

SixPackSmackdown Nutrition Log 2500 Calories

Low Carb Meal Plan

<http://www.sixpacksmackdown.com>



Day:					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
<input type="checkbox"/> 3 Whole Eggs	<input type="checkbox"/> 2 Scoops Protein	<input type="checkbox"/> Protein: 6-8 oz	<input type="checkbox"/> Handful Almonds	<input type="checkbox"/> Protein: 12 oz	<input type="checkbox"/> 1 Banana
<input type="checkbox"/> 1/2c Oatmeal	<input type="checkbox"/> Handful Almonds	<input type="checkbox"/> 2c Vegetables		<input type="checkbox"/> 2c Vegetables	<input type="checkbox"/> 1 Serving fat
<input type="checkbox"/> 1Tb Peanut Butter		<input type="checkbox"/> 1 Serving Fats		<input type="checkbox"/> 1 Serving Fats	<input type="checkbox"/> 1 Scoop Protein

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