The Abdominal Diet Plan Of Tomorrow

Breakfast
- 6 egg whites
- 1 tablespoon of olive oil
- 1 cup of diced veggies
- 1 grapefruit or orange
  - * For the guys, add ½ cup of oatmeal and cinnamon.

Mid-Morning Snack
- ½ cup of Greek yogurt
- ¼ cup of blueberries
- 1 tablespoon of flaxseed
  - * For the guys, have 1 cup of Greek yogurt and 2 tablespoons of flaxseed.

Lunch
- 4 ounces of grilled chicken breast
- 8 steamed asparagus spears
- 1 cup of steamed broccoli
- 10 almonds
  - * For the guys, eat 6 ounces chicken breast.

Mid-Afternoon Snack
- 1 scoop of whey protein powder
- 1 tablespoon of natural peanut butter smeared over ½ of an apple
  - * For the guys, use 2 scoops of whey protein powder and eat 1 whole apple.

Dinner
- 4 ounces of Cod
- 2 cups of spinach salad
- 1 tablespoon of olive oil dressing mixed with 1 tablespoon of balsamic vinegar
  - * For the guys, eat 8 ounces of Cod.
Before Bed
- ½ cup of cottage cheese
- 1 tablespoon of natural peanut butter

* For the guys, have 1 cup of cottage cheese.