

SixPack Jacked Nutrition Log

<http://www.sixpacksmackdown.com>



Day:					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
<input type="checkbox"/> 3 Whole Eggs <input type="checkbox"/> 1/4c Oatmeal <input type="checkbox"/> 1c fruit	<input type="checkbox"/> 2 Scoops Protein <input type="checkbox"/> 1 Serving fat	<input type="checkbox"/> Protein: 6-8 oz <input type="checkbox"/> 2c Vegetables <input type="checkbox"/> 1 Serving Carbs <input type="checkbox"/> 1 Serving Fats	<input type="checkbox"/> 2 Scoops Protein <input type="checkbox"/> 1 Serving fat	<input type="checkbox"/> Protein: 6-8 oz <input type="checkbox"/> 2c Vegetables <input type="checkbox"/> 1 Serving Carbs <input type="checkbox"/> 1 Serving Fats	<input type="checkbox"/> 2 Scoops Protein <input type="checkbox"/> 1 Serving fat

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