

# Six-packs abs diet plan

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