

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	68	7.14	41.48	5.44	222.70
	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)	70	0.49	8.47	0.28	34.13
	Peanut Butter (g)	14	5.30	0.91	7.00	87.39
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
Meal 2	Chicken or Tuna (g)	119	32.73	0.00	3.57	163.03
	Pasta or Brown Rice (g)	34	3.74	23.80	0.68	104.38
	Green Vegetables (g)	68	3.54	9.52	0.00	47.46
Meal 3	Chicken or Tuna (g)	119	32.73	0.00	3.57	163.03
	Pasta or Brown Rice (g)	34	3.74	23.80	0.68	104.38
	Green Vegetables (g)	68	3.54	9.52	0.00	47.46
Meal 4	Chicken or Tuna (g)	119	32.73	0.00	3.57	163.03
	Pasta or Brown Rice (g)	34	3.74	23.80	0.68	104.38
	Green Vegetables (g)	68	3.54	9.52	0.00	47.46
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)	30	0.00	30.00	0.00	105.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Meal 5	Red Meat (g)	170	29.92	0.00	17.00	272.68
	Pasta or Brown Rice (g)	34	3.74	23.80	0.68	104.38
	Green Vegetables (g)	68	3.54	9.52	0.00	47.46
Meal 6	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	14	5.30	0.91	7.00	87.39
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			286.329	257.325	75.725	2727.48
Ratio			46.23%	41.55%	12.23%	



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