



6-PACK MEAL PLAN

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Introduction

For many beginners getting a six-pack is one of the main reasons they get into fitness and start dieting. Having nice abs is amazing and will definitely get you a lot of attention from the other sex.

But because everyone is talking about them, many people have a completely false idea in their head about what it takes to get a six-pack. They think you have to do hundreds of crunches or ab exercises daily, when in fact that's the best way to burn yourself out in no time.

If you want to make your abs “pop” your first priority should always be your body fat percentage. The truth is that we all have abdominal muscles, but in most cases they are hidden underneath a big layer of belly fat. You can do as many crunches as you want but you won't notice any difference unless you get rid of the fat first. That's why the right meal plan is so important.

Six-Pack Action Plan

Step 1: Reducing Belly Fat

Step number 1 for our six-pack diet plan will be to reduce belly fat.

How do we do this?

With a smart and consistent calorie deficit. The reason I say “smart” and “consistent” is because if your calorie deficit is too large you will not only lose fat but also strength and muscle.

So we don't want to crash diet or stop eating altogether. But if your calorie deficit is too small, your fat loss progress will be extremely slow and you will probably lose motivation before you even start seeing any results.

The ideal calorie deficit is around 20 - 25% below your maintenance level ([click here](#) to calculate your maintenance level). That way you will lose fat fairly fast around 1 to 1,5 pounds per week but won't lose all your strength and can still exercise normally.

Note: If you hate calorie counting but still want to lose belly fat read [this article](#).

Step 2: Optimizing Your Macronutrients

Next, you need to get your macronutrients right, so your protein, carbs and fats. The most important here is protein, which you want to get quite a bit of to further minimize the risk of muscle loss.

When you are in a calorie deficit the ideal protein intake is around 1 gram per pound of body weight. If you are starting from a pretty high body fat percentage you can go a bit below that and instead shoot for 0.8 grams per pound of body weight. But the leaner you get the higher should be your protein intake.

How much carb and fat you eat is less important than your protein intake, but you still want to get them right. I always suggest to get 20% of your daily calories from fat and simply fill the rest of your calories with carbs. If you don't know how to do all these calculations, read [this step-by-step guide](#).

Step 3: Control Hunger With The Right Meals & Snacks

We all feel hungry on a diet and it's just part of the process. But there are ways to minimize the hunger and make dieting as enjoyable as possible. That's where the right foods come into play. When you can't eat a lot of daily calories you want to make sure to get the most bang for your buck.

That's where high-volume, low-calorie foods come into play. These foods will occupy more room in your stomach and make you full, but because they are low in calories they don't make you fat. I have compiled a [list of the best options here](#). You can eat massive amounts of them and still lose weight.

When setting up my meal plan, I always like to combine vegetables with some sort of protein. That way you can eat a lot, the meals are healthy and you will lose weight.

For example, one super easy meal is to take a vegetable mix (you can use the frozen vegetables you get at the supermarket) and add some beans and chicken. Season everything with curry or just normal pepper and then you're good to go. It tastes good is perfect for weight loss and will make you full. Make sure you have a list of such meals ready when you start your diet.

Step 4: Hydration

As you diet, your cortisol will increase which leads to more water retention under your skin. Basically, your body holds on to all the water it can get and stores more of it than normal. This makes you look puffier and overall less ripped. To get rid of this problem you want to make sure to drink plenty of water. Your urine should always be light yellow. If it's dark yellow you are not drinking enough and up your water intake.

A good starting point is to get around 2.7 liters (or 3/4ths of a gallon) of water for women and 3.7 liters (or a gallon) for men per day.

This should be your baseline to shoot for every day. Now, if you are like me and exercise regularly then, of course, you need to add some additional water to that baseline, simply because you sweat more than the average person. A good recommendation is to add 1 liter per hour of exercise, to make up for the additional sweating.

The right balance of sodium and potassium also plays a major role in your water retention. Sodium can be found in table salt and potassium can be found in many vegetables and fruits like bananas. So if you feel your body retains too much water, play around a bit with these foods and see if you notice a difference.

Step 5: Get Enough Essential Fatty Acids

When you are dieting you want to make sure to get enough essential fatty acids. Those are your omega 3s and 6s, which the body cannot make itself and needs to derive from foods.

These two are vital for health and hormone production. Because longer dieting can have a pretty drastic impact on your hormone levels I always try to get around 3 grams of either fish oil or flaxseed oil every day, which are both packed with omega 3 and 6. This will ensure a healthy hormone balance and good testosterone levels.

What About Supplements?

At this point we are almost done setting up the ultimate six-pack meal plan. Supplements are the last important step. Of course, they can never replace the right foods or macronutrients but they can still help you reach your fitness goals faster.

Unfortunately, with so many different supplements on the market it can be difficult to choose the right ones. I remember how intimidated I was after my first visit to the local supplement store, where they had literally hundreds of powders, bars and pills.

The simple truth is that the supplement industry is huge. Huge as in BILLIONS of dollars. It is also true that most of that money is spent on worthless supplements that won't have any effect on muscle growth or fat loss. So to help you find the ones that are worth their price tag, here is my short list of the best muscle building supplements for beginners.

#1 Beginner Supplement: Protein Powder

Protein powder is probably the single most popular workout supplement. This is because when you want to build muscle through strength training your body requires more protein for a muscle repair and growth after a workout. While this doesn't mean you have to use protein powders to reach your recommended daily protein intake, consuming enough protein every day can be tricky.

Especially when you don't have time to prepare high protein meals all the time, a good protein powder can really make your life easier. That is why most athletes and bodybuilders use protein powders in addition to a balanced diet. You probably already know this and might just be asking yourself which protein powder is best.

From whey to casein to vegan, there are a lot of options to choose from and within the fitness and bodybuilding community there is always a lot of discussion about which is best. But as I explain in [this article](#) it most likely won't matter all that much which kind of protein you buy as long as you take it regularly. So just go with the one you like best (unless it's soy or beef protein).

Optimal dosage: max. 30% – 50% of your daily protein intake

#2 Beginner Supplement: Creatine

Creatine helps supply the muscle cells with energy for muscle cells during high-intensity, short-duration exercise. Along with protein powder, it is one of the few supplements that actually delivers on its promise to help you improve your fitness.

Unfortunately, due to its popularity there are also a lot of misconception about creatine. No, creatine won't harm your kidneys unless you have an already existing condition, study after study has proven this. It also doesn't build muscle by itself, but it will increase your strength level.

Here is my in-depth article on how to take creatine correctly. I will teach you everything you need to know about the optimal dosage and timing etc.

Optimal dosage: 3 – 5 grams per day

Putting It All Together

And those are the 5 steps to set up a six-pack diet plan. At this point it's really all about adherence and want to follow this diet at least for a few weeks to see results. Start with the sample meal plan on the next page, or get a custom one with my [*Meal Planning Mastery*](#) program



My Meal Plan

Now that you know how to diet to get six-pack abs, let's see what this looks like in practice. I will now show you the meal plan I used to make my abs appear. It was a 2000 calorie diet high in protein to make sure I didn't lose any muscle during the process. I also included a second meal plan for women, which will achieve the same.

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Meal Plan Men

2000 kcal

Note: This diet plan fits for a 6" 180lb male who trains 3x per week (= TDEE around 2500 kcal)

Meal 1:

2 Eggs: 156 kcal (14.1 protein; 11 g fat; 0 carbs)
1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)
50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 36.4 carbs)

Meal 2:

25 gram mixed nuts: 145 kcal (5.9 protein; 12.3 fat; 2.9 carbs)
30 gram whey protein shake (isolate): 111 kcal (25.8 protein; 0 fat; 1.6 carbs)

Meal 3:

100 gram brown rice (cooked): 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)
100 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0 carbs)
150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Meal 4:

200 gram brown rice (cooked): 279 kcal (5.2 protein; 2.2 fat; 58.4 Carbs)
150 gram salmon (or other protein source): 270 kcal (31 protein; 16.5 fat; 0 carbs)
150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Meal 5:

30 gram whey protein shake (isolate) : 111 kcal (25.8 protein; 0 fat; 1.6 carbs)
1 banana: 118 Kcal (1.4 protein; 0.4 fat ; 27 carbs)
1 apple: 75 kcal (0.6 protein; 0.2 fat; 17.4 carbs)

Total: 1969 calories; 155g protein; 52.8g fat; 214.8g carbs

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Meal Plan Women

1500 kcal

Note: This is a sample diet plan for a 5' 8", 135lb woman who trains 3x per week (= TDEE around 1900 kcal).

Meal 1:

1 Egg: 78 kcal (7 protein; 5.5 fat; 0 carbs)

1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)

50 gram oatmeal: 201 kcal (6.2 protein; 4.3 fat; 36.4 carbs)

Meal 2:

20 gram Mixed nuts: 116 kcal (4.7 protein; 9.8 fat; 2.3 carbs)

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat; 1.1 carbs)

Meal 3:

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)

100 gram chicken breast (no skin): 160 kcal (31 protein; 3 fat; 0 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Meal 4:

100 gram brown rice (cooked) : 139 kcal (2.6 protein; 1.1 fat; 29.2 Carbs)

100 gram salmon (or other protein source): 225 kcal (25.3 protein; 13.8 fat; 0 carbs)

150 gram mixed salad (without dressing): 43 kcal (2.7 protein; 0.7 fat; 6.6 carbs)

Meal 5:

20 gram whey protein shake (isolate) : 74 kcal (17.2 protein; 0 fat; 1.1 carbs)

1 banana: 118 Kcal (1,4 protein; 0.4 fat ; 27 carbs)

Total: 1528 calories; 117.1 protein; 38.1 fat; 166.5 carbs

Resources

Supplements:

[Protein Powder](#)

[Creatine](#)

[Fish-Oil](#)

Recommended Recipes / Cookbooks:

[Anabolic Cooking](#)



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FOR FAT LOSS & MUSCLE GROWTH

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