



## 6-Meal-Per-Day Plan

### Overview

This is the generic nutrition guide for SixPackSmackdown workout programs. It is a generic template for you to follow that should help you reach your goals. This specific guide assumes you would like to eat 6 meals per day. This guide also assumes you are eating somewhere around 3000 calories, however it can be modified to your specific needs by increasing or reducing portion size.

### Approved Foods

The approved foods list should be followed as closely as possible when constructing your meals.

<p><b>Meat &amp; Protein</b></p> <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Cod</li> <li>• Salmon</li> <li>• Tuna</li> <li>• Lean Beef</li> <li>• Jerky</li> <li>• Turkey</li> <li>• Lunch Meat (Ham, Roast Beef)</li> <li>• Eggs</li> </ul> <p><b>Fats</b></p> <ul style="list-style-type: none"> <li>• Avocado</li> <li>• Almonds</li> <li>• Brazil Nuts</li> <li>• Butter (Organic)</li> <li>• Cashews</li> <li>• Coconut Oil</li> <li>• Olive Oil</li> <li>• Natural Peanut Butter</li> <li>• Walnuts</li> </ul> <p><b>Condiments</b></p> <ul style="list-style-type: none"> <li>• Spicy Mustard</li> <li>• Salsa</li> <li>• Salt-free seasonings</li> </ul>	<p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Bean Sprouts</li> <li>• Broccoli</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Collard Greens</li> <li>• Cucumber</li> <li>• Garlic</li> <li>• Kale</li> <li>• Kohlrabi</li> <li>• Lettuces</li> <li>• Mushrooms</li> <li>• Mustard Greens</li> <li>• Parsley</li> <li>• Radishes</li> <li>• Salad Greens</li> <li>• Sauerkraut</li> <li>• Spinach</li> <li>• String Beans</li> <li>• Summer Squashes</li> <li>• Turnip Greens</li> <li>• Yellow Squash</li> <li>• Zucchini Squash</li> </ul>	<p><b>Carbohydrates</b></p> <ul style="list-style-type: none"> <li>• Brown Rice</li> <li>• *Sweet Potato</li> <li>• Quinoa</li> <li>• *Oatmeal</li> <li>• Whole Wheat Bread</li> <li>• Ezekiel Bread</li> <li>• Barley</li> <li>• Rye Bread</li> <li>* preferred</li> </ul> <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• Apples</li> <li>• Strawberries</li> <li>• Pears</li> <li>• Prunes</li> <li>• Oranges</li> <li>• Grapefruit</li> <li>• Kiwi</li> <li>• Peaches</li> <li>• Grapes</li> <li>• Blueberries</li> <li>• Raspberries</li> <li>• Black Berries</li> </ul>
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# Sample Daily Food Intake

## Breakfast: 7:00 AM

- 3 Eggs (or 1.5 Serving Meat/Protein)
- 1/4c Oatmeal + 1 Tbsp Coconut Oil
- 1/2c Fruit (on oatmeal)

## Snack: 10:00 AM

- 2 Scoops Protein Powder
- 1 Serving Fat

## Lunch: 1:00 PM

- 1 Serving Meat/Protein
- 1 Serving Carbohydrate
- 1 Serving Fat

## Snack: 4:00 PM

- 2 Scoops Protein Powder (or 2 servings protein)
- 1 Serving Fat

## Dinner: 7:00 PM

- 1-2 Serving Meat/Protein
- 1 Serving Carbohydrate
- 1 Serving Fat
- 2 Servings Vegetables

## Snack: 10:00 PM

- 2 Scoops Protein
- 1 Tbsp Natural Peanut Butter

-or-

- 1 Banana
- 1 Tbsp Peanut Butter