



3-Meal-Per-Day Plan

Overview

This is the generic nutrition guide for SixPackSmackdown workout programs. It is a generic template for you to follow that should help you reach your goals. This specific guide assumes you would like to eat 3 meals per day. This guide also assumes you are eating somewhere around 3000 calories, however it can be modified to your specific needs by increasing or reducing portion size.

Approved Foods

The approved foods list should be followed as closely as possible when constructing your meals.

<p>Meat & Protein</p> <ul style="list-style-type: none"> • Chicken • Cod • Salmon • Tuna • Lean Beef • Jerky • Turkey • Lunch Meat (Ham, Roast Beef) • Eggs <p>Fats</p> <ul style="list-style-type: none"> • Avocado • Almonds • Brazil Nuts • Butter (Organic) • Cashews • Coconut Oil • Olive Oil • Natural Peanut Butter • Walnuts <p>Condiments</p> <ul style="list-style-type: none"> • Spicy Mustard • Salsa • Salt-free seasonings 	<p>Vegetables</p> <ul style="list-style-type: none"> • Asparagus • Bean Sprouts • Broccoli • Cabbage • Carrots • Cauliflower • Celery • Collard Greens • Cucumber • Garlic • Kale • Kohlrabi • Lettuces • Mushrooms • Mustard Greens • Parsley • Radishes • Salad Greens • Sauerkraut • Spinach • String Beans • Summer Squashes • Turnip Greens • Yellow Squash • Zucchini Squash 	<p>Carbohydrates</p> <ul style="list-style-type: none"> • Brown Rice • *Sweet Potato • Quinoa • *Oatmeal • Whole Wheat Bread • Ezekiel Bread • Barley • Rye Bread * preferred <p>Fruits</p> <ul style="list-style-type: none"> • Apples • Strawberries • Pears • Prunes • Oranges • Grapefruit • Kiwi • Peaches • Grapes • Blueberries • Raspberries • Black Berries
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Sample Daily Food Intake

Breakfast: 7:00 AM

- 3 Eggs (or 1.5 Serving Meat/Protein)
- 1/4c Oatmeal + 1 Tbsp Coconut Oil
- 1/2c Fruit (on oatmeal)
- 2 Scoops Protein Powder
- 1 Serving Fat

Lunch: 1:00 PM

- 1 Serving Meat/Protein
- 1 Serving Carbohydrate
- 1 Serving Fat
- 2 Scoops Protein Powder (or 2 servings protein)
- 1 Serving Fat

Dinner: 7:00 PM

- 1-2 Serving Meat/Protein
- 1 Serving Carbohydrate
- 1 Serving Fat
- 2 Servings Vegetables

Snack: 10:00 PM

- 2 Scoops Protein
- 1 Tbsp Natural Peanut Butter

-or-

- 1 Banana
- 1 Tbsp Peanut Butter