



Diet for Six-Packs



► Step 3: Determine the amount of fat needed

The body needs fat to function correctly. Fats are essential for the proper functioning of the nervous system, hormones, the brain, and cells' function. Fats are also essential for heart, nail, and hair health.

However, fats are stored as fat faster than other foods. It also has more calories in fat. One gram of fat contains nine calories.

► Step 4: Determine the number of carbohydrates needed

Carbohydrates are the primary source of energy for tissues and organs. Energy allows the organs to perform their essential functions. The daily carbohydrate intake should be 30% of the total calories.

Multiply the calorie intake by 0.3. It shows you the amount of energy you need from carbohydrates throughout the day. Divide the result by 4. One gram of carbohydrates contains four calories.

► Step 5: Determine the number of fluids needed

Water is essential for the body and plays a vital role in the diet for a six-pack.



The body needs water for optimal calorie metabolism. Dehydration slows down the fat-burning process.

The best amount of fluids is different for each person. A reasonable estimate for people who do not exercise is eight glasses a day.

► The final step in a diet plan for a six-pack

First of all, be patient. This diet can be successful, but it takes time to get results. You did not gain weight overnight; you lose it overnight. You should probably continue this diet for a few weeks, or even months; So much so that you lose the body fat and the six-pack appears. Of course, this time depends on the current state of the metabolism and the amount of fat in your body.



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If you have much activity during the day, or exercise, use this formula:

Weight (kg) x 26 calories

If you do not exercise much, use this formula:

weight (in kilograms) x 22 calories

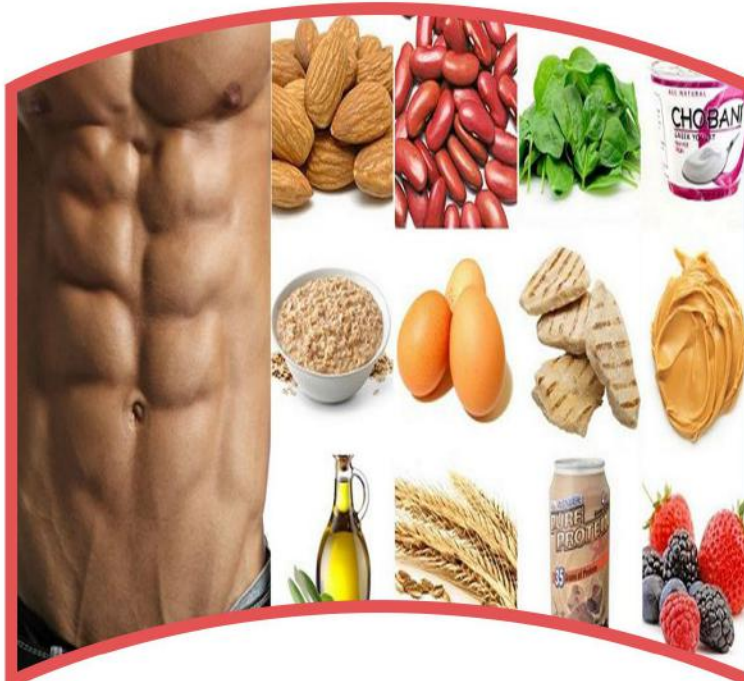
► **Step 2: Determine the amount of protein you need**

If you want to lose fat and have a six-pack,

It is true that six-pack abdominal exercises play an essential role in achieving the abdomen, but a proper diet cannot be ignored. Having a healthy diet in which the amount of protein carbohydrates and is sufficiently defined and required by the body will be very effective for having a six-pack.

► **Step # 1- Discovering The Daily Calorie Intake**

In the diet, you need to burn the layers of fat on the abdomen muscles to lose fat. To activate the fat-burning process, you need to reduce the calorie intake.



This diet keeps you full longer than other diets and reduces the likelihood of overeating and consuming extra calories.

50% of the calorie intake should be from protein.

Multiply the number of calories you gained in the first step by 0.50. The result of this division is the number of calories obtained from protein. Now divide this number by 4; Because one gram of protein gives you four calories.

you need to eat much protein. First, a protein-rich diet reduces appetite.