

# SIX-PACK SIX DAYS

Comprehensive guide to radically bring out your six pack in just 6 days.



## Yes, it IS possible to see results in 6 days Read this guide and follow it to the letter

This is a fast-acting, guaranteed way to bring out your six pack. DO NOT follow it if you have or suspect ANY medical condition. If uncertain, please consult your doctor BEFORE starting this regime. DO NOT follow it for more than 6 days.

**The following diet** is to be followed for 1-3 days to a maximum of 6 days. If you find it difficult or get any side effects, stop it. Eat/drink the following every day:

Breakfast: Mix in a bowl 3 spoons of OATBRAN with 2 spoons of Quark Cheese or cottage cheese, some skimmed milk, 2 eggs, some cinnamon, some Stevia sweetener (if you have a sweet tooth).

Poor in a non-stick frying pan and mix until it starts solidifying. Eat all for breakfast

or save some for mid morning if you get hungry.

Lunch: Lean steak, grilled. Salt or pepper.

Dinner: Lean Steak or lean fish, chicken or turkey grilled.

Drink LOTS of water during the day, at least 2 liters. If you feel you are starting to get hungry, eat a boiled egg BEFORE hunger strikes.

That's it! You will not be eating or drinking anything else. If you have a sweet tooth and you CRAVE sweet things, chew some SlimGum, drink a diet cola or have a tea/coffee with Stevia sweetener.

**The following training** should be stuck to only as much as you can. If you feel very low on energy, do not train:

Fast walking or jogging, 45-60 minutes, once a day.

**The following products** must be taken every day:

**Six Pack Pill:** 2 x pills, 3 times a day with a glass of water 10 mins before meals.

**Six Pack Pill Extreme:** 2 x pills, 3 times a day with a glass of water, 10 mins before meals.

You can take Six Pack Pill and Six Pack Pill Extreme at the same time.

**Six Pack Toner:** Rub a palm-full of the gel thoroughly into your abdominals, 3 times a day.

6th day: Enjoy your new abs. Start going back to your normal meals but eat half the normal portions and monitor your six pack. Keep taking the supplements for improved results.