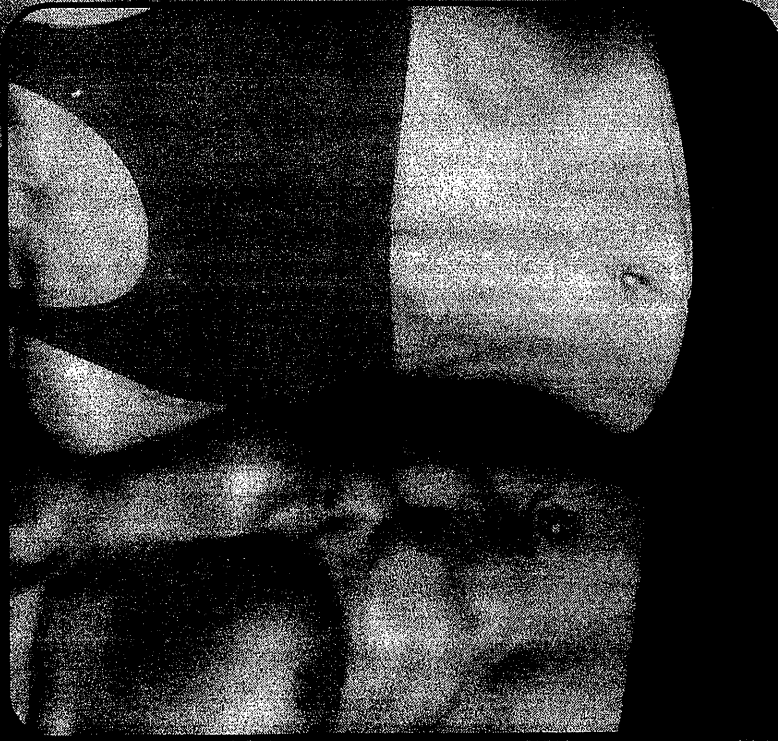


FastAbs™

electronic massage fitness belt



*Instructions &
Healthy Eating Guide*

FastAbs™

electronic massage fitness belt

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fitness fast

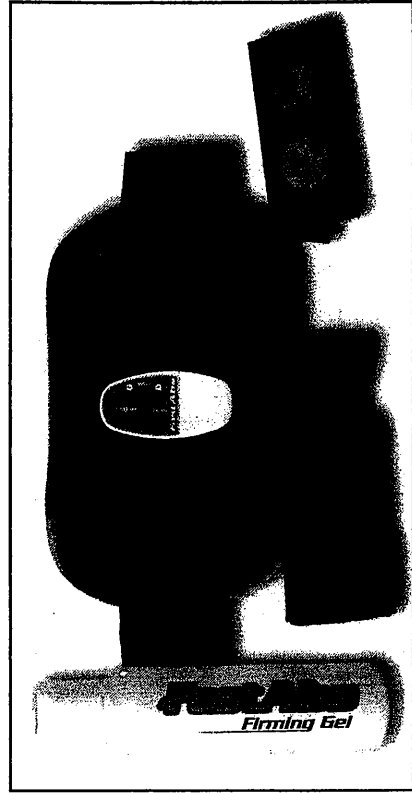
It's the FAST ABS way and it works! But first things first...take the time now to get to know how proper use of this amazing product can change your body, and your life. Read the enclosed manual thoroughly before you begin.

The Science Behind the Magic. Muscle contractions build strength. It's the same principle behind all those hard crunches and sit-ups. But now, science has taken the hard work out of a hard workout! Light electronic stimulation makes muscles contract and relax. The FAST ABS system uses that principle to put your muscles through their paces while you sit at your desk, cook dinner, watch TV, or during almost any activity you do everyday. You get the workout without having to take time out from your crowded schedule.

The FAST ABS system uses gentle electric pulses to stimulate nerves that produce muscle contractions. The pulses can be regulated to tone, or to build muscles just the way crunches and resistance exercises do. When the muscles are strong and and properly developed, the skin around them is tight and firm. Simply losing weight cannot achieve what targeted toning can do for a sleek, defined and attractive body shape.

Fast Abs System Includes:

- 1 Torso Adjustable Comfort Zone Belt
- 1 Leg and Arm Adjustable Comfort Zone Belt
- 1 Advanced Muscle Stimulator Pad with Velcro Tabs
- 1 Advanced Muscle Stimulator Unit
- 2 CR2032 Lithium Batteries



Consult your physician before beginning any diet or exercise program.

safety tips

- Please read and follow all instructions before you start using Fast Abs
- Consult your physician before beginning this or any exercise or diet program.
- If you experience dizziness, nausea, chest pain, back pain, or other abnormal symptoms, STOP your workout at once. Consult a physician before continuing.
- Do not use this mechanism if it is damaged in any manner.

CAUTIONS

The FAST AB system has been tested for safety and effectiveness, but it must be used properly and only by those who are not suffering from certain health conditions. As part of the exercise process, FAST ABS stimulates the flow of blood to nourish surrounding tissue, and for that reason it should not be used in situations where blood flow is an issue.

DO NOT use FAST ABS if you have any of the following conditions:

- Heart condition (Current or previous)
- MS (Multiple Sclerosis)
- Recent childbirth
- Pregnant
- During heavy menstruation
- Inflammation of veins (including phlebitis or serious varicose veins.)
- Inflamed tissue from recent injury or disease (including recent scar tissue)
- Check with your doctor or medical practitioner first, if you are unsure about your suitability to use FAST ABS.
- FAST ABS is NOT for use by children.
- DO NOT use water, or oil-based gel on the contact points. Use only water soluble gel.

getting started

Take a look at the components of the FAST ABS system:

The Adjustable Comfort Zone Belts:

Two are included. One for the torso, which you can use for ab and back muscle contraction exercise, and one for use on arms and legs. The belts are strong, flexible and comfortable, and are equipped with multiple Velcro fasteners for adjustment to size. They can be cleaned by hand with mild soap and water.

Advanced FAST ABS Muscle Stimulator:

This battery-powered unit houses the electronic impulse elements and snaps onto the front of the Muscle Stimulator Pad. Three buttons on the front of this unit control the micro processors.

Advanced FAST ABS Muscle Stimulator Pad:

This is the center portion of the FAST ABS belt system, to which the Muscle Stimulator Unit is attached. The front is durable neoprene, and the back (skin side) is waterproof. Both sides may be gently wiped clean. Do not put in washing machine or dryer.

Firming Gel:

This specially formulated water-based gel provides the conduit from the belt's impulses to the muscle. Apply it to the two "contact" spots on the inside of the unit, and also to the skin which will be touching the contact points. Other similar gels may be used, but they must be water-based. NO oil based gels should be substituted for the firming gel, nor should water be used alone as a substitute for gel. **Remember, the belt must be used on bare skin, with the conductive gel. It will not work when used over clothing.**



Advanced Muscle Stimulator Unit



Advanced Muscle Stimulator Pad with Velcro Tabs



Leg and Arm Adjustable Comfort Zone Belt



Torso Adjustable Comfort Zone Belt

assembly instructions

How to use the FAST ABS System

Read all of the instructions, including the section on selecting intensity and program levels before you use FAST ABS. Do a test run to familiarize yourself with its operation before you put it on.

1. With the Muscle Stimulator Unit facing you, gently slide the battery door downward to open it.
2. Install the Lithium Battery by holding it only on its edge, and inserting it into the round compartment with the + plus symbol facing outward.
3. Snap the Muscle Stimulator Unit onto the fasteners on the neoprene side of the Muscle Stimulator Pad.
4. Attach the adjustable belt to the Muscle Stimulator Unit by matching up and attaching the Velcro band at one end of the belt to the Velcro band on the Stimulator Unit.
5. On the inside of the Stimulator Unit (opposite the control side) you will see two silver metal surfaces. Apply gel liberally to these. They are the contact points and should be positioned on the muscle you wish to exercise.
6. Apply gel to the muscle area you wish to work (ie: abs, biceps, etc.)
7. Fasten the belt around your torso (long belt), legs or arms (short belt) and attach the loose end of the belt to the unit by using the Velcro fastener. Both belts are adjustable, simply use the Velcro fastener which fits the belt snugly around you. If you need additional length for your torso, you may attach the leg and arm belt to the torso belt.
8. Select your intensity and program levels.

control panel

Selecting Intensity and Program Levels

On/Hi:

This button turns the unit on. Press the On/Hi button again to increase the intensity of the impulses. You may press it up to 10 times; each time you press the button, it will move the impulses up to the next level of intensity. Ten is the highest.

Off/Low:

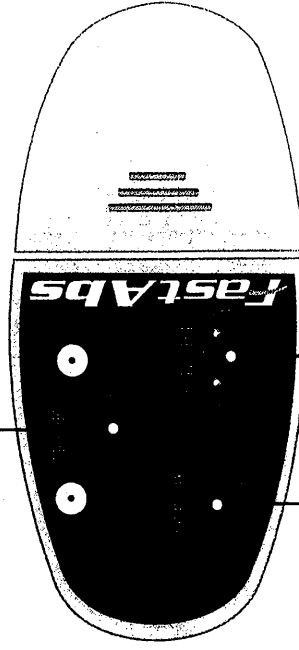
Push this button to reduce the intensity of the impulses. Each time you press it, it will move the impulses down to a lower level of intensity. When it reaches the lowest level, it will turn off when you press it again.

Program:

You may program the unit to any of six different exercise modes. This sets the repetition and pulse length patterns to achieve the effects of different types of workouts.

The key to a targeted workout is based on the number of repetitions and length of each muscle contraction through sit-ups, crunches and resistance training. The Fast Abs system uses this principle to help you get the type of muscle workout you want. Choose your level of intensity, then choose the program or combination of programs that best suits your fitness level and objectives.

This button chooses one of six different exercise modes.



This button turns the unit on. Press this button to reduce the intensity of the impulses.

This button turns the unit on. Press the On/Hi button again to increase the intensity of the impulses.

exercise programs

Mode	Exercise	Left LED 1	Right LED 2	Description	Application
1	Lightning Pulse	RED	OFF	A good workout with the punch of kick boxing with a rapid 5 pulses per second.	Women: Flattening lower abs Men: Chiseling upper and lower abs
2	High Intermittent Pulse	OFF	RED	A high speed steady workout with one pulse per second.	Women: Shaping buttocks Men: Building arm muscles
3	Low Intermittent Pulse	RED	RED	A basic steady workout with 3 seconds on and 2 seconds off muscle stimulation.	Women: Shaping thighs Men: Shaping and strengthening buttocks
4	Full Range Pulse	GREEN	OFF	A mixed workout of alternating slow and fast pulses.	Women: Strengthening arms and back Men: Building leg muscles
5	Peak Range Pulse	OFF	GREEN	A mixed workout with emphasis on faster repetitions.	Women: Shaping calves Men: Building back and shoulder strength
6	Toning Pulse	GREEN	GREEN	Low frequency steady muscle stimulation pulse	Women & Men: Overall toning. Women & Men: Workout end down

massage programs

Mode	Massage	Left LED 1	Right LED 2	Description
1	Drumming Massage	OFF	RED	The soothing effects of a pulsing massage on muscles.
2	Deep Tissue Massage	RED	RED	Alternating steady stimulation and relaxation.
3	Relaxing Massage	GREEN	GREEN	Steady low frequency stimulation

workout guide

Warming Up

Once you are ready to start using the Fast Abs, make sure you have a water bottle near by and begin with the warm up. The warm up is important to any exercise session. It allows the heart rate and breathing to gradually increase, warms the body so the chance of injury is reduced and loosens the muscles. If you are properly warmed up, your results will also be better. After the warm up is completed, make sure to do the stretches. This part of the program is only a few minutes and will properly prepare you for the fantastic exercises that follow! Warm up your lower body muscles with 5-10 minutes of walking, cycling or stepping.

Stretching

After you have completed the warm up session, you will be ready to move on to the stretching session. Stretching is a type of exercise to increase flexibility. The range of motion of a joint is restricted by the soft tissue around it. This soft tissue includes the tendons, ligaments, and the muscles. These exercises will gently stretch these soft tissues without damaging them. This will lower the risk of injury, increase flexibility and relieve the muscle soreness that some people may experience after exercise. The exercises demonstrated in this book are the most appropriate for the particular muscles you will be working with the Fast Abs. These muscles are the gluteus maximus (large buttock muscle), the gluteus minimus (small buttock muscle), hamstrings (back of the leg), and the lower back. Each static stretch is held for 15-30 seconds with 3 repetitions.

Breathing

The general rule for breathing during a workout is to exhale during the greatest exertion. While using the Fast Abs, this would be during the concentric or lifting phase of the movement. One should try to inhale during the eccentric or lowering phase of the movement. In simpler terms, when you squeeze and lift your pelvis, exhale; when you lower your pelvis down, inhale. Often times, making noises will help make sure you are really exhaling! Holding your breath can cause a great deal of pressure inside the abdominal cavity making it difficult for blood to return to the heart. This could cause dizziness, blackout, or even a hernia. REMEMBER TO BREATHE!

Concentration

Full attention should be focused on the muscles that are being worked. The concentration should be maintained on every repetition with every set. By not letting your mind wander (do not think about what you have to do when you get back to the office), you will gain the maximum benefit from your Fast Abs. Concentration, breathing and of course, consistency, are the secrets to successful workouts with the Fast Abs. Now you are ready to start the exercise session.

The Plan That Works Best....

Aerobic exercise for the heart, good nutrition, and Fast Abs for toning and building muscles for good looks that match good health. Through muscle exercise, it is possible to sculpt and tone the body. Weight loss alone is not enough to maintain a well-proportioned and firm physique. FAST ABS can be used to target the most troublesome and most important muscles for maintaining body shape and tone.

The objectives of muscle exercise are generally different for men and women. In some muscles, men want to build muscle mass, while women should merely shape it. For this reason, FAST ABS is ideally suited to individual programs. Men can build muscle with more intensive workouts on the key areas, while women can do lighter workouts that shape and tone without adding bulk areas like thighs and calves.

Upper Body Target Zones

Pectorals

These are the muscles men like to build for the chiseled chest look. For women, these muscles are just as important. While breast tissue is not comprised of muscle and can't be strengthened or tightened, strengthening the pectoral muscles helps to support the breasts and give them a firmer more shapely appearance. The secret to maintaining breast shape is working the pectorals.

Biceps and Triceps

Women find that as they age, the underarm starts to sag, giving them a matronly look. This area can be tightened and firmed by exercising the triceps muscle, at the back of the upper arm, as well as the biceps above.

Latissimus Dorsi

These are the muscles in the shoulder/upper back area around the shoulder blades. For women, toning this area eliminates the embarrassing flabby bulge that spills over the top of a bra or bathing suit at the back. The result is a more youthful appearance.

Deltoids

These muscles should be defined on women as part of the hourglass shape. However, most women prefer the toning and shaping of a lighter workout to building too much muscle mass in this area. An important benefit of firming all the upper body muscles is the way clothes fit.

Abdominal Target Zones

Abs

The abdominal muscles are stacked from the rib cage to the lower belly. Exercising each section creates a different type of look for the sculpted mid-section. For women, the objective is more for toning and strengthening the lower abs, where women tend to store more fat. While the upper and middle abs should be exercised, concentration for most women should be on the lower abs. Even losing weight results in a sagging midsection that can be firmed to a youthful appearance by strengthening the underlying muscle.

Obliques

The obliques are the muscles that run down the sides of the abdomen. This is the area that can be exercised to achieve the cinched waist look women. Working these muscles helps sculpt the abdominal look, and tapers the waist.

MUSCLES FOR WOMEN (cont.)

Lower Body Target Zones

Gluteus Maximus

The "buns" have become a serious exercise target for women. Without exercise to strengthen these muscles, the behind develops a drooping appearance. Nothing is more youthful on a woman's body than firm, toned "buns". When you make your exercise plan, be sure to look at the back view in the mirror and allocate time to shape the last vision people have of you as you walk away.

Quadriceps

Women tend to store fat on their thighs more than men. The secret to shaping this area is to lose any unnecessary fat and exercise the muscle to firm and shape the thighs. While there is no magical cure for cellulite, toning the thighs can minimize the effects of cellulite. Women should use lighter programs and intensity on this area to meet objectives of toning and shaping rather than building muscle mass.

Sartorius

This muscle on the inner thigh is the key to combating the flabby thigh look that many women develop as they age and lose muscle tone. Weight loss often contributes to this look, and can be offset by a high intensity workout in this generally neglected area. A more intensive workout might be a goal to eliminate those slapping thighs forever.

Hamstring

If you have ever done leg curls, you have felt these muscles. At the back, they are key to keeping a lively spring in your step, and they have the added power of helping to shape your legs into your most appealing assets.

Gastrocnemius

The calf muscles are important in developing shapely legs. The key here is to work up to a mid-level program that will shape, define and add some fullness to this muscle without overdeveloping it.

MUSCLES FOR MEN

Upper Body Target Zones

Pectorals

"Pecs" are so important to men for a virile look that some actually get implants to achieve the Tarzan chest. Working the pecs on a program of increasing intensity can help get the sculpted chest of a bodybuilder.

Biceps and Triceps

The degree of intensity for this area can vary depending on the goal. If firming is all that is desired, lower intensity and a milder program is order. For most men, however, a more intense program will yield better results, with improved upper arm strength and a muscular look.

Latissimus Dorsi

You can always identify a man who "works out" by the slightly winged appearance of his lats. Fully developed lats provide a masculine look to the upper torso and adds shoulder strength and mass.

Deltoids

Delts are the "shoulder pad" muscles that give men that linebacker look. More than this, though, they are important for sports such as golf and tennis, and for the lifting strength they deliver. If you're after the perfect swing, don't forget to build up strength in your delts.

Abdominal Target Zones

Abs

Most men aspire to the perfect abs and what many call a "six pack". This is the highly defined development that isolates each muscle, creating a rippled effect. To achieve this, men can do the kind of intensive ab workouts that women usually want to avoid. Work downward from just under the rib cage with each muscle section. Give equal attention to the upper abs as the mid and lower abs, and the "six pack" is within reach.

Obliques

The obliques shouldn't be overlooked. By exercising these vertical muscles, the abs get superior definition, and men can sculpt the narrower waist that helps emphasize shoulder and chest development.

MUSCLES FOR MEN (cont.)

Lower Body Target Zones

Gluteus Maximus

Great "buns" are just as important to men as women. However, this is an area that tends to be less problematic for men, and can get a lighter workout in favor of more time and intensity spent on the leg muscles.

Quadriceps

Powerful thighs are an important asset, both for strength and appearance. The fully developed quadriceps are a striking masculine feature, and the power they bring to lifting is invaluable. Workouts of mid-level intensity are a minimum goal for most men in working this area.

Sartorius

While body builders devote considerable effort to the development of this muscle, the average man will not build much muscle mass here. A lighter workout to firm and shape will promote a balanced look to the upper leg. Like women, men who have lost weight will want to devote more intensity to this area to firm the skin which has been stretched to accommodate the weight.

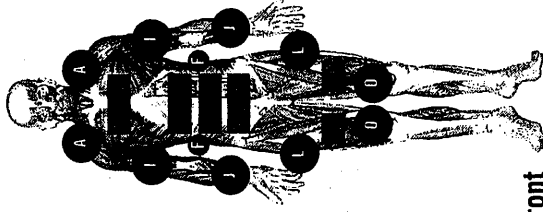
Hamstring

Upper leg strength needs the balance of developed quads and hamstrings. The key here is strength, not bulk. A slower steady workout with few reps will add the strength. Strong legs will reduce back strain.

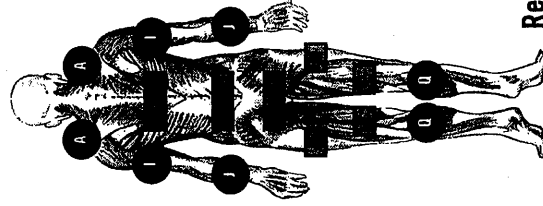
Gastrocnemius

For the man who loves running, bicycling, tennis, golf or a variety of other sports, the calf muscle is a candidate for strong development. Adjust your level of workout to match the athletic activities you engage in. The more you play, the more you will want to work this area.

EXERCISE POINTS



Front



Rear

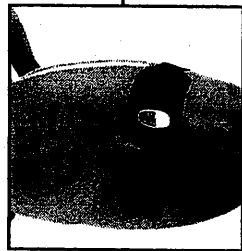
Women

- A Neck/Shoulder** A soothing and relaxing massage to the back of the neck and shoulders.
- B Breasts** Improves breast contour
- C Diaphragm** Helps tighten loose tissue in the upper abdomen.
- D Abdomen** Exercises the Abdominals. Similar to crunches. 10 minutes in program 2 gives 600 muscle contractions.
- E Lower Abdomen** Helps tighten the lower abdominal muscles
- F Waist** Helps to reduce waist size
- G Mid Back** Exercise muscles in the mid section of the back also helps reduce tension.
- H Back** Helps relieve tension
- I Arms** Tightens loose tissue in the upper arms
- K Buttocks** Exercises and tightens muscles to help reduce spreading hips and thighs.
- L Upper Thigh** Works the muscles on the outside front of the upper thigh and hips.
- M Back of Thigh** Works the buttocks and upper outer back of thigh.
- O Thigh & Knee** Exercises both the thigh muscle and the knee muscle.
- P Inner Thigh** Helps tighten inner thigh muscles.
- Q Calves** Exercises and tones the calves.

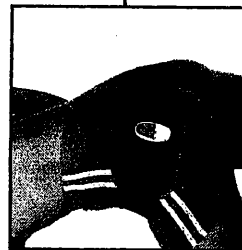
Men

- A Neck/Shoulder** A soothing and relaxing massage to the back of the neck and shoulders
- B Chest** Improves breast contour
- C Diaphragm** Helps tighten loose tissue in the upper abdomen.
- D Rectus Abdominus** Works the main abdominal area. helps tighten and tone the abs.
- E Lower Abdomen** Helps tighten the lower abdominal muscles
- F Waist** Tightens waistline and works love handles
- G Back** Helps posture and also helps reduce tension.
- H Latissimus Dorsae** Similar to horizontal lifts.
- I Bicep & Tricep** Defines these important arm muscles.
- J Lower Arm** Helps strengthen the lower arm.
- K Buttocks** Firms and tightens these muscles.
- L Upper Thigh** Works the upper and outer thigh muscles.
- N Front Thigh** Works the muscles on the upper front thigh
- O Knee Front Thigh** Exercises both the thigh muscle and the knee muscle.
- P Inner Thigh** Helps tighten inner thigh muscles.
- Q Calves** Exercises and tones the calves.

lower body positioning



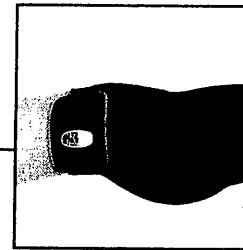
Women: Program 3
Men: Program 4



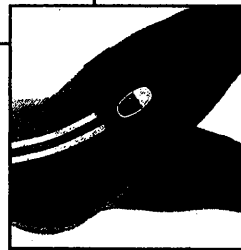
Women: Program 2
Men: Program 3



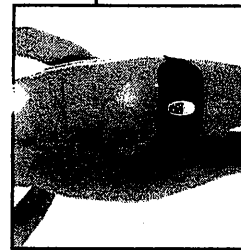
Women: Program 2
Men: Program 2



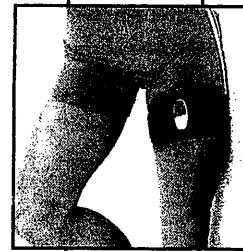
Women: Program 1
Men: Program 1



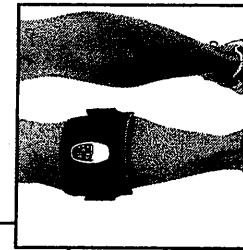
Women: Program 3
Men: Program 4



Women: Program 2
Men: Program 3

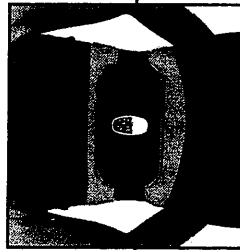


Women: Program 3
Men: Program 4

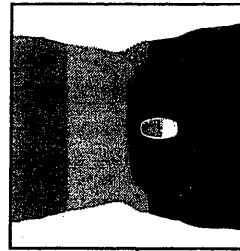


Women: Program 5
Men: Program 4

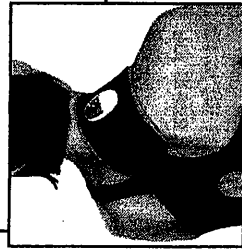
upper body positioning



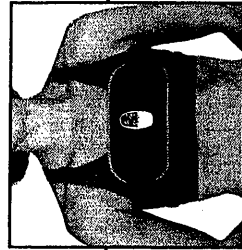
Women: Program 3
Men: Program 1



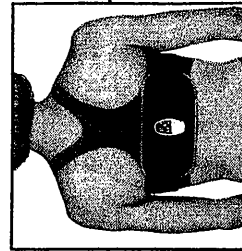
Women: Program 1
Men: Program 1



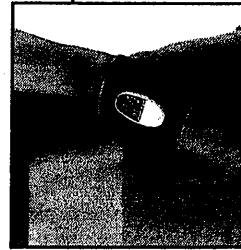
Women: Program 6
Men: Program 6
(and massage mode)



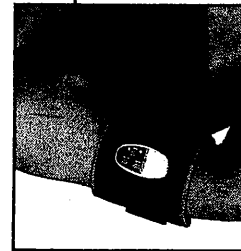
Women: Program 4
Men: Program 2



Women: Program 4
Men: Program 5



Women: Program 3
Men: Program 2



Women: Program 3
Men: Program 2

notes on nutrition

6 classes of nutrients that your body needs:

1. carbohydrates
2. protein
3. minerals
4. vitamins
5. water
6. small intake of saturated fats

Everyone is looking for that secret magical diet that will give them that lean, light, defined body. The truth—no one food or starvation diet is going to give you results. Eating a balanced diet including the nutrients that your body requires in the correct amount is the secret. The Fast Abs program suggests eating smaller amounts of low fat foods, and not smaller amounts of fatty snacks and carbonated drinks. Get that junk food out of your diet! (I know we are all going to cheat once in a while, we're only human.) One important fact that people need to pay more attention to, is that water contains no calories or vitamins and is essential. You can never drink too much water because your body can easily get rid of the excess; however, your body cannot function normally if you do not take in enough water.

A low-fat diet is the smart way to go, but that does not mean completely eliminating fats from your diet. You need the right amount of fat in your diet because fats are an essential component of cell walls and nerve fibers. The Fast Abs program suggests that less than 10% of your total caloric intake should come from saturated fats.

Rest

I know you're probably thinking "Hey, they're telling us we need the exercise and now they're telling us to rest. MAKE UP YOUR MIND!" The truth is that training progress is best when muscles receive two days of rest a week. Less than two days of rest a week results in slower progress. The positive changes that occur in the muscular system take place between exercise sessions as your body adapts to the exercise overload.

Fast Abs Points to Ponder

Do you like to snack in front of the T.V. while watching that great movie? Forget those cookies or potato chips and try grapes instead. They offer that soothing hand to mouth action without the fat. For a different twist, they're great frozen!

substitution and moderation

Try These Tips to Help You Maintain a Low-Fat Diet

- If You Have to Put a Spread on Your Bread: First of all, try Sourdough or French bread. These breads are much better without butter or spread than white or wheat bread. However, if a spread is a must, try Kraft Fat-Free Cream Cheese or some of the lower fat margarines that only contain 4.5 grams of fat. (Hint: Kraft also makes a delicious fat-free cream cheese with strawberries)
- If a Muffin Is an Absolute Necessity to Start off Your Day: Instead of picking up any old muffin at the grocery store, look at the fat content. Healthy Valley and even Entenmann's make a tasty "Fat-Free Muffin".
- Instead of Cooking with Regular Cooking Oil: The Fast Abs Team recommends extra virgin olive oil because of the lower monounsaturated fat content.
- Substitution Still Allows You to Keep Enjoying Your Breakfast Favorites: A low-fat french toast can be made by substituting egg whites for the yolks and using skim milk instead of 2% milk.
- Attention "Chili Lovers": Substitute ground turkey for ground beef. You can even eliminate the meat entirely and still end up with a tasty meal and plenty of protein from the beans.
- Coffee Addicts: If you're hooked on coffee, but can't drink it black then your solution is simple. Substitute cream or milk with "fat-free" half and half or "lite non-dairy" creamers. Look for Carnation Coffee-Mate or International Delight No Fat Creamers. (Hint: If you like to add a little twist to your coffee, International Delight makes great flavored creamers in a variety of flavors such as Irish Creme or Hazelnut).
- If Sauce Is a Must When Eating Shrimp or Other Seafood: Use cocktail sauce instead of tartar sauce. This will save you 8 grams of fat per tablespoon.
- No Need to Eliminate Mashed Potatoes with This Program: First of all use lower fat margarine instead of butter. Second, mashed potatoes can still be at their best with "fat-free gravy". Heinz makes a tasty variety fat-free gravy or you can make your own. All you need is 7 tablespoons of whole wheat flour, 2 cups cold water, ¼ teaspoon onion powder, ½ teaspoon of garlic powder, and 1 teaspoon salt-reduced soy sauce. Just combine ingredients and let cook for 10 minutes while stirring.

- If Pasta Is a Favorite Among Your Family for Dinner: Substitute egg noodles with plain or water pasta. The key words on the package that will indicate plain pasta will be durum wheat or semolina.
- The Fast Abs Team Knows That Ordering Pizza Is Fast, Easy and Tasty, but by the Time You Wait for Delivery You Could Have Made Your Own Low-Fat Pizza: First, use whole wheat pastry flour instead of bread flour and use half the mozzarella you normally would, or use a "fat-free" cheese of your choice. (Kraft makes a shredded fat-free mozzarella that's great for cooking.) Add any of your favorite veggie toppings like spinach, broccoli, and even sun-dried tomatoes. (Hint: If you don't like the taste of fat-free cheese, cheeseless all veggie pizzas are becoming quite the trend).
- If that Plain Baked Potato Just Isn't Hitting the Spot: Top it with fat-free sour cream (Breakstone's Free) or fat-free cottage cheese and sprinkle a few parsley flakes for color.
- The Potato Craze: Potatoes should stay a part of your new eating program, but just learn to moderate. For something different, bake new potatoes or red potatoes instead of Idaho; these taste great without any doctoring. You can even keep those hash browns on Sunday morning, just brown them in a non-stick skillet with non-stick cooking spray instead of frying them with oil. Additionally, be sure to read the ingredients and buy frozen hashbrowns with no oil!
- Get Away from that Red Meat: Substitute white poultry for red meat. Even though white poultry is much lower in fat than most red meat, make sure to cut all the extra fat and leave off that breading for an even leaner meal.
- Seafood Is An Excellent Source Of Low-Fat Protein: Shrimp, scallops, crab, sole or orange roughy are delicious. A 3½ ounce serving of any of these contains less than 1 gram of fat.
- Summer Arouses the Desire in All of Us to Bring Out the Grill: Unfortunately, it also means bringing out the traditional hot dogs and hamburgers. Not this summer! This summer you can grill a gardenburger instead of a hamburger. (Wholesome & Hearty Foods makes a great gardenburger.) Instead of grilling the regular beef and pork dogs, look for Smart Dogs made by Lightlife Foods or any other franks containing no fat or low-fat. These franks are still quite tasty on the grill!

His Points to Ponder

A fat-free Swiss Miss Hot Chocolate topped with a few extra large marshmallows is just enough to satisfy that sweet tooth and warm you up on that blustery winter evening.

An Introduction to a Healthier, Happier New You

CRAVINGS! I am sure you've walked past that chocolate bar at the grocery store and heard it calling your name, or opened the pantry at home and staring you straight in the face are those potato chips. Many of us love to sit in front of the television and wind down after that stressful day at the office, or busy afternoon with the kids. Yes, we all have a weakness for those good ole' fatty foods, and they may even create a soothing effect and satisfy a craving or two. Unfortunately, fat plays a major role in a number of deadly diseases such as: coronary heart disease, gallbladder disorders, cancer, and even high blood pressure.

With this in mind, it is obvious that the essential key to a healthy body is to decrease and limit the intake of fat into our bodies. Now, this does not mean to completely eliminate fat from our current eating program, especially since the fats are a vital component of human nutrition. We still need a small amount of fat to provide our bodies with the essential fatty acids. Not only do fats help us store energy to simply fight off the common cold, but they also manufacture hormones. Although our body needs fat in our diet, the problem remains that we get too much fat!

The goal of the Fast Abs Program is to keep that total fat consumption low. This does not mean "starvation diet", it simply means eating a variety of the right foods throughout the day that contain a low percentage of calories from fat. "OH NO!", is the immediate response from people, along with other responses such as:

"Where do I start?"

"What do I buy at the grocery store?"

"I just don't have time with my busy schedule for 'fat-free' cooking or shopping!"

"I can't even cook now, I can't possibly learn how to cook a 'fat-free' meal that's edible!"

Which one will be your excuse?

The Fast Abs Team won't settle for any excuses or negative responses because anyone can make a low-fat nutritional program a part of their lifestyle. It can simply be done by moderately changing your current baking methods and using "lower fat" or "fat-free" versions of your favorite foods. Believe us, your local grocery store will have a nice variety of "fat-free" items, and some stores even have "fat-free sections". These items might not be right in front of you, but that's no excuse for settling for that butter containing 13 grams of fat, when Fleischmann's makes a light margarine for less than 5 grams of fat!

These items might not be right in front of you, but that's no excuse for setting for that butter containing 13 grams of fat, when Fleischmann's makes a light margarine for less than 5 grams of fat!

You just have to look for it. If you can't find it, don't be afraid to ask the clerks—after all it is their job to help customers.

With your new Fast Abs Program your grocery shopping may take a little longer, but every time you slip on those jeans that are two sizes smaller and look in the mirror, you will realize that the extra time is worth it, and you will never want to go back to your old eating habits.

The Fast Abs Program gives you a 7-Day Nutritional Plan. We suggest you follow this plan as closely as possible. But remember, when those 7 days are over, your program should not be over. This is not a miracle diet: You must continue these same nutritional guidelines to keep sculpting away that fat and building muscle. This 7-Day Guide was designed by the Fast Abs Team to get you started, and teach you the proper amounts of the right foods that will lead you to a tighter, trimmer, toned body.

This nutritional plan will become part of your lifestyle and will ensure you that when you sculpt that fat away, it won't come back. This is why you should use this 7-Day Plan to guide you in changing your eating habits permanently, so the exciting changes in your body will be permanent. Reshaping your body and trying to shed that extra fat is never an easy battle, and it definitely does not happen overnight. This becomes easier with the right program, combining nutrition and exercise. Remember, you must follow the Nutritional Guide as well as the Fast Abs exercise program, results won't come by just changing your eating habits without the exercise. The combination of both will be the secret to your success!

Crash diets that guarantee 10 pounds in one week are not the solution! Not to mention the fact that such a diet could aggravate current underlying health conditions. You must keep only two words in mind that will lead you on the path to success—long term. This 7-Day Guide must be approached as a long-term nutritional plan that will become part of your new lifestyle!

We recommend that you consult your physician before following our program, even though you may have no current health or physical problems. Your physician may still want to modify the program to meet your specific needs.

WARNING: If you are a diabetic, make sure to replace sugar in any of the following recipes with Sweet-N-Low or Saccharin. Additionally, check with your physician before proceeding with the nutritional as well as the exercise portion of this program.

Refer to Shopping List on page 42 before starting the program.

the fast abs guide to a healthy new lifestyle

I am sure that we all remember our parents preaching to us about the importance of eating from the four main food groups. As much as we hate to believe it, today more and more people are realizing that eating the right foods in the proper amounts is crucial to staying fit and looking toned and trim. So in today's society with the increasing interest in looking good and feeling healthy, don't you wish you would have paid a bit more attention to that preaching. Well, it is never too late and that's why the Fast Abs Team has created the Fast Abs Program along with this book, lead you along the right path to lean, tight buns, hips and thighs.

The Fast Abs Team recommends at least three to four servings of fruits and vegetables per day. Leafy green vegetables contain just the right amount of Vitamin A that your body requires. As for Vitamin C, one type of Citrus Fruit is suggested once daily. Grain products are a great source of Carbohydrates, Iron, Vitamin B1, and Niacin. In addition, Protein is a necessary element to maintain your body's strength and energy, and can be obtained through meat, fish, poultry, eggs, cheese and milk.

We recommend that you keep your intake of red meat to a minimum. If you are a vegetarian, dry beans and peas are a great substitute. Calcium and Riboflavin are two nutrients that your body requires. These can be obtained through one to two servings of milk per day. The Fast Abs Team recommends skim milk or low-fat milk over regular milk. Last but not least, we cannot forget Carbohydrates which help give us energy as well as enhance muscle definition. We recommend at least one serving of a food high in Carbohydrates. Pastas are a great source of Carbohydrates and are quite satisfying to the palate and filling to the stomach.

Now that you have had a brief overview of the major food groups and their sources, you may refer to the following pages which include a fat and calorie counter to assist you in reaching your ultimate fitness goals. A little bit of determination and the right program is all it takes to look your very best!

Fast Abs Points to Ponder

Take an assortment of fruit such as pineapple cubes, papaya, watermelon and strawberries—cut fruit into bite size pieces, mix together and spoon a tablespoon of peach syrup over top with a dust of cinnamon and orange zest—what a refreshing delight without any overbearing sweetness.

7-day nutritional guide

PROTEIN: Protein supports growth and maintains healthy body cells. Protein can be found in meat, fish, poultry, eggs, dried beans, milk and cheese.

CARBOHYDRATES: Carbohydrates are a source of energy for the central nervous system and supplies energy so that protein can be used for growth and maintenance of body cells. Carbohydrates can be found in bread, potatoes, corn, cereal and sugar.

FAT: Fat constitutes part of the structure of every cell. Fat can be found in foods such as butter, oil, sausages and salad dressing.

CALCIUM: Calcium combined with other minerals gives strength to the teeth and bones. Calcium can be found in foods such as yogurt, milk, salmon, sardines, and even greens.

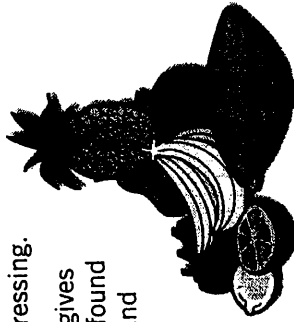
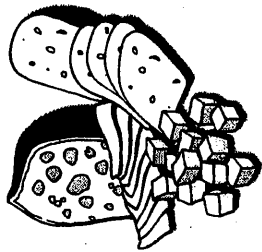
IRON: Iron prevents nutritional anemia and increases resistance to infection and disease. Iron can be found in liver, dried beans, red meat, peas and prune juice.

VITAMIN C: Vitamin C strengthens the body, speeds up the healing process, and increases resistance to infection. Vitamin C can be found in foods such as grapefruit, oranges, strawberries, papaya and broccoli.

VITAMIN A: Vitamin A functions to promote healthy eye tissues, in addition to assisting in formation and maintenance of skin and mucous membranes. Vitamin A can be found in foods such as liver, greens, sweet potatoes, carrots, and greens.

NIACIN: Niacin aids digestion and regulates a normal appetite. Niacin can be found in foods such as liver, poultry, meat, and fortified cereal products.

THIAMIN: Thiamin assists in utilization of energy and promotes normal functioning of the nervous system. Thiamin can be found in foods such as fortified cereal products, pork and nuts.



DAY ONE

BREAKFAST

	Fat	Calories
1 Aunt Jemima Low-Fat Waffle with 1/2 cup of Lite Maple Syrup	.2g	.130
1 Banana (6.3 oz. banana)	.0g	.101
1 Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.2g	.231

NOTE: If you would like to drink a morning cup of coffee remember to use non-fat creamer or non-dairy lite creamer.

LUNCH

Cold Tuna and Crab Salad*	.3g	.325
1 Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.3g	.325

*RECIPE: mix one 2.8 oz. can of solid white tuna in spring water, 1/2 cup of Crab Delights Flake Style (Louis Kemp), 1 Tbs. of Miracle Whip Free non-fat dressing, chop 2 sticks of celery and blend well. Take plain Sesame Pocket Pita Bread (Aladdin's) split open and add salad. Note: You can use all tuna or all crab, if you prefer.

AFTERNOON PICK UP

2 Fresh Plums	.0g	.60
Total Snack Fat & Calories	.0g	.60

DINNER

5 oz. Baked Swordfish*	.15g	.440
1 Cup of Steamed Green Beans	.0g	.55
Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.15g	.495

*Recipe: with lemon served over 1 cup of cooked Rotini pasta with 2 Tbs. of Parmesan Cheese

AFTER DINNER SNACK

Peach Treat*	.0g	.160
Total Fat & Calories	.0g	.160

*Recipe: take one cup of non-fat peach yogurt and slice 1 peach on top of yogurt and mix.

TOTAL CALORIES FOR DAY ONE1,271

TOTAL FAT FOR DAY ONE20g

SWEET TOOTH SATISFIERS

Cut out center of an apple and bake with a dash of cinnamon and brown sugar this makes for a "Perfect Fun Fruit Snack".

DAY TWO

BREAKFAST

	Fat	Calories
½ Cup of Corn Flakes Cereal with ½ cup of skim milk and 1 tsp. of brown sugar	.0g	.120
1 Plain Bagel topped with 1 Tbs.		
Kraft Philadelphia Fat-Free Cream Cheese	.2g	.35
½ Cup of Mandarin Tangerine Juice (Dole)	.0g	.80
Total Fat & Calories	.2g	.235

LUNCH

1 cup of Low-Sodium Chicken Noodle Soup	.2g	.85
Chef Salad*	.3g	.145
1 Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.5g	.230

*Recipe: mix 2 cups of greens with 1 oz. lean turkey, 1. oz. of fat-free cheddar cheese, ½ cup chopped tomato and cucumber, 1 Tbs. of fat-free dressing of your choice.

AFTERNOON PICK UP

1 Medium Orange	.0g	.60
1 Cup of Celestial Seasonings Herbal Tea (Celestial Seasonings makes a variety of flavors)	less than 1g	.5
Total Snack Fat & Calories	.1g	.65

Note: If your busy schedule keeps you away from your cardiovascular activity—don't sweat it! You can include cardiovascular activity into your daily routine. If the weather is nice, park as far away as possible from your destination and take advantage of the distance with a brisk power walk!



MOTIVATIONAL TIP:

Did you use your Fast Abs today? Did you take a brisk walk, go swimming or take a bike ride? Remember this program won't help you achieve maximum results without exercise! The Fast Abs Team is confident you can do it—you just have to really want it!

SWEET TOOTH SATISFIERS

Rice cake topped with your favorite fruit jam is a healthy light snack—the jam has just enough sugar to give that extra energy you crave in the afternoon, so you can finish out your day to the fullest!

DAY TWO (cont.)

DINNER

	Fat	Calories
Bow-Tie Pasta with Broiled Scallops*		
8 ounces of dried bow-tie and 16 large sea scallops (1 lb. is required for this recipe, which serves 4)	.4g	.314
1 Cup of Carrot and Celery Sticks	.0g	.25
Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.4g	.339

*Recipe: To make the Sauce: mix 2 roasted red bell peppers, ½ cup of chopped shallot, 1 Tbs. of sherry vinegar, ½ cup of seafood stock and 2 Tbs. of chopped fresh basil. Mix in small saucepan over low heat setting. This will be poured over the scallops as a last step after the scallops are placed over the top of the pasta.

Pesto Sauce: combine 1 Tbs. of chopped walnuts, 2 garlic cloves peeled, 1½ cups fresh cilantro leaves, and mix in food processor. Then add ¼ cup of seafood stock and 3 Tbs. of freshly squeezed lemon. After pasta is cooked, simply pour pesto sauce over pasta and mix well. Divide the pasta among 4 bowls and place 4 scallops on top of each bowl. Lastly, lightly pour sauce over scallops.

AFTER DINNER SNACK

1 Cup of Fresh Strawberries		
add 2 tsp. of lite whipped topping	.4g	.90
Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.4g	.90



MOTIVATIONAL TIP:

With the extra energy from all the carbohydrates in today's menu, you should be ready to incorporate the Fast Abs along with aerobic activity before the day comes to an end. If you're thinking about skipping today's exercise portion, keep in mind that a healthy fit body is a healthy mind. Regular exercise stimulates & enhances your psychological

well being, so not only will you have more energy but will also be more alert.

TOTAL CALORIES FOR DAY TWO	.959
TOTAL FAT FOR DAY TWO	.15.5g

SWEET TOOTH SATISFIERS

Grape Nuts add a kick to any low-fat or fat-free yogurt and make for an ideal snack after lunch, after dinner—or even for breakfast on the run.

DAY THREE

BREAKFAST	Fat	Calories
2 Slices Whole Wheat French Toast with 1 Tbs. lite syrup and 1 tsp. powdered sugar	.5g	.205
1 Banana	.0g	.101
½ Cup of Orange Juice	.0g	.55
Total Fat & Calories	.5g	.361

LUNCH

Turkey Melt*	.7g	.275
1 Cup of Steamed Broccoli	.0g	.50
1 Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.7g	.325

*Recipe: 1 oz. Lean Turkey and 1 slice of "fat-free" swiss cheese, 2 thin slices of tomato, 1 tsp. honey mustard; broil

AFTERNOON PICK UP

1 oz. Pretzels	.2g	.110
1 Cup Celestial Seasons	.0g	.5
Mandarin Orange Spice Tea	.2g	.115
Total Snack Fat & Calories		

DINNER

Golden Steamed Fish Fillets*	.4g	.165
1 Bagel, toasted, with ½ tsp. of fat-free cream cheese	.1g	.220
Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.54g	.385

*Recipe: saute onion and garlic in extra virgin olive oil. Place fish fillets (1 lb. whitefish fillets) on onion and sprinkle with lemon juice and parsley. Cover and simmer 5-7 minutes. Arrange 1 golden delicious apple peeled, cored, and cut into 15 slices over fish. Add one zucchini cut in ¼ inch slices over fish also. This will make about four servings—plenty for the entire family.

AFTER DINNER SNACK

1 Slice Whole Wheat Toast with 1 tsp. strawberry fruit spread	.1g	.95
1 Cup Sugar Free Lemonade	.0g	.0
Total Fat & Calories	.1g	.95

TOTAL CALORIES FOR DAY THREE1,281
TOTAL FAT FOR DAY THREE20.4g

SWEET TOOTH SATISFIERS

Top ½ cup non-fat frozen vanilla yogurt with ¼ cup of chopped dried apricots and garnish with 2 orange slices—this will give a new kick to your taste buds!

DAY FOUR

BREAKFAST	Fat	Calories
1 Slice Watermelon	.0g	.60
1 Oat Bran Muffin	.5g	.130
1 Cup Celestial Seasonings Tea (Mandarin Orange or Apple Cinnamon)	.0g	.5
Total Fat & Calories	.5g	.195

LUNCH

Garden Lite Pizza*	.5g	.225
2 Cups Carrot and Celery Sticks	.0g	.50
1 Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.5g	.275

*Recipe: top each half of one low-fat English muffin with 2 Tbs. low-sodium tomato sauce. Top with 2 sliced mushrooms, 1 bell pepper, 1 Tbs. "fat-free" mozzarella cheese. (Healthy Valley is a good choice); broil.

AFTERNOON PICK UP

2 Gingersnaps	.1g	.40
1 Glass of Apple Juice	.0g	.80
Total Snack Fat & Calories	.1g	.120

Note: The slower you eat, the easier it is to recognize your body's safety signals. If you eat too fast, you'll eat too much. If you wait 15 minutes before going for seconds, chances are you won't want them!

DINNER

Chicken & Broccoli Pasta*	.11g	.430
Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.11g	.430

*Recipe: mix ½ cups cooked whole wheat pasta with 3 oz. cooked lean chicken breast, cubed, ½ cup chopped broccoli, 1 tsp. olive oil with 1 Tbs. "fat-free" parmesan cheese and a hit of garlic powder for extra flavor.

AFTER DINNER SNACK

2 "Fat-Free" Fig Bars	.0g	.100
1 Cup Celestial Seasonings Tea	.0g	.5
Total Fat & Calories	.0g	.105

TOTAL CALORIES FOR DAY FOUR1,125
TOTAL FAT FOR DAY FOUR22g

SWEET TOOTH SATISFIERS

Attention strawberry lovers: a low-fat strawberry cannelloni can be made by mixing ¼ cup strawberries, drained juice pack of pineapple, vanilla yogurt. Stuff into cooked cannelloni shell. Dust with 1 tsp. cinnamon and powdered sugar!

DAY FIVE

BREAKFAST	Fat	Calories
Egg Beaters (One Container)*	.5g	.285
½ Cup of Celestial Seasonings Tea	.0g	.5
Total Fat & Calories	.5g	.290
*Recipe: cook in microwave about 2-3 minutes (do not add seasonings) when fully cooked, top with		
1 Tbs. "fat-free" cheddar cheese and place on top of plain bagel (toasted).		

LUNCH

Angel Hair Pasta*	.4g	.291
½ Cup of Steamed Green Beans	.0g	.25
1 Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.4g	.316
*Recipe: while pasta is boiling, the sauce can be made by putting 1 tsp. olive oil and 2 garlic cloves (peeled) in a saucepan to cook over medium heat. Remove pan from heat and pour in ½ cup dry white wine. Cook once again for about 1-2 minutes. Then stir in lemon juice and add 1 cup of chopped tomatoes. Add ½ cup chopped basil, 2 Tbs. of freshly ground pepper over cooked pasta along with the sauce. Toss and serve.		

AFTERNOON PICK UP

Blueberry Shake*	.0g	.115
Total Snack Fat & Calories	.0g	.115
*Recipe: blend ½ cup blueberries with 2 Tbs. non-fat, sugar free, vanilla yogurt, ½ cup skim milk.		

DINNER

Cheese Tortellini with Tomato Sauce;		
1 frozen single serving	.4g	.290
1 Cup Mixed Greens, 1 Carrot Sliced	.0g	.30
1 Tbs. "fat-free" Italian Dressing	.1g	.80
1 oz. Whole Wheat Roll	.5g	.400
Total Fat & Calories		
1 Frozen Fruit Bar (flavor of your choice)	.0g	.5
1 Cup Celestial Seasonings Tea	.0g	.5
Total Fat & Calories		.10

TOTAL CALORIES FOR DAY FIVE 1,231
TOTAL FAT FOR DAY FIVE 14g



MOTIVATIONAL TIP:

See, you can still eat many of the foods you crave and desire, the only difference is that the Fast Abs Program teaches you how to substitute and moderate. If you haven't pulled your friend, the Fast Abs out of the closet yet, it's still not too late!

DAY SIX

BREAKFAST	Fat	Calories
1 Cup Low Fat Cottage Cheese topped with		
½ cup pineapple chunks in juice, or drained	.2g	.140
1 Slice Whole Wheat Toast		
with 1 tsp. raspberry fruit spread	.1g	.95
½ Cup Orange Juice	.0g	.55
Total Fat & Calories	.3g	.290

LUNCH

Vegetable Spaghetti*	.8g	.420
1 Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.8g	.420
*Recipe: mix ¾ cup low-sodium tomato sauce, ½ cup each of eggplant and zucchini. Serve over 1½ cups of cooked spaghetti. Top with 2 Tbs. "fat-free" Parmesan cheese.		

AFTERNOON PICK UP

½ Cantaloupe	.0g	.90
1 Cup Celestial Seasonings Tea	.0g	.5
Total Snack Fat & Calories	.0g	.95

DINNER

Shrimp and Pasta*	.8g	.355
½ Cup of Steamed Green Beans	.0g	.25
Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.8g	.380
*Recipe: broil 4 oz. shrimp with 1 tsp. margarine and ½ tsp. dill and pepper. Serve over 1½ cups penne pasta.		

AFTER DINNER SNACK

1 Cup "fat-free" Hot Cocoa	.0g	.50
2 Light Graham Crackers	.1g	.50
Total Fat & Calories	.1g	.100

TOTAL CALORIES FOR DAY SIX 1,285
TOTAL FAT FOR DAY SIX 20g

SWEET TOOTH SATISFIERS

If you crave chocolate, go for it! Chocolate has a relaxing effect on the body and causes endorphins, the brain's natural pain killers, to be released in the brain! But make sure not to overindulge, a small piece should do the trick!

DAY SEVEN

BREAKFAST	Fat	Calories
½ Cup Bran Nugget Cereal with ½ cup skim milk topped with peaches and strawberries	.1g	.190
1 Plain Bagel (no spreads)	.0g	.110
1 Cup Celestial Seasonings Tea	.0g	.5
Total Fat & Calories	.1g	.305

LUNCH

Shrimp and Greens*	.8g	.240
1 Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.8g	.240

*Recipe: in skillet heat extra virgin olive oil over medium heat. Add onion and garlic, cook for 5 minutes. Add 1½ lbs. shrimp peeled and deveined, ¼ cup sun-dried tomatoes sliced, 1 can (14 oz.) artichokes. Cook until shrimp is done, 5-7 minutes. Combine shrimp with 1 pkg. (10 oz.) fresh spinach and sprinMe with ½ cup crumbled Feta cheese.

AFTERNOON PICK UP

4 Melba Rounds	.0g	.50
1 Nectarine	.0g	.60
1 Cup Celestial Seasonings Tea	.0g	.5
Total Snack Fat & Calories	.0g	.115

DINNER

Creamy Ziti*	.4g	.319
1 Plum	.0g	.30
Large Glass of Spring Water	.0g	.0
Total Fat & Calories	.4g	.349

*Recipe: heat 1 tsp. extra virgin olive oil over medium heat. Add 1 green pepper, cook until pepper softens. In blender puree spinach, (10 oz.) 1 cup non-fat sour cream, ¾ cup skim milk, 2 Tbs. minced fresh dill, 1 Tbs. lemon juice, ½ tsp. salt, blend until smooth. Add to pepper, continue cooking until sauce starts to simmer, 2-3 minutes. Remove from heat, drain pasta. Toss with sauce.

AFTER DINNER SNACK

1 Medium Apple*	.0g	.60
Fat-Free Apple Dip (Marzetti's)	.0g	.110
Total Fat & Calories	.0g	.170

*Recipe: cut apple into slices, warm apple dip in microwave for 10 seconds and pour over apple.

TOTAL CALORIES FOR DAY SEVEN	1,179
TOTAL FAT FOR DAY SEVEN	.13g

SWEET TOOTH SATISFIERS

"Don't think of fat as an enemy. Even "fat-free" foods have a little fat in them, and that's good! Your body needs fat to help digestion. Just try to limit your fat intake to 20-30 grams a day" —Richard Simmons

congratulations!

The Fast Abs Team knew you could do it, and we will keep believing in you for weeks, months and years to come. You completed our guide for the first seven days with the utmost faith and dedication. Now you're on a roll, so keep on going! This 7-Day Guide in no way is intended to be used as a 7-Day crash diet. The first week should be followed as closely as possible to lead you toward a different lifestyle of eating, while educating you on the importance of eating the right foods in the proper amounts. As you will notice we included 3 meals a day with 2 snacks. Many people believe that not eating and skipping meals will get you on that road to slenderness.

WRONG! YOU NEED THOSE CALORIES, LOW AMOUNTS OF FAT AND NUTRITION. THE MORE OFTEN YOU EAT LITTLE AMOUNTS THROUGHOUT THE DAY, THE MORE CALORIES AND FAT YOU BURN AS YOUR METABOLISM SPEEDS UP. DEPRIVING YOURSELF OF FOOD WILL ONLY DECREASE YOUR ENERGY LEVEL AND SLOW DOWN YOUR METABOLISM. I'M SURE YOUR FIRST WEEK ON THIS PROGRAM HAS REASSURED YOU OF THIS THEORY.

Isn't it great? No side effects, lethargy, or mood swings to bring you down physically or emotionally. Today in the '90s with the new fitness and health approach, slimming down your waistline does not have to have a negative effect on the rest of your life. Making this program a part of your new healthy lifestyle will only enhance your daily performance, instead of hampering your daily responsibilities at work or at home. You may even want to repeat the same menu again, mixing around meals for variety. This will assist you for yet another week before you go on your own. This may give you even more exposure and a better feel for what mixtures of food should be a part of your daily menu.

Of course, you won't see your desired results in one week, but every week you'll notice your body slowly getting closer to your ultimate goal. Once those pounds start melting off and your body looks trimmer, it's going to be easier to stay on the program. Now you're learning how to incorporate the right exercise and proper nutrition into your long term plan. Other "crash diet" programs may get these results quicker, but the real secret to keeping that level of fitness is making a healthy eating program a permanent part of your new lifestyle.

REMEMBER: If you have diabetes, or any other physical condition, please take our program with you and get the stamp of approval from your doctor. The Fast Abs Team suggests that you consult your physician before incorporating this program into your lifestyle, even if you have a clean bill of health.

fat & calorie counter

The following charts will guide you through making the right food choices for breakfast, lunch, and dinner. This section along with the 7-Day Nutritional Guide will lead you along the right path to a low-fat eating program that will become a part of your new healthy lifestyle!

Did you ever wonder what the fat contents were in some of your favorite breakfast foods? Well now is your chance to find out.

Here Are Some Low-Fat Breakfast Favorites of The Fast Abs Team...

	Calories	Fat
Water Bagel	.150	.1 Gram
Banana	.101	Less than 1 Gram
1/2 Cantaloupe	.94	.7 Grams
1 Orange	.61	Less than 1 Gram
1/2 Cup Bran Cereal	.70	.5 Grams
1/2 Cup Mueslix Cereal	.70	.2 Grams
1/2 Cup Original Grape Nuts		
(Also Great For Topping Yogurt)	.98	Less than 1 Gram
1 1/2 Cup Cheerios	.110	1.8 Grams
1 oz. Kellogg's Corn Flakes	.110	.1 Gram
Instant Apple Cinnamon Oatmeal (1 Package)	.130	.2 Grams
Instant Regular Oatmeal (1 Package)	.100	.2 Grams
1 Serving of plain Malt-O-Meal	.122	Less than 1 Gram
Kellogg's Shredded Wheat Cereal, Bite Size (1/2 Cup)—		
Great for snacking, but without the milk	.90	.Grams
Raisin Bran Cereal (1 oz.)	.100	Less than 1 Gram
Health Valley Fruit & Fitness (2 oz.)	.190	.4 Grams
1 Cup Wheaties Cereal	.99	Less than 1 Gram

SWEET TOOTH SATISFIERS

Just want something semi-sweet to satisfy those stomach growls? Try plain oatmeal, which is low in fat, top it with bananas and finish it off with a dust of brown sugar.

BREAKFAST (cont.)

	Calories	Fat
Egg Beaters (1/4 Cup)	.25	.2 Grams
2 Slices Frozen French Toast (Aunt Jemima is highly recommended)	.230	.7 Grams
Plain English Muffin	.140	.1 Gram
Baked French Style Bread, 1 Slice (Pepperidge Farm is a good choice)	.75	.1 Gram
1 Slice Sourdough Bread	.75	Less Than 1 Gram
1 Slice Earth Grains Rye Bread	.70	.1 Gram
1 Slice Roman Meal Honey Nut & Oat Bread	.72	1.5 Grams
1 Slice Raisin Bread	.70	.1 Gram
Grape Jelly (2 tsp.) Jelly is a great way to kick that butter addiction. Try jelly on your toast next time instead of butter.	.30	Less Than 1 Gram
Strawberry Jam (2 tsp.)	.30	Less Than 1 Gram
Strawberry Preserves (2tsp.) Smuckers is a tasty choice	.35	Less Than 1 Gram
1 Cup of 1% Low-Fat Milk	.105	.2.6 Grams
1 Cup of Skim Milk	.100	Less Than 1 Gram
Dannon Blueberry Light Yogurt (1 Container)	.100	Less Than 1 Gram
Yoplait Light (Entire line of light yogurt)	.150	.1 Gram

BEVERAGES

Don't forget that beverages have calories also! So make sure to account for these calories into your total calories for the day. Here's a list to help with your calorie count. Remember water has zero calories, which means zero fat. So don't be afraid to overindulge in several glasses of water every day. Water is great for cleansing the system!

6 oz. Brewed Coffee (Regular) Remember our tip, if you like to limit your caffeine intake, save that cup of coffee for the largest meal. The caffeine gives that extra kick to the metabolism . . . 4 . . . Less Than 1 Gram

SWEET TOOTH SATISFIERS

For a snack on the run, try a few marshmallows, which are sugary but low in fat.

BEVERAGES (cont.)

	Calories	Fat
6 oz. Brewed Coffee (Decaffeinated)	.4	Less Than 1 Gram
8 oz. Iced Cappuccino (Great way to wake up on a hot summer morning.)	.120	.3 Grams
1 Package Swiss Miss Hot Cocoa	.50	.0 Grams
6 oz. General Foods International Coffee: Swiss Mocha	.30	.2 Grams
6 oz. General Foods International Coffee: Belgian Cafe	.60	.2 Grams
Cinnamon Apple Spice (1 Tea Bag)	.4	Less Than 1 Gram
6 oz. Grapefruit Juice	.70	Less Than 1 Gram
6 oz. Pineapple Juice	.90	Less Than 1 Gram
Tangerine Juice (Dole is a good choice)	.100	Less Than 1 Gram
6 oz. Cranberry Juice (Beneficial to the kidneys.) Try Ocean Spray!	.100	Less Than 1 Gram
6 oz. Cran-Raspberry Juice (Perfect choice for those who like the benefit of Cranberry Juice, but don't like the tart bite. The raspberry adds a soft edge to the taste buds!)	.110	Less Than 1 Gram
6 oz. Cran-Apple Juice (If the raspberry didn't take away the tart kick, Cran-Apple is sweeter to the taste buds.)	.123	Less Than 1 Gram
8 oz. Apricot Juice	.123	Less Than 1 Gram
6 oz. Carrot Juice (One glass every other day gives a healthy glow and great color to the skin. Carrot juice is most effective when consumed directly after being juiced if you have a juicer at home.)	.73	.0 Grams
Celery Juice (4 Stalks)	.30	Less Than 1 Gram
Carrot Celery Juice (6 oz Carrot Juice, 2 Stalks Celery)	.85	Less Than 1 Gram
8 oz. Orange Juice	.110	Less Than 1 Gram
6 oz. HI-C Regular (Not just for kids!)	.96	Less Than 1 Gram

SWEET TOOTH SATISFIERS

2 small scoops of fat-free or low-fat yogurt in a sugar cone makes for a perfect post dinner snack—sugar cones have less than one gram of fat per cone!

BEVERAGES (cont.)

8.5 oz. Tang Fruit Box (Great energy boost for before or after your cardio activity. A fruit box is a great, spill proof drink to throw in the gym bag on your way to the fitness center.)	.120	Less Than 1 Gram
6 oz. Regular Hawaiian Punch	.90	Less Than 1 Gram
8 oz. Lemonade (Country Time is a good choice for those who would like to avoid an extremely tart lemonade.)	.80	Less Than 1 Gram
1 Cup 1% Milk	.110	2.5 Grams

Here Are Some Favorite Foods That the Fast Abs Team Includes in Their Lunch and Dinner Menus.

The following is a list of vegetables that you should also include in both your lunch and dinner menus. Remember to refer to the 7-Day Nutritional Guide for low-fat recipes.

	Calories	Fat
½ Cup Canned Asparagus	.18	Less Than 1 Gram
½ Cup Canned Baked Beans (Great source of protein for vegetarians.)	.110	.1 Gram
½ Cup Canned Beets	.36	.0 Grams
½ Cup Cooked Broccoli	.23	.0 Grams
½ Cup Fresh Cooked Cabbage	.10	.0 Grams
½ Cup Canned Pinto Beans	.93	.0 Grams
½ Cup Canned Snap Green Beans (Less Calories in the canned Green Beans than the cut Green Beans.)	.13	.0 Grams
½ Cup Canned Navy Beans	.148	Less Than 1 Gram
½ Cup Canned Peas	.67	.0 Grams
½ Cup S&W Canned Sweet Peas	.70	.0 Grams
½ Cup Fresh Sprouts	.25	.0 Grams
½ Cup Frozen Spinach (Green Giant is a wise choice.)	.25	Less Than 1 Gram
1 Red Tomato	.24	.0 Grams

SWEET TOOTH SATISFIERS

Sometimes some of the oldest tricks in the book are effective. Using a cup instead of a bowl for low-fat ice cream or yogurt really does work. Mind over matter!

LUNCH & DINNER (cont.)

	Calories	Fat
1 oz. Kosher Dill Pickles	.4	.0 Grams
1 Cup Cooked Onions	.60	.0 Grams
1 Plain Baked Potato With Skin	.115	.0 Grams
1 Ear White or Yellow Corn	.89	.1 Gram
5.5 oz. Plain Baked Potato Without the Skin	.145	.0 Grams
1 Boiled Sweet Potato Without Skin	.172	.Less Than 1 Gram
1 Candied Yam (Try a Yam Instead of a Cookie to Satisfy That Sweet Tooth)	.180	.Less Than 1 Gram
2 Raw Carrots	.62	.0 Grams
½ Cup Raw Cauliflower	.12	.0 Grams
2 Stalks Raw Celery	.12	.0 Grams
½ Cup Fresh Cooked Brussel Sprouts	.30	.0 Grams
4 Cooked Shiitake Mushrooms	.40	.0 Grams
1 Head Iceberg Lettuce	.70	.1 Gram
½ Cup Frozen Lima Beans	.94	.1 Gram

The Following List Contains Foods That Are Good Sources of Protein Which Should Be Included in Your New Healthy Lifestyle.

5 oz. Roasted Chicken (Light meat)	.242	.6 Grams
1 Serving Rice-A-Roni Chicken & Vegetables	.140	.3 Grams
2 oz. Healthy Choice Oven Roasted Chicken—lunch meat	.60	.1 Gram
4 oz. 5% Milk Fat Cottage Cheese	.80	.1 Gram
2 oz. Louis Kemp Crab Delights Flake Style (Quick, easy protein source—perfect for lunch on the run.)	.50	.Less Than 1 Gram
3 oz. Cooked Halibut	.119	.2.5 Grams
1 Cup Boiled Lobster	.142	.Less Than 1 Gram
2 oz. Healthy Choice Smoked Turkey (Healthy Choice makes one of the tastier lunch meats.)	.60	.1 Gram

SWEET TOOTH SATISFIERS

Who said that your sweet tooth couldn't be satisfied with something nutritious like a vegetable? Next time you get an urge for something sweet, try a sweet potato topped with brown sugar.

PROTEINS (cont.)

	Calories	Fat
2 oz. Deli-Thin Honey Roasted Turkey Lunch Meat	.70	.2 Grams
2 oz. Healthy Choice Smoked Ham	.60	.1 Gram
1 Hormel Chicken & Rice Burrito	.200	.4 Grams
3 oz. Cooked Cod	.89	.Less Than 1 Gram
3 oz. Canned Salmon (Great for the heart)	.173	.Less Than 3 Grams
3 oz. Cooked Swordfish	.132	.4 Grams
3 oz. Imitation Scallops (Louis Kemp is a tasty choice)	.85	.Less Than 1 Gram
3 oz. Raw Squid (Raw is much lower in fat than dried squid)	.78	.1 Gram
2 oz. Star Kist Chunk Light Tuna	.60	.Less Than 1 Gram
3 oz. Cooked Trout	.129	.Less Than 4 Grams
1 Lean Cuisine Hamburger	.330	.10 Grams
3 oz. Cooked Grouper	.100	.1 Gram
3 oz. Baked Flounder	.80	.1 Gram
3 oz. Octopus	.70	.Less Than 1 Gram
5 oz. Light Meat Turkey Without The Skin	.219	.Less Than 5 Grams
Healthy Choice Breast of Turkey Dinner	.290	.5 Grams
1 Healthy Choice Mandarin Chicken Entree	.260	.2 Grams
1 Healthy Choice Oriental Chicken Entree	.230	.1 Gram
1 Healthy Choice Linguini With Shrimp Dinner	.230	.2 Grams

The Next Section of This Book Will List All the Favorite Carbohydrates of The Fast Abs Team...

2 oz. Curly Rotini Pasta	.210	.1 Gram
2 oz. Fettuccine Noodles	.220	.3 Grams
2 oz. American Beauty Egg Noodles	.220	.3 Grams
2 oz. Health Valley Whole Wheat Pasta	.202	.1 Gram

SWEET TOOTH SATISFIERS

If you want to spice up a fat-free muffin, spread apple butter on top, it's very low in fat—who said low fat has to be boring!

CARBOHYDRATES (cont.)

	Calories	Fat
2 oz. Whole Wheat Lasagna	.170	.1 Gram
2 oz. Whole Wheat Spaghetti	.170	.1 Gram
2 oz. Organic Spaghetti Noodles	.170	.1 Gram
8 oz. Chef Boy-àr-Dee Beef Ravioli	.220	.5 Grams
7 oz. Franco American Macaroni & Cheese	.170	.5 Grams
3 oz. Spinach Tortellini With Cheese	.260	.6 Grams

Lipton makes a few tasty pasta dishes that are low in fat and calories, high in carbs, easy to prepare, and a great resolution to a mandatory quick healthy dinner or lunch! Here are a few of their better tasting pasta combinations...

½ Cup Lipton Noodles & Alfredo Sauce	.130	.3 Grams
½ Cup Lipton Chicken Broccoli Noodles & Sauce	.125	.2 Grams
½ Cup Lipton Chicken Noodles & Sauce	.125	.2 Grams
½ Cup Lipton Romanoff Noodles & Sauce	.135	.3 Grams
½ Cup Chun King Mix Broccoli Rice Au Gratin	.130	.3 Grams
½ Cup Lipton Stroganoff Noodles & Sauce	.110	.2 Grams
½ Cup Lipton Parmesan Noodles & Sauce	.140	.4 Grams
1 Cup Cooked Long Grain White Rice Cold	.158	Less Than 1 Gram
3.3 oz. Bird's Eye International Spanish Style Rice	.110	.0 Grams
3.3 oz. Bird's Eye International Italian Style Rice	.120	.1 Gram
½ Package Lipton Broccoli & Cheddar Rice	.125	.2 Grams
½ Package Lipton Mushroom Long Grain & Wild Rice	.123	Less Than 1 Gram
½ Package Long Grain Wild Rice Pilaf	.120	Less Than 1 Gram
½ Package Lipton Original Wild Rice	.120	.0 Grams
½ Package Lipton Wild Spanish Rice	.120	Less Than 1 Gram

SWEET TOOTH SATISFIERS

A great energy boosting shake treat can also give you that sugar fix anytime can be made by blending ¼ cup cubed cantaloupe, frozen sliced peaches, with 2 tbs. non-fat yogurt and ¼ cup pineapple juice and skim milk. This recipe is also great for a healthy breakfast and can be taken along for the ride to work!

Here Are a Few Healthy Soups Highly Recommended By The Fast Abs Team

Soups such as the ones listed below are a great, quick way to fulfill those carbs for the day during that short lunch break!

	Calories	Fat
1 Cup Campbell's Black Bean Soup	.110	.2 Grams
8 oz. Campbell's Chicken With Rice Soup	.60	.2 Grams
8 oz. Pritikin Navy Bean Soup	.130	Less Than 1 Gram
8 oz. Pritikin Navy Bean Soup	.130	Less Than 1 Gram
1 Container Knorr Chicken Noodle Soup	.110	Less Than 3 Grams
9.5 oz. Progresso Beef Vegetable Soup	.150	.3 Grams
7.5 oz. Anderson's Split Pea Soup	.140	.0 Grams
8 oz. Campbell's Healthy Request Vegetable Soup	.90	.2 Grams
½ Cup Campbell's Condensed Healthy Request Cream of Broccoli Soup (This low-fat soup is great over pasta for a change if your getting tired of Marinara Sauce.	.70	.2 Grams
1 Cup Campbell's Tomato Soup	.90	.2 Grams
1 Cup Campbell's Minestrone Soup	.80	.2 Grams
7.5 oz. Health Valley Vegetable Barley Soup	.60	Less Than 1 Gram
10 oz. Campbell's New England Clam Chowder (A bit higher in fat content than most other soups, but Campbell's does make a tasty chowder.)	.260	.6 Grams

Favorite Sweet Tooth Satisfiers of The Fast Abs Team

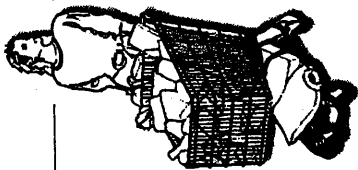
Now you can satisfy your sweet tooth for less than 5 grams of fat.

Met-Rx Bar Extreme Vanilla	.110	.2.5 Grams
½ Cup Freeze Dried Bananas	.124	.4 Grams
1 Pillsbury Lovin' Lites-Fudge Brownie	.100	.2 Grams
3.5 oz. Weight Watchers Cheesecake	.200	.5 Grams
½ Betty Crocker Angel Food Cake	.150	Less Than 1 Gram

SWEET TOOTH SATISFIERS

For a quick way to take control of your sweet attacks—try 8 oz. reduced calorie chocolate pudding, 1/2 cup of strawberries, 1 tbs. of light whipped topping, believe me your taste buds will thank you!

shopping list



The following list includes all of the foods you will need for the first week of your program. You can just tear it out and use it as a checklist at the grocery store. This should be enough for more than one week of groceries, you may have some of these items at home already, so be sure to double check to avoid overbuying. **HAPPY SHOPPING!**

- Fresh Broccoli
- Fresh Mushrooms
- 1 Onion
- Zucchini
- Fresh Parsley
- Fresh Green beans
- Carrot Sticks
- Celery Sticks
- Head of Lettuce
- Fresh Mixed Greens
- 1 Cucumber
- 1 Red Bell Pepper
- Fresh Cilantro Leaves
- Fresh Basil
- Fresh Dill
- 1 Jar Artichokes
- Fresh Spinach
- Sun-dried Tomatoes
- 2 Tomatoes
- Seafood Stock
- Fat-Free Italian Dressing
- Fat-Free Salad Dressing of Your Choice
- Extra Virgin Olive Oil
- Low-Sodium Tomato Sauce
- Miracle Whip Non-Fat Dressing
- Non-Fat Cream Cheese
- Honey Mustard
- Garlic Powder
- Whole Wheat Pasta
- Angel Hair Pasta
- Cheese Tortellini
- Spaghetti
- Rotini Pasta
- Bow Tie Pasta
- Solid White Tuna in Spring Water
- Crab Delights Flake Style
- 5 oz. Swordfish
- Lean Turkey
- Large Sea Scallops
- One Ounce Whitefish Fillets
- Lean Chicken Breast
- Shrimp (2lbs.)
- Pocket Pita Bread
- Plain Bagels (less than 2 grams of fat)
- Low-Fat Wheat Bread
- Low-Fat English Muffins
- Oat Bran Muffins (less than 5 grams of fat)
- Whole Wheat Rolls
- Melba Toast Rounds
- Low-Fat Pretzels
- Low-Fat Margarine
- Low-Fat Cottage Cheese
- Skim Milk
- Feta Cheese
- Non-Fat Sour Cream
- Parmesan Cheese
- Fat-free Shredded Mozzarella Cheese
- Fat-free Shredded Cheddar Cheese
- Fat-free Shredded Swiss Cheese
- 6 Bananas
- 6 Plums
- 3 Peaches
- 3 Apples
- 3 Oranges
- 3 Lemons
- ½ Watermelon
- 1 Can of Pineapple Chunks
- Fresh Strawberries
- 1 Cantaloupe
- 2 Nectarines
- Non Fat Peach Yogurt
- Frozen Fruit Bars
- Fat-free Fig Bars
- Gingersnaps
- Light Graham Crackers
- Reduced Calorie Chocolate Pudding
- Fat-free Caramel Apple Dip
- Light Whipped Topping
- Bran Nugget Cereal
- Frozen Waffles (low-fat no more than 2 grams)
- Corn Flakes Cereal (low-fat)
- Egg Beaters (3 containers)
- Sugar Free Lemonade
- Orange Juice
- Mandarin Tangerine Juice
- Celestial Seasons Herbal Tea
- Apple Juice
- Fat-free Hot Cocoa
- White Wine
- Lemon Juice
- Spring Water
- Low-Sodium Chicken Noodle Soup



your personal notes

Mueslix, Grape Nuts, Cheerios, Kelloggs, Malt O Meal, Wheaties, Egg Beaters, Pepperidge Farm, Earth Grains, Roman Meal, Dannon, Smuckers, Yoplait, Ocean Spray, Tang, Hi-C, Hawaiian Punch, Country Time, S&W, Green Giant, Rice A Roni, Healthy Choice, Starkis, Lean Cuisine, American Beauty, Chef Boy-Ar-Dee, Franco American, Lipton, Chun King, Bird's Eye, Campbells, Pritikin, Knorr, Progresso, Andersons, Met-Rx, Pillsbury, Weight Watcher's, Betty Crocker, Fleischmann's, Sweet-n-Low, Kraft, Healthy Valley, Swiss Miss, Carnation Coffee-Mate, International Delight, Heinz, Louis Kemp, Miracle Whip, Aladdin's, Dole, Breakstone's, Wholesome & Hearty Foods, Lightlife Foods, General Foods International Coffees, Aunt Jemima, Evian, Crystal Geyser, Celestial Seasonings, and Lenders are trademarks belonging to companies other than TRISTAR Products. Use of these trademarks in this publication is not intended to imply that any of these companies have endorsed the Fast Abs, or that there is any connection between any of the trademark holders and TRISTAR Products.