

SixPackSmackdown Nutrition Log

Intermittent Fasting

<http://www.sixpacksmackdown.com>



Day:					
Meal 1	Snack	Meal 2	Snack	Bedtime	Extra Intake
<input type="checkbox"/> Protein: 6-8 oz <input type="checkbox"/> 2c Veggies <input type="checkbox"/> Optional Carb <input type="checkbox"/> 1 Serving Fat	<input type="checkbox"/> Almonds	<input type="checkbox"/> Protein: 6-8 oz <input type="checkbox"/> 2c Veggies <input type="checkbox"/> 1 Serving Fat	<input type="checkbox"/> Almonds	<input type="checkbox"/> 1 Banana <input type="checkbox"/> 1-2 Tbsp PB	

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**if you eat all meals and are snacks, snack on healthy fats and proteins within your eating window.*

