

# SixPackSmackdown Nutrition Log 4000 Calories

Low Carb Meal Plan

<http://www.sixpacksmackdown.com>



Day:					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
<input type="checkbox"/> 4 Whole Eggs	<input type="checkbox"/> 2 Scoops Protein	<input type="checkbox"/> Protein: 16 oz	<input type="checkbox"/> 2 Scoops Protein	<input type="checkbox"/> Protein: 16 oz	<input type="checkbox"/> 2 Scoops Protein
<input type="checkbox"/> 1/2c Oatmeal	<input type="checkbox"/> 1 Serving fat	<input type="checkbox"/> 2c Vegetables	<input type="checkbox"/> 1 Serving fat	<input type="checkbox"/> 2c Vegetables	<input type="checkbox"/> 1 Serving fat
<input type="checkbox"/> 2 Tb Peanut Butter		<input type="checkbox"/> 1 Serving Carbs		<input type="checkbox"/> 1 Serving Carbs	<input type="checkbox"/> 1 Banana
<input type="checkbox"/> 2 Servings Meat		<input type="checkbox"/> 2 Serving Fats		<input type="checkbox"/> 1 Serving Fats	

Day:					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
<input type="checkbox"/> 4 Whole Eggs	<input type="checkbox"/> 2 Scoops Protein	<input type="checkbox"/> Protein: 16 oz	<input type="checkbox"/> 2 Scoops Protein	<input type="checkbox"/> Protein: 16 oz	<input type="checkbox"/> 2 Scoops Protein
<input type="checkbox"/> 1/2c Oatmeal	<input type="checkbox"/> 1 Serving fat	<input type="checkbox"/> 2c Vegetables	<input type="checkbox"/> 1 Serving fat	<input type="checkbox"/> 2c Vegetables	<input type="checkbox"/> 1 Serving fat
<input type="checkbox"/> 2 Tb Peanut Butter		<input type="checkbox"/> 1 Serving Carbs		<input type="checkbox"/> 1 Serving Carbs	<input type="checkbox"/> 1 Banana
<input type="checkbox"/> 2 Servings Meat		<input type="checkbox"/> 2 Serving Fats		<input type="checkbox"/> 1 Serving Fats	

Day:					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
<input type="checkbox"/> 4 Whole Eggs	<input type="checkbox"/> 2 Scoops Protein	<input type="checkbox"/> Protein: 16 oz	<input type="checkbox"/> 2 Scoops Protein	<input type="checkbox"/> Protein: 16 oz	<input type="checkbox"/> 2 Scoops Protein
<input type="checkbox"/> 1/2c Oatmeal	<input type="checkbox"/> 1 Serving fat	<input type="checkbox"/> 2c Vegetables	<input type="checkbox"/> 1 Serving fat	<input type="checkbox"/> 2c Vegetables	<input type="checkbox"/> 1 Serving fat
<input type="checkbox"/> 2 Tb Peanut Butter		<input type="checkbox"/> 1 Serving Carbs		<input type="checkbox"/> 1 Serving Carbs	<input type="checkbox"/> 1 Banana
<input type="checkbox"/> 2 Servings Meat		<input type="checkbox"/> 2 Serving Fats		<input type="checkbox"/> 1 Serving Fats	

Day:					
Breakfast	Snack	Lunch	Snack	Dinner	Snack
<input type="checkbox"/> 4 Whole Eggs	<input type="checkbox"/> 2 Scoops Protein	<input type="checkbox"/> Protein: 16 oz	<input type="checkbox"/> 2 Scoops Protein	<input type="checkbox"/> Protein: 16 oz	<input type="checkbox"/> 2 Scoops Protein
<input type="checkbox"/> 1/2c Oatmeal	<input type="checkbox"/> 1 Serving fat	<input type="checkbox"/> 2c Vegetables	<input type="checkbox"/> 1 Serving fat	<input type="checkbox"/> 2c Vegetables	<input type="checkbox"/> 1 Serving fat
<input type="checkbox"/> 2 Tb Peanut Butter		<input type="checkbox"/> 1 Serving Carbs		<input type="checkbox"/> 1 Serving Carbs	<input type="checkbox"/> 1 Banana
<input type="checkbox"/> 2 Servings Meat		<input type="checkbox"/> 2 Serving Fats		<input type="checkbox"/> 1 Serving Fats	

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