

3-Meal-Per-Day Plan

Overview

This is the nutrition guide for the SixPack Jacked workout program. 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 3 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.

Meat & Protein • Chicken • Cod • Salmon • Tuna • Lean Beef • Jerky • Turkey • Lunch Meat (Ham, Roast Beef) • Eggs Fats • Avocado • Almonds • Brazil Nuts • Butter (Organic) • Cashews • Coconut Oil • Olive Oil • Natural Peanut Butter • Walnuts Condiments • Spicy Mustard • Salsa • Salt-free seasonings	Vegetables • Asparagus • Bean Sprouts • Broccoli • Cabbage • Carrots • Cauliflower • Celery • Collard Greens • Cucumber • Garlic • Kale • Kohlrabi • Lettuces • Mushrooms • Mustard Greens • Parsley • Radishes • Salad Greens • Sauerkraut • Spinach • String Beans • Summer Squashes • Turnip Greens • Yellow Squash • Zucchini Squash	Carbohydrates • Brown Rice • *Sweet Potato • Quinoa • *Oatmeal • Whole Wheat Bread • Ezekiel Bread • Barley • Rye Bread * preferred Fruits • Apples • Strawberries • Pears • Prunes • Oranges • Grapefruit • Kiwi • Peaches • Grapes • Blueberries • Raspberries • Black Berries
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Sample Daily Food Intake

Breakfast: 7:00 AM

- 2 Scoops Protein Powder
- 3 Eggs (or 1.5 Serving Meat/Protein) cooked in 1 tbsp coconut oil
- 1/2c Oatmeal + 1 Tbsp Coconut Oil
- 1/2c Fruit (on oatmeal)

Lunch: 1:00 PM

- 1 Serving Meat/Protein
- 1 Serving Carbohydrate
- 2 Serving Fat
- 1 Scoop Protein Powder

Dinner: 7:00 PM

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

Bedtime: 10:00 PM

- 2 Scoops Protein
- 1 Tbsp Natural Peanut Butter

-or-

- 1 Banana
- 1 Tbsp Peanut Butter