

# SixPackSmackdown Nutrition Log 4000 Calories

Balanced Meal Plan

<http://www.sixpacksmackdown.com>



Day:					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
<input type="checkbox"/> 4 Whole Eggs <input type="checkbox"/> 1/2c Oatmeal <input type="checkbox"/> 2 Tb Peanut Butter	<input type="checkbox"/> 2 Scoops Protein <input type="checkbox"/> 1 Serving fat	<input type="checkbox"/> Protein: 12 oz <input type="checkbox"/> 2c Vegetables <input type="checkbox"/> 2 Serving Carbs <input type="checkbox"/> 2 Serving Fats	<input type="checkbox"/> 2 Scoops Protein <input type="checkbox"/> 1 Serving fat	<input type="checkbox"/> Protein: 12 oz <input type="checkbox"/> 2c Vegetables <input type="checkbox"/> 2 Serving Carbs <input type="checkbox"/> 1 Serving Fats	<input type="checkbox"/> 2 Scoops Protein <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