

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	96	10.08	58.56	7.68	314.40
	Banana	1	1.00	27.00	0.00	98.50
	Whole Eggs	3	19.50	1.50	15.00	218.25
	Milk (mls)	200	6.60	10.00	7.20	126.20
	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Frozen Berries (g)	100	0.70	12.10	0.40	48.75
	Peanut Butter (g)	20	5.30	1.30	10.00	115.75
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
Snack	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Almonds (g)	28.8	5.66	1.32	15.74	168.96
Meal 2	Chicken or Tuna (g)	168	46.20	0.00	5.04	230.16
	Pasta or Brown Rice (g)	144	15.84	100.80	2.88	442.08
	Green Vegetables (g)	96	4.99	13.44	0.00	67.01
Snack	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Almonds (g)	28.8	5.66	1.32	15.74	168.96
Pre-Workout	Pre-Workout (g) - Approx.	10	2.80	0.40	0.00	12.60
	Creatine (g)	5	0.00	0.00	0.00	0.00
During Workout	BCAA's (g)	10	0.00	0.00	0.00	0.00
Post-Workout	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Carbohydrate Powder (g)	40	0.00	40.00	0.00	140.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Meal 3	Red Meat (g)	240.00	42.24	0.00	24.00	384.96
	Pasta or Brown Rice (g)	48	5.28	33.60	0.96	147.36
	Green Vegetables (g)	96.00	4.99	13.44	0.00	67.01
Before Bed	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	20	5.30	1.30	10.00	115.75
	Glutamine (g)	5	0.00	0.00	0.00	0.00
	Total		317.15	321.71	120.27	3477.02
	Ratio		41.78%	42.38%	15.84%	



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