

Six-packs abs diet plan

	BREAKFAST	LUNCH	DINNER
DAY 1	OMELET WITH CHOPPED MIXED PEPPERS AND SPINACH	CHICKEN BREAST AND SALAD	SALMON STEAK WITH CHOPPED DILL AND STEAMED GREEN BEANS
DAY 2	BAKED CHICKEN BREAST WITH STIR-FRIED KALE	HADDOCK FILLET WITH A MIXED GREEN SALAD	CHICKEN BREAST WITH STEAMED BROCCOLI
DAY 3	SMOKED SALMON WITH SPINACH	CHICKEN BREAST WITH GARDEN SALAD	GRILLED LAMB STEAK WITH BROCCOLI AND SPINACH
DAY 4	SCRAMBLED EGGS WITH TOMATOES OR GREEN BEANS	BAKED COD FILLET WITH SALAD, TOMATO AND SPINACH	CHICKEN BREAST STIR-FRY WITH GREEN VEG
DAY 5	TURKEY BREAST WITH AVOCADO AND CUCUMBER	GRILLED PRAWNS WITH GREEN SALAD AND TOMATOES	CHICKEN BREAST WITH STEAMED BROCCOLI
DAY 6	GRILLED HADDOCK FILLET WITH ROASTED PEPPERS	CHICKEN BREAST WITH A GREEN SALAD AND STEAMED ASPARAGUS	GRILLED, SKINLESS DUCK BREAST WITH STEAMED ORIENTAL GREENS
DAY 7	OMELET AND STEAMED SPINACH WITH GRILLED TOMATOES	TURKEY WITH A GREEN SALAD AND STEAMED BROCCOLI	STEAK SERVED WITH STEAMED GREEN BEANS AND BROCCOLI