

# SixPackSmackdown Nutrition Log 2500 Calories

Balanced Meal Plan

<http://www.sixpacksmackdown.com>



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

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Serving Sizes: Carbs: 200 cal Fats: 150 cal Protein: 100 cal 1 Scoop Protein: 150 cal