

SixPack Shredded Nutrition Log

<http://www.sixpacksmackdown.com>



Guidelines

- First meal is at noon or later. Don't eat anything after 8:00pm
- You can substitute approved proteins/fats as desired.
- Sip BCAAs (20g) throughout the day – you can have these outside of your feeding window.

AM: Train, Pre-workout powder, Sip BCAAS 2 Hours Before First Meal: Fat Burner					Date:
Meal 1 (Not Before Noon)	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6 (Not after 8:00pm)
☐ 5 Egg Whites ☐ 1/4c Oatmeal ☐ 1/2c fruit ☐ Multivitamin	*In-between meals: Fat burner ☐ 1c Cottage Cheese ☐ 1/2 Serving fat	☐ Protein: 8oz ☐ 1 Tbsp Olive Oil ☐ 2c Vegetables	☐ 2 Servings Fats	☐ Protein: 8oz ☐ 1 Serving Fats ☐ 2c Vegetables	☐ 2 Scoops Protein mixed in water ☐ 5g Glutamine

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