"Finally... Proven Nutritional Advice To Losing Unwanted Weight, Building Rock-Hard Muscle, And Walking Around With Your Six-Pack in as Little as 8 Short Weeks"

Warning: Side Effects May Include Jealous Friends And Ladies Getting Whiplash

Introducing...

The Ultimate Men's "6-Pack-Abs" Jump Start Nutrition Plan™

Shawne Got His 6-Pack In Just 8 Weeks
The Ultimate Men's "6-Pack-Abs" Jump Start Nutrition Plan™

Table Of Contents

Page-3...Welcome

Page-4...The 7 Tips (Secrets to Getting Lean and Healthy)

Page-6...The Ultimate Men's "6-Pack Abs" Jump Start Meal Plan™

Page-11...Complete list of snacks

Page-13...Shopping list

Page-15...What if I go out to eat?

Page-18...Supplements

Page-19...What if I have questions?
Everything You Need To Know To Get That Lean, Defined Body You've Always Wanted

Steve achieved the body he wanted using this system...You Will Too!

CONGRATULATIONS!

You are just a few quick steps from becoming the very next SUCCESS STORY!

Your Jump Start Nutrition Plan will make reaching your fitness goals and living healthy easier.

You are going to be surprised at how easy this nutrition plan will fit into your daily lifestyle and how fast the pounds and inches will fly off as you build strong, sleek, lean muscle.

This simple, easy to follow nutrition plan has helped hundreds of people lose unwanted weight, melt fat, lower blood pressure, lower cholesterol levels, have healthier looking skin and have more energy then ever before...and it WILL work for YOU too!

Hear me out on this. Remember, we are breaking bad habits and creating healthy new ones. The first 21 days can be the hardest. It takes that long for you to lose your unhealthy sugar and fat cravings.
The 7 Tips (Secrets to Getting Lean and Healthy)

Here are your simple tips for quick, easy, permanent fat loss and lean muscle-building success.

**Tip #1 - 21 Day Mind Set** — Don’t cheat on your nutrition plan for 21 days. It takes the brain 21 days to reset itself and create a new habit. When you want to make a change, don’t tell yourself that you are doing it for life; tell yourself that you are going to try it for only 21 days. Now, when you have completed this for 21 days, your conscious mind has the choice of stopping it or carrying on, or so it thinks. Your neural pathways have formed already and you will more than likely continue with your new habit. You will have seen the benefits along the way and your subconscious will want to continue if it has been beneficial.

**Tip #2 - Be Prepared** — *Most of the time, men eat poorly because they did not bring food with them or did not prepare.* Bring healthy snacks with you like apples and almonds (see snack section). If you can, bring some Tupperware containers or a cooler with healthy meals. Keep it simple. If you don’t feel like bringing food, then plan out some healthy restaurants or stores that you can eat at (see eating out section).

- Get a rice cooker and keep some long grain, brown Basmati rice cooking on your counter. Also pre-cook some chicken or fish. It will only take a few minutes to prepare 1 or 2 meals and grab a few snacks to bring with you.
- Take five minutes to plan out what you are going to eat the night before.
Tip # 3 - Keep a food diary for at least one week – Write down everything you eat and drink. You have to write it down right before the food or drink is consumed. **By writing it down first, you will have a moment to stop and think if this decision is going to belly fat or pack it on.**

- Have someone agree to review your food journal everyday. Make an agreement that for each day you do not give them your journal, you owe them $10.00 and every time you cheat, you owe $1.00. Doing this will help keep you accountable.

Tip # 4 - The Magical Glycemic Index - Not all carbohydrate foods are created equal; in fact, they behave very differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. Choosing low GI carbs - the ones that produce only small changes in our blood glucose and insulin levels - is the secret to long-term health, reducing your risk of heart disease and diabetes and is **the key to sustainable weight loss.**

- Eat every 3 hours. This will keep your metabolism and energy on turbo mode **so the fat melts off.** This is also a great way to curb the kind of extreme hunger that will have you making the kind of bad choices you will quickly regret.

Tip # 5 – Eat Real Food to get Lean – Ever watch the Discovery Channel? See the tribes in the jungle. **You never see anyone who is fat; even the elders have six-packs. Why? They eat real food and stay active.** Stay away from poison- (eeeh heem) I mean processed foods. The food companies strip out the good stuff like fiber and nutrients. What you have left is a food that has way more calories than normal. Plus, the worst part is that they are high glycemic, which means our body treats it like sugar. The good news is once you cut out these processed foods for a couple of weeks, you lose your cravings. I’m not saying to not have a life. I eat burgers, pizza or have a piece of cake from time to time.

- Watch out for foods and drinks that people think are "healthy" like bagels, pretzels and sports drinks like vitamin water. Consuming these is like eating table sugar.

Tip # 6 – **Warning: artificially sweetened "sugar free" foods and drinks make you fat** - Did you know that most foods labeled as "sugar free" or "low carb" actually contain fattening artificial sweeteners, sugar alcohols and other additives that create a hormonal disaster inside your body, actually causing your body to store more belly fat and increase cravings!

Tip # 7 - Eat Snacks, Don’t Be Starving – Use snacks and drinks (see snack section) that’ll fill you up, and curb your cravings but won’t add significant extra calories. When you feel starved, you’ll crave foods that’ll add unwanted body fat and will make you feel really guilty.

- When you get a late night sweet tooth, try a delicious homemade Chai Tea. This is how I make it. Put two Yogi Mayan Cocoa Spice tea bags in a cup (I use a big 20oz ceramic cup) of boiling water. Add a tiny dash (it’s very sweet) of KAL brand Stevia. Let it steep for a few minutes then add a little ‘no sugar added’ Silk Soy Milk.
- Cut up cucumber, jicama or celery. Munch away all you want!
The Ultimate Men's "Hard Body" Jump Start Meal Plan™

Your Ultimate Men's "Hard Body" Jump Start Meal Plan™ is packed with Hard Muscle Building, Six-Pack Abs Chiseling, Belly Fat Busting Meals and snacks. This is the easiest, quickest, most "realistic" meal plan for gaining muscle and burning fat.

Congratulations in advance for being the next showcased success story!

BREAKFAST

Option 1       High Energy Oatmeal
               1 cup rolled oats (Dry)
               1 scoop whey protein (I really like MRM Whey Protein – See shopping list)
               15 almonds or 1.5 tsp. olive or flax seed oil or fish oil
               ½ cup mixed organic frozen berries
               Dash of stevia and or cinnamon if desired to make sweeter

Option 2       Happy Scrambled Eggs
               6-8 oz. Liquid Egg Whites (about 4-7 Large Eggs)
               1 cup Steamed Brown Basmati Rice or 1 Chopped Red Potato (6 oz.)
               ½ Avocado or 1 oz. shredded cheese
               (All You Can Eat Extras) Veggies, Salsa, Hot Sauce, and Black Pepper
Option 3  Protein Shake
(1 Scoop Whey Protein)
16 oz. of water, No Sugar Added Almond Milk, or No Sugar Added Soy Milk
2 Pieces of Ezekiel Bread or Whole Wheat Bread
1 tbsp. Peanut or Almond Butter or Smart Balance Butter

Option 4  You can select an option from the lunch or dinner choices

SNACK
Fruits and Nuts Munchies
1 Apple, 1 Pear, 1 Orange, 1 Peach, or 2 cups Cherries,
1 Oz (about the palm of your hand) Almonds, Peanuts, Cashews or any nuts, preferably RAW (For more choices, see Complete list of snacks section)

LUNCH
Option 1  Rice Bowl
1 Chicken Breast (6oz) OR 98% Ground Beef (6oz) OR Salmon or Tuna (6oz)
1 Cup Brown Long Grain Basmati Rice OR 1 Red Potato (6oz)
1 tbsp. Virgin Olive Oil OR ½ Avocado OR 1 tbsp. Smart Balance Butter
(All You Can Eat Extras) Veggies, Black Pepper, Balsamic Vinegar and Salsa

Option 2  Healthy Sandwich
6oz Can Tuna (White in Water) OR Turkey Slices (6oz) OR Chicken Breast (6oz)
2 Slices Ezekiel Bread OR 2 Slices Whole Wheat Bread
½ Avocado OR 1 Slice Cheese

Option 3  Health Maker Salad
1 Chopped Chicken Breast (6oz) OR Salmon or Tuna (6oz) OR Extra Firm Tofu (6oz)
Green Leaf Lettuce and/or Spinach (As much as you want 😊)
½ Avocado cubed and 1 Tbsp. Sunflower seeds
Dressing – Balsamic Vinegar with 1 tsp. Virgin Olive Oil OR Spectrum Organic Vegan Caesar Dressing (Refer to Shopping List for more choices)
(All You Can Eat Extras) Veggies, Jicama, Cucumber, Shredded Carrots, Sprouts etc.
Ultimate Men’s Jump Start Nutrition Plan

Option 4  
**Egg White Delight**
- 6-8 oz. Liquid Egg Whites (about 4-7 Large Eggs)
- 1 cup Steamed Brown Basmati Rice or 1 Chopped Red Potato (6 oz.)
- ½ Avocado or 1 oz. shredded cheese
- (All You Can Eat Extras) Veggies, Salsa, Hot Sauce, and Black Pepper

Option 5  
You can select any option from the breakfast and dinner choices

**SNACK**

**Chocolate Shake**
- 1 Scoop Whey Protein (refer to shopping list)
- 1 Cup of Frozen Berries
- About 1 cup No Sugar Added Almond Milk (depending on your personal preference)
- Blend and enjoy

- Added Extras that I like (1/3 cup almonds, 1 Tbsp. Flax Seeds, 1/8 cup dried shredded coconut, 1 Tbsp. Raw Cocoa Nibs (See Shopping List)

- (My suggestions – I use the Magic Bullet Blender, it's easy to clean and doesn't take up much space. Plus, you can bring it to work)

- (For more choices, see complete list of snacks section)

**DINNER**

Option 1  
**Grilled To Perfection Chicken or Steak with Sautéed Vegetables**
- 6 oz. Grilled Chicken Breast or Steak (Sirloin or Round Tip)
- 6 oz. Baked (or micro waved) red potato, yam or sweet potato (with 1Tbsp... Smart Balance Butter)
- Asparagus, Squash and Broccoli sautéed in 2 Tbps. of extra virgin olive oil seasoned with Spike or Mrs. Dash

- (All You Can Eat Extras): Any and all veggies and Pepper
Option 2  
**Deliciously Baked From The Sea**  
Baked 6oz Salmon, Tuna, Ahi, Mahi Mahi, Halibut, Orange Roughy, or Tilapia  
1 cup Steamed Brown Basmati Rice  
Small Salad – Mixed greens, ½ Avocado Cubed, Spectrum Caesar Dressing (see Shopping List) (any veggies you want)

Option 3  
**Fill You Up Till Morning Chicken Soup**  
16 Oz Organic Broth (Chicken, Vegetable or Beef)  
6 Oz Chopped Chicken Breast OR Scrambled Egg Whites OR Extra Firm Tofu cubed  
2 cups Frozen Mixed Vegetables  
1 Cup Brown Basmati Rice  
½ Avocado Cubed  
Spices – Pepper, and Spike (if desired)  

Suggestions Pre-Cook the chicken or eggs. Also Pre-cook the brown Basmati Rice.

Directions – add the chicken, scrambled eggs or tofu to the Broth in a medium pot.  
Next, Add the Brown Rice, Avocado and the Veggies (I just use Frozen)  
Add spices and enjoy.

Option 4  
**Healthy Crunchy Chicken or Fish Tacos**  
6 Oz Chopped Chicken Breast or fish (Baked or Grilled)  
2-3 Corn Tortillas  
½ Avocado OR 1oz Shredded cheese  

All You Can Eat Extras – Shredded Lettuce, Salsa, Hot Sauce and veggies  

Directions - Pour 2 Tbsps. extra virgin olive oil in pan, then use paper towel to spread it around and wipe out the excess  

Divide the ½ Avocado or 1 oz. shredded cheese and spread it on the corn Tortillas.  

Place Tortillas on heated pan  

Put chopped chicken Breast or fish on the tortillas and take them out when the bottom of the tortilla gets slightly brown and crispy  

Ad Extras fold in half (like a taco) and crunch away 😊

Option 5  
You can select any option from the breakfast and lunch choices
OPTIONAL SNACK

Option 1  
**Sweet Tooth Chai Tea**  
2 Teabags of Yogi Mayan Cocoa Spice Tea  
12-16 oz No Sugar Added Almond Milk  
Dash of Stevia

**Directions**-  
Boil Almond milk in microwave or on the stove.  
Put in 2 Teabags of Yogi Mayan Cocoa Spice Tea  
Add tiny dash of stevia (very sweet)  
Enjoy this filling sweet-tooth busting, virtually no calorie treat

Option 2  
**Mouth Watering Cucumber Jicama Snack**  
Peel and chop cucumber  
Peel and chop Jicama  
Chop up and enjoy

All you can eat extras – Lemon, salsa, pepper and balsamic vinegar
Complete List Of Snacks

Fat Burning Fruits (recommended with a handful of nuts for synergistic fat burning result)
Apples, Oranges, Cherries (2 cups), Grapefruit, Apricots, Pears, Peaches, Plums, Grapes (1 cup)

Nuts (all raw)
Almonds, Cashews, Sunflower Seeds, Walnuts, Brazil Nuts

Veggies
Celery (all you can eat), Celery with 1 tbsp. Raw, no salt added almond butter,
Cucumber (all you can eat), Cucumber with 3 tbsp. Hummus, Carrots
Carrots with Organic Caesar dressing, Steamed Broccoli with Organic Caesar dressing
Jicama (All you can eat)
Jicama with squeezed lemon or lime and cayenne pepper

OTHER
Baked Blue Corn Chips (a hand full – not the whole bag!!!) with salsa and/or guacamole
Cottage Cheese – 1 cup low fat 2%
Cottage Cheese with sliced apples – ½ cup low fat Cottage Cheese, 1 Apple
Cottage Cheese with Peaches – ½ cup Cottage Cheese, 1 small peach (fresh not canned)
String Cheese – 1 stick
Yogurt – Plain low fat – 8oz
Yogurt with blueberries – 8 oz. Plain low fat yogurt, ½ cup blueberries
Yogurt with peaches - 8 oz. Plain low fat yogurt, 1 small sliced peach
Yogurt with nuts – 8 oz. fat free plain yogurt, hand full of nuts (about 15)
Low Carb Tortilla with hummus – 1 Low Carb Tortilla, 1 tbsp. hummus
Low Carb Tortilla with Peanut Butter – 1 Low Carb Tortilla, 1 tbsp. peanut butter
Low Carb Tortilla with Almond Butter – 1 Low Carb Tortilla, 1 tbsp. almond butter
Low Carb Tortilla with Butter – 1 Low Carb Tortilla, 1 tbsp. smart balance butter
Low Carb Tortilla with salsa and avocado – 1 Low Carb Tortilla, with salsa, 1/3 avocado
Corn Tortilla with salsa and avocado – 1 corn tortilla with salsa, 1/3 avocado
Protein Shake – 1 scoop whey protein, 16 oz no sugar added almond milk

**Cucumber Tuna Boat**
Peel cucumber,
Cut in half lengthwise
Scoop out seeds
Fill with canned white tuna fish in water that has been mixed with Vegannaise

**Sweet Tooth Chai Tea**
2 Teabags of Yogi Mayan Cocoa Spice Tea
12-16oz No Sugar Added Almond Milk
Dash of Stevia

**Mouth Watering Cucumber Jicama Snack**
Peel and chop cucumber
Peel and chop Jicama
Chop up and enjoy
Shopping list

We have created a complete shopping list to make going to the market easy for you. I have also added the stores that I personally shop at to buy these items for your convenience.

**Nuts & Seeds**
Raw Brazilian Nuts, Raw Walnuts, Raw Peanuts, Raw Sunflower Seeds, Raw Cashews, Raw Almonds, Flax Seeds

**Oils**
Flax Seed Oil, Fish Oil, Extra Virgin Olive Oil

**Herbs & Spices**
Stevia, Cinnamon, Black Pepper, Cayenne Pepper, Spike, Mrs. Dash

**Dairy**
Liquid Egg Whites, Shredded Cheese, Sliced Cheese, Cottage Cheese low fat 2%, Low Fat String Cheese, Yogurt

**Grains & Bread**
Rolled Oats (Oatmeal), Brown Long Grain Basmati Rice, Ezekiel Bread (refrigerate immediately), Whole Wheat Bread, Grain Plus
Ultimate Men’s Jump Start Nutrition Plan

**Vegetables**
Red Potato, Avocado, Green Lettuce, Spinach, Celery, Jicama, Cucumber, Carrots, Sprouts, Broccoli, Sweet Potato, Asparagus, Frozen Mixed Vegetables, Mixed Green Salad

**Condiments & Dressings**
Salsa, Hot Sauce, Balsamic Vinegar, Vegannaise, Mustard, Raw No Salt Peanut Butter, Raw No Salt Almond Butter, Smart Balance Butter

**Fruits**
Apple, Blueberries, Pear, Orange, Peach, Cherries (fresh unsweetened), Grapefruit, Apricots, Plums, Grapes, Organic Frozen Berries

**Meats**
Chicken Breast, 98% Lean Ground Beef, Turkey Slices, Sirloin Steak, Round Tip Steak

**Seafood**
Ahi, Mahi Mahi, Halibut, Orange Roughy, Tilapia, Salmon, Tuna, Canned White Tuna in Water

**Miscellaneous**

**Supplements**
Glucosamine and Chondroitin, Centrum Multivitamin, Pomegranate concentrate, Coenzyme Q10 Whey Protein (MRM Brand – It's relatively inexpensive, 100% all natural, no artificial sweeteners or flavors and there is 1000mg of L-Glutamine added per serving (to increase recovery time after workouts)
What if you go out to eat?

If you eat out, here are some tips:

Eat before you go out so you are not starving.

Ask for no bread or tortillas chips. When they bring it to the table, have them take it back, or if that’s not possible, just don’t eat it.

Look at the menu closely and ask your server what comes with your meal. If there are tempting items that you don't want to eat, request for the server to leave them off.

Some restaurants are now getting savvy with a health conscious section on the menu; keep a look out when you are looking through a menu.

Drink water or tea (unsweetened)

Stop eating when you’re full. Let the server take your plate so you don’t keep stuffing yourself.

No dessert – Eating something that has truckloads of sugar, fat and calories after you just ate a complete meal is a ridiculous tradition. Let's put an end to this madness!
Restaurants
Regardless of any restaurant you choose, there is always an option to grill or bake, just ask your server.
- Order grilled or baked chicken breast, fish or steak. Ask for steamed vegetables and/or vegetable soup.
- SPECIFY – no butter, no oil.
- Only order what you intend to eat.

There are a lot of restaurants to choose from; keep these tips in mind when selecting a place.

Mexican Food
The majority of Mexican restaurants serve chips and salsa when you sit down. Don’t get out of control with it; send it back so you don’t stuff yourself with it before your meal arrives.
- Order two to three grilled chicken or fish tacos on corn tortillas. You can add salsa, hot sauce, guacamole and a little cheese
- Try ceviche (fish mixed with tomatoes, cilantro, and lemon, recipe may vary according to restaurant) or a tostada salad; leave out the dressing and use salsa instead

Japanese Food
Avoid the tempura and anything else that is deep-fried; the majority of sushi rolls come with rice, ask your server to leave it out.
- Order Sashimi (no rice),
- Edamame,
- Hand rolls with no rice (they’re pretty good), I like salmon and tuna. You can also ask for vegetable
- Sashimi Salad
- Miso soup
- Ask for low sodium soy sauce
Italian
Beware of the bread, have the waiter take it away. Now a day, most Italian restaurants have a healthy or low carb section in their menus.

- Order high fiber low carb pasta with chicken or fish and marinara or tomato sauce.
- You can also order a grilled chicken salad with Italian or balsamic vinegar dressing.

Fast Food
This is definitely the least desirable choice when getting healthy and lean. There are quite a bit of choices on every corner but these are my top 3 suggestions of places to eat if you really don’t have a lot of time:

- Baja Fresh – Your choice of chicken, fish (not fried), steak tacos. Make sure they are in corn tortillas with salsa you can also have guacamole. Make sure you don’t eat the tortilla chips that usually come with it.
- Rubio’s – They have great healthy chicken, fish and meat tacos and burritos. Make sure you don’t eat the tortillas chips that usually come with it.
- El Pollo Loco – Order the chicken breast but remove the skin, corn tortillas, steamed veggies and salsa
Ultimate Men’s Jump Start Nutrition Plan

Travis said "I added 20 years to my life"

Supplements

For Sore Joints
Glucosamine and Chondroitin

To Get All Your Vitamins And Minerals
Centrum

Lowers Your Cholesterol
Pomegranate concentrate

Super Supplement for the Heart and Over All Health
Coenzyme Q10

To Easily Get High Quality Protein
Whey Protein
MRM Brand – It's relatively inexpensive, 100% all natural, no artificial sweeteners or flavors and there is 1000mg of L-Glutamine added per serving (to increase recovery time after workouts)
What if I have questions?

We have painstakingly spent over ten years learning and several hours creating The Ultimate Men's Jump Start Meal Plan™ for you to benefit from.

The Ultimate Men's Jump Start Meal Plan™ has helped hundreds of men quickly and easily lose belly fat, gain lean muscle and have endless energy.

Please email your FBBC Trainer if you have any questions.

Dedicated to Your Health And Fitness,

FBBC Team