What types of food are on the programme?

Nutrition · https://thesixpackrevolution.com/docs/what-types-of-food-are-on-the-programme/

We eat 6 times per day in the way of 3 meals and 3 snacks, however you can replace two of these with a meal replacement shake and most people will opt to do 2 meals 2 snacks 2 shakes. You can use any brand of shake you wish and we will explain what needs to be in that shake in prep week.

There are tons of recipes, thousands of variations and we also teach you how to create your own in accordance with the rules of The Six Pack Revolution.

We cater for regular foodies, vegans, vegetarians, pescatarians, fussy eaters and those with intolerances.

Anyone can follow this plan !

Here are some of the foods we eat (too many options to list them all)…

Chicken

Turkey

Ostrich

All White fish

Rabbit

Salmon

Tuna

Tinned Tuna

Smoked salmon

Prawns

Egg

Greek yoghurt

Vegan Greek style yoghurt

TVP

Quorn

Quorn mince

Soya mince

Tofu

“Vegan Chicken”

Seitan

Tempeh

Chickpeas

Lentils

Black beans

Butter beans

Barlotti beans

In fact there are too many beans to post

Seeds

Eggs

Seitan

Cottage Cheese

Almond milk

Soya milk

And more ...

All Vegetables

Sweet potato

Pumpkin

Peppers

Courgette

Salad

Blueberries

Cranberries

Strawberries

Raspberries

Blackberries

Goji berries

Nectarines

Mango

Papaya

Apple

Pineapple

Banana

All fruits really !!

Rivita

Rice cakes

Flat breads

Pitta breads

Wraps

Oats

Barley flakes

Quinoa

Bulgar wheat

Buckwheat

Freekah

Tomatoes

Tinned

And more.....

Olives

Olive oil

Coconut oil

Almonds

Avocado

And more...

All base spices (too many to list)

All herbs

Garlic

Ginger

Chilli

And more ...