

# 8-WEEK ABS DIET PLAN

Keep your energy up while dropping stubborn fat with our clean-eating, flat-abs menu.

By **Linda Stephens**

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It's commonly said the abs are made in the kitchen—a truth that's well worth repeating, since even the best exercise plan can easily become undone with an unfocused diet. This eight-week mix-and-match meal plan allows you to maximize your hard work at the gym by focusing on clean eating, balanced macros, low sugar, and plenty of delicious choices. It's also designed to help increase your fat burning by giving your body the fuel it needs to function at its best.

- Aim to eat about 1,800 calories a day, choosing three main meals and one or two snacks. Your macros will fall to about 40% protein, 35% carbs, and 25% fat. This is a good range to help keep you fueled but still allow you to shed unwanted fat so you can reveal your toned physique. If you're feeling stalled, try dropping your carbs to about 30% while raising your healthy-fat intake to about 30%. (Think: avocado, coconut oil, natural nut butters, etc.)
- Time your meals so you're eating every three to four hours. Try not to go more than four hours without eating anything—and if you're hungry, move your timetable up so you're having something every 2½ to three hours.
- Drink up: You already know this, but, like many people, you may not adhere to the cardinal rule of drinking water throughout the day. Don't like the taste? Try adding fresh lemon or cucumber slices. If you want some extra fuel without a lot more calories, add some flavored branched chain amino acids to water between meals.

**SEE ALSO:** Pair This Diet with the 8-Week Cardio Abs Plan



## BREAKFAST

- ½-cup liquid egg whites
- 1 whole egg
- 1/3-cup quick or steel-cut oats (cinnamon to taste)
- ½-cup blueberries

Calories: 350, Fat: 7.5g, Carbs: 22g, Protein: 30g

#### **MEAL 2:**

- 1/3-cup oats (cinnamon to taste)
- 1 scoop whey/casein protein powder
- 1 tbsp natural nut butter
- ½-cup melon or pineapple

Calories: 350, Fat: 10g, Carbs: 35g, Protein: 30g

#### **MEAL 3:**

- 2 slices nitrate-free organic turkey bacon
- ¾-cup liquid egg whites
- 1 low-carb wrap or 2 slices sprouted grain bread
- 1-cup mix of bell peppers, onions, tomatoes

Calories: 350, Fat: 4g, Carbs: 30g, Protein: 30g

#### **MEAL 4:**

- 6 oz nonfat Greek yogurt
- 2 slices sprouted-grain bread

Calories: 300, Fat: 25g, Carbs: 30g, Protein: 20g

### **MEAL 5:**

- ½-cup liquid egg whites
- 3 oz lean sirloin
- 1 cup bell peppers
- 1 low-carb wrap

Calories: 350, Fat: 6g, Carbs: 30g, Protein: 35g

### **MEAL 6:**

- 6 oz nonfat Greek yogurt
- 1/3-cup oats
- ¼-cup crushed almonds
- ½-cup sliced strawberries

Calories: 350, Fat: 18g, Carbs: 30g, Protein: 20g

### **MEAL 7:**

- ½-cup liquid egg whites
- 1 whole egg
- 2 whole-grain waffles
- ¼-cup blueberries
- 1 tbsp real maple syrup

**MEAL 8:**

- ½-cup 1% fat, no-salt- added cottage cheese
- ½-cup mixed berries
- 2 whole-grain waffles
- 1 tbsp natural nut butter

Calories: 420, Fat: 10g, Carbs: 38g, Protein: 26g

**SEE ALSO:** Healthy Hearty Toast Recipes



# LUNCH

**MEAL 1:**

- 4 oz grilled chicken breast
- 1–2 cups romaine lettuce

- 1 slice sprouted-grain bread
- Dressing (1½ tsp coconut oil, 1 tbsp balsamic vinegar)

Calories: 350, Fat: 30g, Carbs: 20g, Protein: 35g

#### **MEAL 2:**

- 1 can albacore tuna in water, drained
- 1 tbsp mustard and 1 tbsp low-fat mayo (Mix into tuna)
- 1–2 cups lettuce
- 1 whole-wheat pita bread
- ½ tomato, sliced

Calories: 300, Fat: 10g, Carbs: 25g, Protein: 30g

#### **MEAL 3:**

- 3 oz lean grass-fed beef
- 4 oz sweet potato
- 1-cup steamed broccoli

Calories: 300, Fat: 5g, Carbs: 30g, Protein: 28g

#### **MEAL 4:**

- 3 oz salmon
- 2 cups spinach (Sauté spinach in pan with nonstick spray; add garlic and sea salt to taste)
- ½-cup farro or brown rice

**MEAL 5:**

- 4 oz shrimp
- 2 cups mixture of bell peppers, onions, spinach (Stir-fry shrimp and vegetables in pan with nonstick spray)
- ½-cup brown rice
- 1½ tsp coconut oil or olive oil

Calories: 300, Fat: 5g, Carbs: 30g, Protein: 30g

**MEAL 6:**

- 4 oz turkey burger (93% fat)
- 2 cups romaine lettuce
- 1 tbsp mustard
- 1 tbsp organic ketchup
- ½-cup whole-grain pasta

Calories: 250, Fat: 10g, Carbs: 25g, Protein: 30g

**MEAL 7:**

- 4 oz lean sliced turkey or chicken
- 2 slices sprouted-grain bread or whole-wheat pita
- 2 tbsp avocado
- Lettuce and tomato

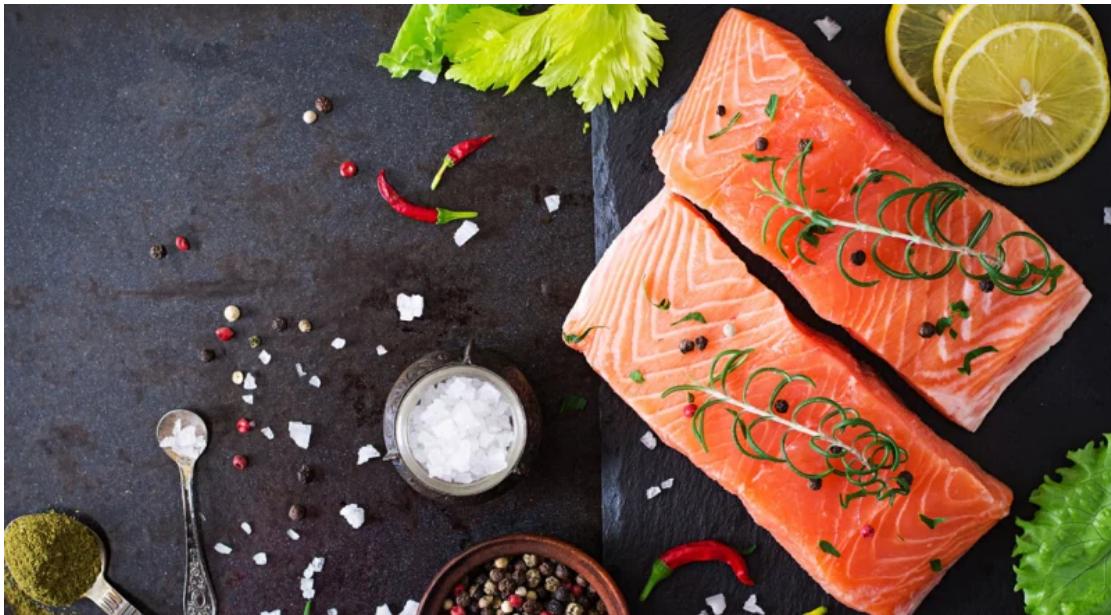
Calories: 320, Fat: 8g, Carbs: 20g, Protein: 30g

**MEAL 8:**

- 4 grape tomatoes
- ¼-cup crushed almonds or walnuts
- 2 brown rice cakes

Calories: 350, Fat: 20g, Carbs: 35g, Protein: 25g

**SEE ALSO:** Paleo Friendly Grill Recipes



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## DINNER

### MEAL 1:

- 3 oz grass-fed bison



- 1 cup spinach

Calories: 300, Fat: 8g, Carbs: 20g, Protein: 25g

## **MEAL 2:**

- 4 oz shrimp
- 12 asparagus spears
- ½-cup cauliflower rice (Cook cauliflower rice in skillet coated with nonstick spray; serve asparagus over cauliflower and shrimp)

Calories: 300, Fat: 5g, Carbs: 30g, Protein: 30g

## **MEAL 3:**

- Mustard Chicken\* (\*See recipe, next page)

Calories: 300, Fat: 10g, Carbs: 25g, Protein: 20g

## **MEAL 4:**

- 3 oz salmon
- 1–2 cups zucchini noodles
- 1/3 cup mushrooms, sautéed
- Sea salt and seasonings

Calories: 300, Fat: 7g, Carbs: 25g, Protein: 20g

## **MEAL 5:**



- 2 cups green beans

Calories: 300, Fat: 25g, Carbs: 22g, Protein: 22g

#### **MEAL 6:**

- Paleo Spaghetti\* (\*See recipe, next page)

Calories: 300, Fat: 8g, Carbs: 20g, Protein: 25g

#### **MEAL 7:**

- Veggie Casserole\* (\*See recipe, next page) C

Calories: 320, Fat: 15g, Carbs: 40g, Protein: 22g

#### **MEAL 8:**

- 4 oz chicken breast
- 2 cups mixture of bell peppers, onions, spinach (Stir-fry chicken and veggies in pan with nonstick spray; add 1½ tsp olive oil, garlic, seasonings, and sea salt to taste)

Calories: 300, Fat: 8g, Carbs: 35g, Protein: 25g

**SEE ALSO:** Protein-Packed Slow Cooker Recipes



# SNACKS

## 325 CALORIES OR LESS

- ½-cup nonfat Greek yogurt
- 10 almonds
- ½-cup berries

Calories: 325, Fat: 15g, Carbs: 20g, Protein: 25g

- ¼-cup hummus
- 2 brown rice cakes
- 1 cup bell pepper

Calories: 320, Fat: 10g, Carbs: 40g, Protein: 10g

- 5 hard-boiled egg whites with one yolk
- 1 slice sprouted-grain bread
- 2 tbsp avocado

- ½-cup 1% fat, no-salt added cottage cheese
- 1 small apple with 1 tbsp natural nut butter

Calories: 300, Fat: 10g, Carbs: 10g, Protein: 25g

- 1 slice sprouted-grain cinnamon-raisin bread
- 1 tbsp natural almond butter
- 4 hard-boiled egg whites

Calories: 300, Fat: 9g, Carbs: 25g, Protein: 25g

- 10 rice crackers
- ¼-cup hummus
- 10 baby carrots

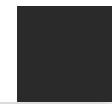
Calories: 320, Fat: 10g, Carbs: 40g, Protein: 10g

- 2.5 oz cooked chicken breast
- 2 tbsp avocado
- 1 slice sprouted-grain bread

Calories: 275, Fat: 10g, Carbs: 15g, Protein: 22g

## **250 CALORIES OR LESS**

- ½ grapefruit
- 3 hard-boiled egg whites
- ¼-cup crushed nuts (any type)



- Smoothie made with 1 scoop vanilla whey protein,  $\frac{1}{2}$  cup berries, 8 oz almond milk

Calories: 230, Fat: 7g, Carbs: 34g, Protein: 24g

- $\frac{1}{2}$  sprouted-grain English muffin
- $\frac{1}{2}$ -cup 1% fat, no-salt added cottage cheese
- $\frac{1}{2}$ -cup pineapple

Calories: 210, Fat: 2g, Carbs: 11g, Protein: 22g

- 1 medium apple
- 1 oz low-fat cheddar cheese

Calories: 186, Fat: 10g, Carbs: 19g, Protein: 7.5g

- 3 oz grilled chicken
- 2 tbsp avocado
- 1 sliced cucumber

Calories: 204, Fat: 8g, Carbs: 7g, Protein: 25g

- 1 low-carb protein bar (such as Quest or Power Crunch)

Calories: 200, Fat: 3g, Carbs: 22g, Protein: 22g

- $\frac{1}{2}$ -cup 1% fat, no-salt added cottage cheese
- 10 almonds



## 150 CALORIES OR LESS

- ½ sprouted-grain English muffin
- 1 tbsp low-fat cream cheese

Calories: 150, Fat: 5g, Carbs: 20g, Protein: 10g

- 1 orange
- 10 almonds
- ½-cup nonfat yogurt

Calories: 131, Fat: 6g, Carbs: 20g, Protein: 20g

- 1 small apple
- ½ oz unsalted mixed nuts

Calories: 150, Fat: 9g, Carbs: 20g, Protein: 4g

- Whey/casein shake blended with ice, 1 tbsp powdered peanut butter; add instant decaf coffee and/or cinnamon to taste

Calories: 150, Fat: 3.5g, Carbs: 7g, Protein: 23g

- 1 small apple
- 1 tbsp natural almond or peanut butter

Calories: 150, Fat: 9g, Carbs: 20g, Protein: 4g

Calories: 154, Fat: 0g, Carbs: 20g, Protein: 18g

- 1 scoop whey protein
- 8 oz almond milk

Calories: 155, Fat: 7g, Carbs: 5g, Protein: 25g

**SEE ALSO:** 5 Super Healthy Bowl Recipes



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## 3 EASY CLEAN RECIPES

**Mustard Chicken** (Makes 1 serving)

**Ingredients**

- 1-cup French green beans
- ½-cup sliced mushrooms
- 2 tsp olive oil
- Sea salt and pepper

## Directions

1. Brush chicken with mustard. Broil for 3 minutes on each side, until just done and juices run clear. Slice and keep warm.
2. Sauté green beans and mushrooms in a skillet with nonstick spray; place on a plate and top with chicken.
3. Drizzle olive oil over chicken; season with sea salt and pepper.

## Paleo Spaghetti (Makes 1 serving)

## Ingredients

- 4 oz lean ground grass-fed beef
- 2 cups zucchini noodles
- Garlic and sea salt
- 1-cup tomatoes and onions, sautéed

## Directions

1. Cook beef in a skillet until cooked all the way through. Use a spiralizer to make zucchini noodles (zoodles).
2. Place zoodles in a skillet coated with nonstick spray, season with garlic and sea salt, and sauté until al dente. Remove from pan and keep warm.
3. Simmer tomatoes and onion until they thicken into a sauce.

## Veggie Casserole (Makes 1 serving)

### Ingredients

- ½ cup broccoli
- ½ cup mushrooms
- ¼ cup onions
- ¼ cup chickpeas
- ½ cup bell pepper
- ½ cup liquid egg whites
- 1 oz low-fat shredded mozzarella
- 1 tsp light mayo
- 2 tsp slivered almonds

### Directions

1. Place all vegetables and chickpeas in a large casserole dish.
2. Mix egg whites, mozzarella, and mayo in a bowl; pour over vegetables.  
Sprinkle almonds over top and bake at 350°F for 35 to 40 minutes.

**SEE ALSO:** 4 Weeks To Bikini Abs

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