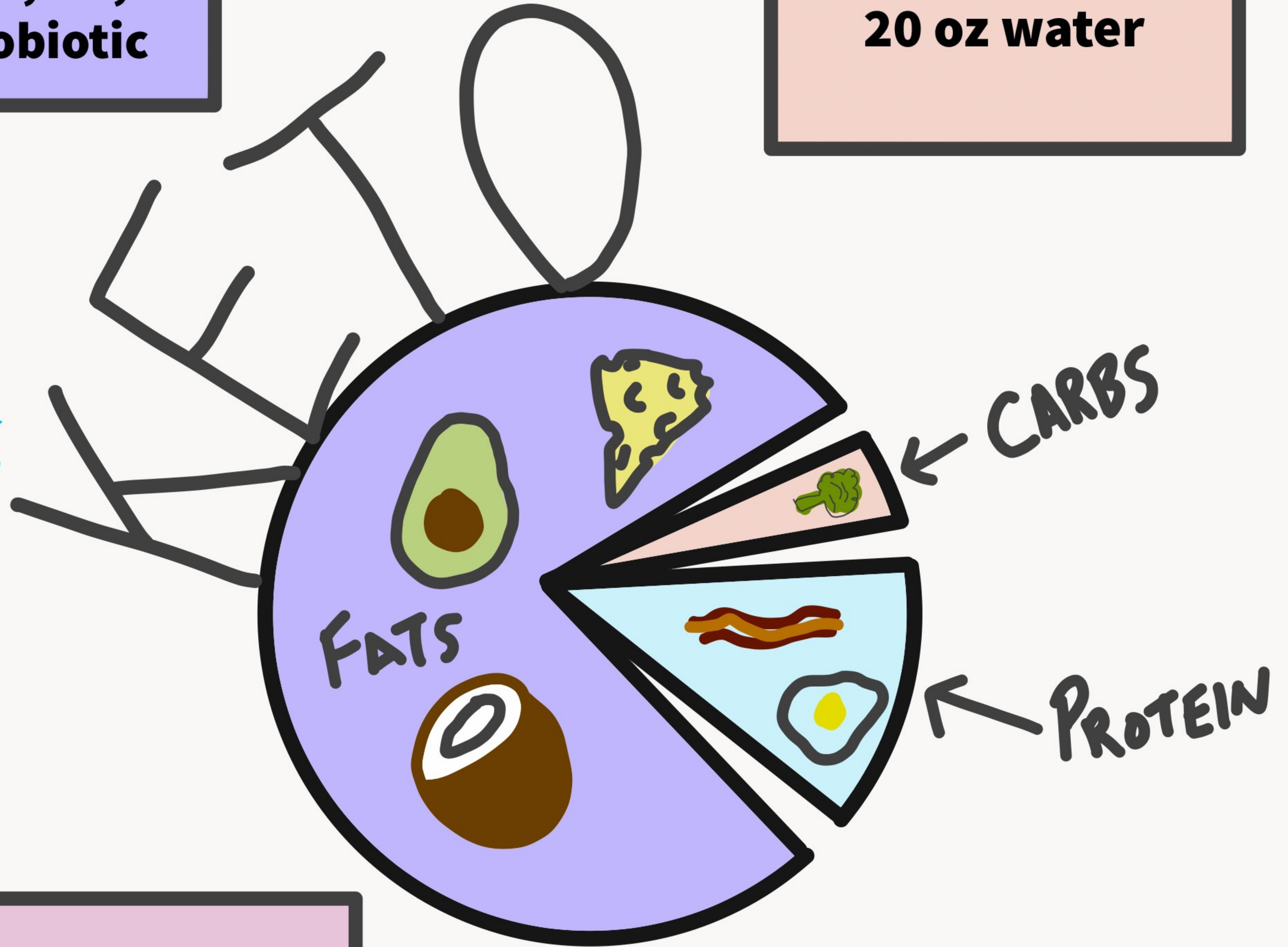
20 OZ WATER

PHASE 2

Meal #1
8 oz Eggs
4 oz Beef
1 Tbsp. MCT oil
20 oz w/ lemon
Black Coffee
Vitamin, FO,
CLA, Probiotic

Meal #2
2 Scoops
Whey
3 oz
Avocado
20 oz water

Avoid
Sugar &
Carbs



Meal #3
6 oz Ground
Turkey 99%
3 Bacon
3 oz Avocado
1 cup Cauliflower
20 oz Water
FO, CLA

Meal #4
6 oz
Chicken
3 oz Cheese
6 Asparagus
20 oz Water

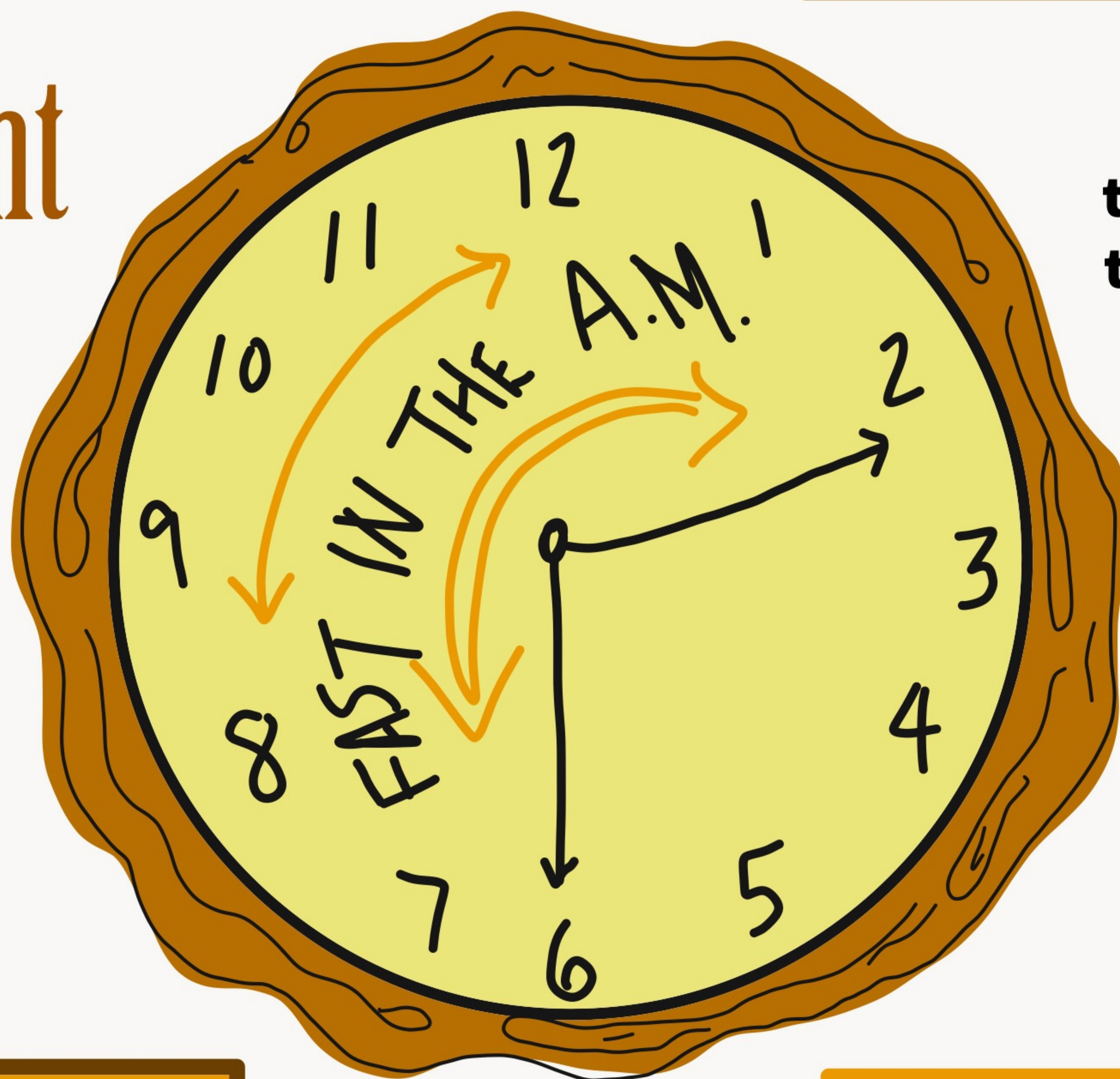
Meal #1

No Food
20 oz Water
Black Coffee or Tea

Meal #2

8 oz Eggs
4 oz Beef
3 oz Avocado
20 oz Water
Black coffee or Tea

Intermittent Fasting



Don't believe the "Hollywood this, Hollywood that" it just means "Skip Breakfast"

Meal #3

6 oz Ground Turkey 99%
3 Bacon
.5 oz Oats
3 oz Avocado
1 cup Cauliflower
20 oz Water

Meal #4

6 oz Chicken
.5 cup Oats
3 oz Cheese
6 Asparagus
20 oz Water

Meal #1

8 oz Cage Free Eggs
.5 cups Organic Oats
3 oz Organic Avocados
1 cup Organic Broccoli
20 oz Bottle Water
Limit Caffeine if its a problem

Meal #2

10 oz Organic Chicken Broth
4 oz 100 % grass fed beef
1 Tbsp MCT oil
20 oz Bottle Water

Elimination
Preservatives
and things you
know that are
bad for you.



Elimination Diet

Meal #3

3 oz Organic Avocado
1 cup Organic Cauliflower
2 cup Organic Romaine
40 oz Bottle Water

Meal #4

6 oz Hormone Free Chicken
3 oz Hormone Free Cheese
6 oz Organic Asparagus
20 oz Bottle Water