SixPackSmackdown Nutrition Log 3000 Calories

Balanced Meal Plan





1 Serving Fats

Davis					
Day: Breakfast	Snack	Lunch	Snack	Dinner	Snack
☐ 3 Whole Eggs	☐ 2 Scoops Protein	☐ Protein: 6-8 oz	☐ 2 Scoops Protein	☐ Protein: 6-8 oz	☐ 2 Scoops Protein
☐ 1/4c Oatmeal	☐ 1 Serving fat	☐ 2c Vegetables	□ 1 Serving fat	☐ 2c Vegetables	☐ 1 Serving fat
☐ 1c fruit		☐ 1 Serving Carbs		☐ 1 Serving Carbs	
		☐ 1 Serving Fats		☐ 1 Serving Fats	
			•		
Day:					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
☐ 3 Whole Eggs	☐ 2 Scoops Protein	☐ Protein: 6-8 oz	☐ 2 Scoops Protein	☐ Protein: 6-8 oz	☐ 2 Scoops Protein
☐ 1/4c Oatmeal	☐ 1 Serving fat	☐ 2c Vegetables	☐ 1 Serving fat	☐ 2c Vegetables	☐ 1 Serving fat
☐ 1c fruit		☐ 1 Serving Carbs		☐ 1 Serving Carbs	
		☐ 1 Serving Fats		☐ 1 Serving Fats	
Day:					
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☐ 3 Whole Eggs	☐ 2 Scoops Protein	☐ Protein: 6-8 oz	☐ 2 Scoops Protein	☐ Protein: 6-8 oz	☐ 2 Scoops Protein
☐ 1/4c Oatmeal	☐ 1 Serving fat	☐ 2c Vegetables	☐ 1 Serving fat	☐ 2c Vegetables	☐ 1 Serving fat
☐ 1c fruit		☐ 1 Serving Carbs		☐ 1 Serving Carbs	Ŭ
		☐ 1 Serving Fats		☐ 1 Serving Fats	
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Breakfast	Snack	Lunch	Snack	Dinner	Snack
☐ 3 Whole Eggs	☐ 2 Scoops Protein	☐ Protein: 6-8 oz	☐ 2 Scoops Protein	☐ Protein: 6-8 oz	☐ 2 Scoops Protein
☐ 1/4c Oatmeal	☐ 1 Serving fat	☐ 2c Vegetables	☐ 1 Serving fat	☐ 2c Vegetables	☐ 1 Serving fat
☐ 1c fruit	1	☐ 1 Serving Carbs	1	☐ 1 Sarving Carbo	i e

1 Serving Fats

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