

quick 6

Before starting any exercise or diet program, please consult your physician.

What is the Quick 6 diet and how will it help you to achieve your weight loss goals?

The Quick 6 diet will enable you to lose 6 pounds in two weeks, without breaking the bank. We provide a weekly shopping guide to make it easier for you to get started. The shopping guide includes a very comprehensive list of the grocery items that you'll need for the two weeks that you'll be on this diet. The actual meal plan outlines 6 small meals to be eaten approximately every 2 hours. This is the proven way to boost your metabolism for optimal fat burning. You must follow the guidelines strictly though, like drinking a cup of green tea at meal one and only vegetables for meal six. Drinking 6 - 8 glasses of water each day is also a must. Additionally, there are six fat blasting exercises that you'll be required to perform a minimum of 3 times per week. We shouldn't have to mention this, BUT be sure to avoid all deep fried and processed foods, including french fries, sugary snacks, and soda. The only acceptable forms of protein are poultry, seafood, and eggs. This means absolutely no red meat.

Ongoing Weight Loss

This plan is only intended to jump start your weight loss or to help you lose weight quickly for a specific reason (i.e. a special event). For ongoing weight loss and weight maintenance, switch to a long term plan that will help you adopt an overall healthier lifestyle.

Shopping Guide for Week 1

Eggs and Dairy

- 1 dozen eggs
- 1 large container OR 4 (4-6 oz) small containers of full fat plain yogurt (for both weeks)
- 1 package of shredded cheddar cheese (sharp, extra-sharp, or mild)
- ½ gallon skim milk (if you prefer milk in your protein shake)

Miscellaneous

- 1 pack low-carb tortilla (will be enough for both weeks)
- 1 pack of green tea (at least 14 servings for both weeks)
- 1 tub protein powder (at least 14 servings for both weeks)
- 1 package of Quaker Weight Control Oatmeal or other high protein oatmeal (at least 6 servings for both weeks)

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Vegetables & fruits

1 lb of carrots
1 lb of green beans (fresh or frozen)
2 heads of lettuce (or more if you desire)
4 tomatoes (or more if you desire)
2 onions
2 cucumbers (or more if you desire)
1 head of broccoli (or 2 packs of frozen)
1 head of cabbage
vegetables for omelets (green peppers, zucchini, mushrooms, etc.)
1 package of frozen stirred fried vegetables
1 Cantaloupe or 1 Grapefruit

Fish and Poultry

1 lb of chicken breast
2 4oz salmon steaks or fillets
½ lb sliced turkey breast (from the deli)
1 bag (16 oz) frozen shrimp
1 box of turkey or veggie burgers (this will be enough for both weeks)
6 5ozs can of tunas (for both weeks)

DAY ONE

MEAL ONE (BREAKFAST) usually around 7:30 am	2 boiled eggs 1 cup green tea
MEAL TWO usually around 10:00 am	8 oz whey or soy protein shake made with skim milk or water
MEAL THREE usually around 12:00 pm	salad - lettuce, tomatoes, cucumbers, chopped raw broccoli, approx. 4 oz of grilled or baked boneless, skinless chicken breast (Have as much lettuce and tomatoes as you would like) Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil
MEAL FOUR usually around 3:00 PM	4 - 6 ounces of plain, full-fat yogurt with raspberries
MEAL FIVE usually around 5:30 PM	grilled or baked salmon (approx. 4 oz) steamed green beans
MEAL SIX usually around 8:00 PM	steamed cabbage (as much as you like) and onions (optional) (Spinach can be used instead of cabbage)

** You must drink 6 - 8 glasses of water

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DAY TWO

- MEAL ONE (BREAKFAST)**
usually around 7:30 am
vegetable omelet (two eggs)
1/4 cup choice vegetables (tomato, green pepper, onion, spinach, etc.)
1 cup green tea
- MEAL TWO**
usually around 10:00 am
8 oz whey or soy protein shake made with skim milk or water
- MEAL THREE**
usually around 12:00 pm
5 ounce can of tuna in water (4 oz chicken breast can be used instead)
on a bed of lettuce and tomatoes
(Have as much lettuce and tomatoes as you would like)
Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil
- MEAL FOUR**
usually around 3:00 PM
1 cup diced cantaloupe (1/2 grapefruit can be used instead)
- MEAL FIVE**
usually around 5:30 PM
6-8 medium shrimp
with stir fry vegetables
- MEAL SIX**
usually around 8:00 PM
1 cup roasted broccoli (or steamed)
with a little soy sauce (optional)
- ** You must drink 6 - 8 glasses of water

DAY THREE

- MEAL ONE (BREAKFAST)**
usually around 7:30 am
Quaker Weight Control instant oatmeal (1 serving)
or OTHER high protein oatmeal
1 cup green tea
- MEAL TWO**
usually around 10:00 am
8 oz whey or soy protein shake made with skim milk or water
- MEAL THREE**
usually around 12:00 pm
salad - lettuce, tomatoes, cucumbers, chopped raw broccoli, approx. 4 oz of
grilled or baked boneless, skinless chicken breast
(Have as much lettuce and tomatoes as you would like)
Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil
- MEAL FOUR**
usually around 3:00 PM
1/2 cup sliced raw carrots with 1 tbsp ranch dressing
- MEAL FIVE**
usually around 5:30 PM
4 turkey breast slices and 1 tbsp shredded cheddar cheese in a low carb tortilla
(This sandwich can be heated to melt cheese)
- MEAL SIX**
usually around 8:00 PM
steamed cabbage (as much as you like)
and onions (optional)
(Spinach can be used instead of cabbage)
- ** You must drink 6 - 8 glasses of water

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DAY FOUR

- MEAL ONE (BREAKFAST)**
usually around 7:30 am
Vegetable Omelet (two eggs)
1/4 cup vegetables
- MEAL TWO**
usually around 10:00 am
8 oz whey or soy protein shake made with skim milk or water
- MEAL THREE**
usually around 12:00 pm
5 ounce can of tuna in water (4 oz chicken breast can be used instead)
on a bed of lettuce and tomatoes
(Have as much lettuce and tomatoes as you would like)
Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil
- MEAL FOUR**
usually around 3:00 PM
4 - 6 ounces of plain, full-fat yogurt with raspberries
- MEAL FIVE**
usually around 5:30 PM
grilled or baked salmon (approx. 4 oz)
steamed green beans
- MEAL SIX**
usually around 8:00 PM
steamed cabbage (as much as you like)
and onions (optional)
(Spinach can be used instead of cabbage)
- ** You must drink 6 - 8 glasses of water

DAY FIVE

- MEAL ONE (BREAKFAST)**
usually around 7:30 am
Quaker weight control instant oatmeal (1 serving)
or OTHER high protein oatmeal
1 cup green tea
- MEAL TWO**
usually around 10:00 am
8 oz whey or soy protein shake made with skim milk or water
- MEAL THREE**
usually around 12:00 pm
salad - lettuce, tomatoes, cucumbers, chopped raw broccoli, approx. 4 oz of
grilled or baked boneless, skinless chicken breast
(Have as much lettuce and tomatoes as you would like)
Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil
- MEAL FOUR**
usually around 3:00 PM
1 cup diced cantaloupe (1/2 grapefruit can be used instead)
- MEAL FIVE**
usually around 5:30 PM
Sliced turkey or veggie burger on a low carb tortilla with
as much lettuce, tomatoes and condiments as you like
- MEAL SIX**
usually around 8:00 PM
1 cup roasted broccoli (or steamed)
with a little soy sauce (optional)
- ** You must drink 6 - 8 glasses of water

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DAY SIX

- MEAL ONE (BREAKFAST)** usually around 7:30 am
vegetable omelet (two eggs)
1/4 cup choice vegetables (tomato, green pepper, onion, spinach, etc.)
1 cup green tea
- MEAL TWO** usually around 10:00 am
8 oz whey or soy protein shake made with skim milk or water
- MEAL THREE** usually around 12:00 pm
5 ounce can of tuna in water (4 oz chicken breast can be used instead)
on a bed of lettuce and tomatoes
(Have as much lettuce and tomatoes as you would like)
Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil
- MEAL FOUR** usually around 3:00 PM
½ cup raw sliced carrots with 1 tbsp ranch dressing
- MEAL FIVE** usually around 5:30 PM
4 turkey breast slices and 1 tbsp shredded cheddar cheese in a low carb tortilla
(This sandwich can be heated to melt cheese)
- MEAL SIX** usually around 8:00 PM
1 cup string beans with sautéed onions
- ** You must drink 6 - 8 glasses of water

DAY SEVEN

- MEAL ONE (BREAKFAST)** usually around 7:30 am
2 boiled eggs
1 cup green tea
- MEAL TWO** usually around 10:00 am
8 oz whey or soy protein shake made with skim milk or water
- MEAL THREE** usually around 12:00 pm
salad - lettuce, tomatoes, cucumbers, chopped raw broccoli, approx. 4 oz of
grilled or baked boneless, skinless chicken breast
(Have as much lettuce and tomatoes as you would like)
Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil
- MEAL FOUR** usually around 3:00 PM
1 cup diced cantaloupe (½ grapefruit can be used instead)
- MEAL FIVE** usually around 5:30 PM
6-8 medium shrimp
with stir fry vegetables
- MEAL SIX** usually around 8:00 PM
steamed cabbage (as much as you like)
and onions (optional)
(Spinach can be used instead of cabbage)
- ** You must drink 6 - 8 glasses of water

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Shopping Guide for Week 2

Eggs and Dairy

- 1 dozen eggs
- ½ gallon skim milk (if you prefer milk in your protein shake)

Vegetables

- 1 lb of carrots
- 1 lb of green beans (fresh or frozen)
- 2 heads of lettuce (or more if you desire)
- 4 tomatoes (or more if you desire)
- 2 onions
- 2 cucumbers (or more if you desire)
- 1 head of broccoli (or 2 packs of frozen)
- 1 head of cabbage
- vegetables for omelets (green peppers, zucchini, mushrooms, etc.)
- 1 package of frozen stirred fried vegetables
- 1 Cantaloupe or 1 Grapefruit

Fish and Poultry

- 1 lb chicken breast
- 2 4oz salmon steaks or fillets
- 1/2 lb sliced turkey breast (from the deli)

DAY EIGHT

MEAL ONE (BREAKFAST) usually around 7:30 am	Quaker Weight Control instant oatmeal (1 serving) or OTHER high protein oatmeal 1 cup green tea
MEAL TWO usually around 10:00 am	8 oz whey or soy protein shake made with skim milk or water
MEAL THREE usually around 12:00 pm	salad - lettuce, tomatoes, cucumbers, chopped raw broccoli, approx. 4 oz of grilled or baked boneless, skinless chicken breast (Have as much lettuce and tomatoes as you would like) Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil
MEAL FOUR usually around 3:00 PM	4 - 6 ounces of plain, full-fat yogurt with raspberries
MEAL FIVE usually around 5:30 PM	Sliced turkey or veggie burger on a low carb tortilla with as much lettuce, tomatoes and condiments as you like
MEAL SIX usually around 8:00 PM	steamed cabbage (as much as you like) and onions (optional) (Spinach can be used instead of cabbage)

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DAY NINE

MEAL ONE (BREAKFAST)
usually around 7:30 am

Quaker Weight Control instant oatmeal (1 serving)
or OTHER high protein oatmeal
1 cup green tea

MEAL TWO
usually around 10:00 am

8 oz whey or soy protein shake made with skim milk or water

MEAL THREE
usually around 12:00 pm

5 ounce can of tuna in water (4 oz chicken breast can be used instead)
on a bed of lettuce and tomatoes
(Have as much lettuce and tomatoes as you would like)
Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil

MEAL FOUR
usually around 3:00 PM

1 cup diced cantaloupe (½ grapefruit can be used instead)

MEAL FIVE
usually around 5:30 PM

6-8 medium shrimp
with stir fry vegetables

MEAL SIX
usually around 8:00 PM

1 cup roasted broccoli (or steamed)
with a little soy sauce (optional)

DAY TEN

MEAL ONE (BREAKFAST)
usually around 7:30 am

Quaker Weight Control instant oatmeal (1 serving)
or OTHER high protein oatmeal
1 cup green tea

MEAL TWO
usually around 10:00 am

8 oz whey or soy protein shake made with skim milk or water

MEAL THREE
usually around 12:00 pm

salad - lettuce, tomatoes, cucumbers, chopped raw broccoli, approx. 4 oz of
grilled or baked boneless, skinless chicken breast
(Have as much lettuce and tomatoes as you would like)
Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil

MEAL FOUR
usually around 3:00 PM

½ cup sliced raw carrots with 1 tbsp ranch dressing

MEAL FIVE
usually around 5:30 PM

4 turkey breast slices and 1 tbsp shredded cheddar cheese in a low carb tortilla
(This sandwich can be heated to melt cheese)

MEAL SIX
usually around 8:00 PM

steamed cabbage (as much as you like)
and onions (optional)
(Spinach can be used instead of cabbage)

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DAY ELEVEN

MEAL ONE (BREAKFAST) usually around 7:30 am	Vegetable Omelet (two eggs) 1/4 cup vegetables
MEAL TWO usually around 10:00 am	8 oz whey or soy protein shake made with skim milk or water
MEAL THREE usually around 12:00 pm	5 ounce can of tuna in water (4 oz chicken breast can be used instead) on a bed of lettuce and tomatoes (Have as much lettuce and tomatoes as you would like) Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil
MEAL FOUR usually around 3:00 PM	4 - 6 ounces of plain, full-fat yogurt with raspberries
MEAL FIVE usually around 5:30 PM	Sliced turkey or veggie burger on a low carb tortilla with as much lettuce, tomatoes and condiments as you like
MEAL SIX usually around 8:00 PM	steamed cabbage (as much as you like) and onions (optional) (Spinach can be used instead of cabbage)

DAY TWELVE

MEAL ONE (BREAKFAST) usually around 7:30 am	vegetable omelet (two eggs) 1/4 cup choice vegetables (tomato, green pepper, onion, spinach, etc.) 1 cup green tea
MEAL TWO usually around 10:00 am	8 oz whey or soy protein shake made with skim milk or water
MEAL THREE usually around 12:00 pm	salad - lettuce, tomatoes, cucumbers, chopped raw broccoli, approx. 4 oz of grilled or baked boneless, skinless chicken breast (Have as much lettuce and tomatoes as you would like) Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil
MEAL FOUR usually around 3:00 PM	1 cup diced cantaloupe (½ grapefruit can be used instead)
MEAL FIVE usually around 5:30 PM	Sliced turkey or veggie burger on a low carb tortilla with as much lettuce, tomatoes and condiments as you like
MEAL SIX usually around 8:00 PM	1 cup roasted broccoli (or steamed) with a little soy sauce (optional)

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DAY THIRTEEN

MEAL ONE (BREAKFAST) usually around 7:30 am	vegetable omelet (two eggs) 1/4 cup choice vegetables (tomato, green pepper, onion, spinach, etc.) 1 cup green tea
MEAL TWO usually around 10:00 am	8 oz whey or soy protein shake made with skim milk or water
MEAL THREE usually around 12:00 pm	5 ounce can of tuna in water (4 oz chicken breast can be used instead) on a bed of lettuce and tomatoes (Have as much lettuce and tomatoes as you would like) Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil
MEAL FOUR usually around 3:00 PM	½ cup raw sliced carrots with 1 tbsp ranch dressing
MEAL FIVE usually around 5:30 PM	4 turkey breast slices and 1 tbsp shredded cheddar cheese in a low carb tortilla (This sandwich can be heated to melt cheese)
MEAL SIX usually around 8:00 PM	1 cup string beans with sautéed onions

DAY FOURTEEN

MEAL ONE (BREAKFAST) usually around 7:30 am	Quaker Weight Control instant oatmeal (1 serving) or OTHER high protein oatmeal 1 cup green tea
MEAL TWO usually around 10:00 am	8 oz whey or soy protein shake made with skim milk or water
MEAL THREE usually around 12:00 pm	salad - lettuce, tomatoes, cucumbers, chopped raw broccoli, approx. 4 oz of grilled or baked boneless, skinless chicken breast (Have as much lettuce and tomatoes as you would like) Top with 1 - 1.5 tbsp of any non-creamy dressing (vinaigrette or Italian) or plain olive oil
MEAL FOUR usually around 3:00 PM	1 cup diced cantaloupe (½ grapefruit can be used instead)
MEAL FIVE usually around 5:30 PM	6-8 medium shrimp with stir fry vegetables
MEAL SIX usually around 8:00 PM	steamed cabbage (as much as you like) and onions (optional) (Spinach can be used instead of cabbage)

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EXERCISE GUIDE

Carve out 3 days during each of the two weeks to perform the exercises listed below, for a total of 6 days. It doesn't matter which 3 days you choose during the week. Ideally, you want to space your days so that you have a day to rest in between each workout session. For example, you may want to workout on Monday, Wednesday, and Friday. Or, Tuesday, Thursday, and Saturday.

On each day that you designate your workout day, try to make it through all six rounds. If you can only make it through five rounds because you are too fatigued, that's fine. However, you NEED to push yourself as much as you can to make it to round six.

To see examples of each exercise, visit our [Quick 6 video gallery](#).

YOUR WORKOUT SESSION

ROUND ONE

1. Squats - 10 reps
2. Push-ups - 10 (Or as many as you can do. Do them on your knees if you have to.)
3. Jumping Jacks - 50 reps
4. Lunges - 10 reps (5 on each leg)
5. Plank - Count out loud to 20 (If you can't make it to twenty, that's okay. You will eventually build up to 20)
6. Bicycle Kicks - 25 reps (The kicking out of each leg counts as one rep)

 Rest for no more than 60 seconds

ROUND TWO

1. Squats - 10 reps
2. Push-ups - 10 (or as many as you can do. Do them on your knees if you have to.)
3. Jumping Jacks - 50 reps
4. Lunges - 10 reps (5 on each leg)
5. Plank - Count out loud to 20 (If you can't make it to twenty, that's okay. You will eventually build up to 20)
6. Bicycle Kicks - 25 reps (The kicking out of each leg counts as one rep)

 Rest for no more than 90 seconds

ROUND THREE

1. Squats - 10 reps
2. Push-ups - 10 (or as many as you can do. Do them on your knees if you have to.)
3. Jumping Jacks - 50 reps
4. Lunges - 10 reps (5 on each leg)
5. Plank - Count out loud to 20 (If you can't make it to twenty, that's okay. You will eventually build up to 20)
6. Bicycle Kicks - 25 reps (The kicking out of each leg counts as one rep)

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 Rest for no more than 90 seconds

ROUND FOUR

1. Squats - 10 reps
2. Push-ups - 10 (or as many as you can do. Do them on your knees if you have to.)
3. Jumping Jacks - 50 reps
4. Lunges - 10 reps (5 on each leg)
5. Plank - Count out loud to 20 (If you can't make it to twenty, that's okay. You will eventually build up to 20)
6. Bicycle Kicks - 25 reps (The kicking out of each leg counts as one rep)

 Rest for no more than 90 seconds

ROUND FIVE

1. Squats - 10 reps
2. Push-ups - 10 (or as many as you can do. Do them on your knees if you have to.)
3. Jumping Jacks - 50 reps
4. Lunges - 10 reps (5 on each leg)
5. Plank - Count out loud to 20 (If you can't make it to twenty, that's okay. You will eventually build up to 20)
6. Bicycle Kicks - 25 reps (The kicking out of each leg counts as one rep)

 Rest for no more than 90 seconds

ROUND SIX

1. Squats - 10 reps
2. Push-ups - 10 (or as many as you can do. Do them on your knees if you have to.)
3. Jumping Jacks - 50 reps
4. Lunges - 10 reps (5 on each leg)
5. Plank - Count out loud to 20 (If you can't make it to twenty, that's okay. You will eventually build up to 20)
6. Bicycle Kicks - 25 reps (The kicking out of each leg counts as one rep)

QUESTIONS?

If you have specific questions about any of the information provided, you can submit them via our [Contact Us](#) form.

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