

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	72	7.56	43.92	5.76	235.80
	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)	80	0.56	9.68	0.32	39.00
	Peanut Butter (g)	15	5.30	0.98	7.50	92.11
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
<b>Meal 2</b>	Chicken or Tuna (g)	126	34.65	0.00	3.78	172.62
	Pasta or Brown Rice (g)	36	3.96	25.20	0.72	110.52
	Green Vegetables (g)	72	3.74	10.08	0.00	50.26
<b>Meal 3</b>	Chicken or Tuna (g)	126	34.65	0.00	3.78	172.62
	Pasta or Brown Rice (g)	36	3.96	25.20	0.72	110.52
	Green Vegetables (g)	72	3.74	10.08	0.00	50.26
<b>Meal 4</b>	Chicken or Tuna (g)	126	34.65	0.00	3.78	172.62
	Pasta or Brown Rice (g)	36	3.96	25.20	0.72	110.52
	Green Vegetables (g)	72	3.74	10.08	0.00	50.26
<b>Pre-Workout</b>	Pre-Workout (g) - Approx.	10	2.80	0.40	0.00	12.60
	Creatine (g)	5	0.00	0.00	0.00	0.00
<b>During Workout</b>	BCAA's (g)	10	0.00	0.00	0.00	0.00
<b>Post-Workout</b>	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
<b>Meal 5</b>	Red Meat (g)	180	31.68	0.00	18.00	288.72
	Pasta or Brown Rice (g)	36	3.96	25.20	0.72	110.52
	Green Vegetables (g)	72	3.74	10.08	0.00	50.26
<b>Meal 6</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	15	5.30	0.98	7.50	92.11
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>296.066</b>	<b>268.945</b>	<b>78.875</b>	<b>2835.45</b>
<b>Ratio</b>			<b>45.98%</b>	<b>41.77%</b>	<b>12.25%</b>	



**IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING**

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