



abs

**muscle
definition
mealplan**

© darebee.com

A BUILDING 1/2 CUP OF ITEMS IN TOTAL

| | |
|-------------------|-------------------|
| chicken or turkey | cheese 1/4 cup* |
| pork or beef | cottage cheese |
| prawns or squid | tofu |
| salmon or cod | yogurt |
| tuna or sardines | milk ** |
| eggs | protein powder ** |

B ENERGY 1/2 CUP OF ITEMS IN TOTAL

| | |
|-----------|---------------------|
| beans | sweet potatoes |
| lentils | brown rice |
| chickpeas | oats |
| quinoa | whole wheat pasta |
| buckwheat | seeds 1/4 cup* |
| peas | nuts 1/4 cup* |
| corn | nut butter 1/4 cup* |

C VITALITY 1 CUP OF ITEMS IN TOTAL

| | |
|-----------------|-------------|
| kale or lettuce | cauliflower |
| cucumbers | celery |
| tomatoes | zucchini |
| peppers | eggplant |
| avocado half | beetroot |
| broccoli | pumpkin |
| brussel sprouts | green beans |
| cabbage | spinach |



OPTIONAL
add a serving of fruit
to meal 1, 3 or 5
once a day

6
glasses
of water
a day



6
micromeals

| | |
|---------------|--------------|
| MEAL 1 | A+B+C |
| MEAL 2 | A+C |
| MEAL 3 | A+B+C |
| MEAL 4 | A+C |
| MEAL 5 | A+B+C |
| MEAL 6 | A+C |

3 cardio or HIIT session
2-3 abs & core workouts
per week

30+ minutes
per training session

* maximum amount per meal

** for a protein shake; 2 cups in total