

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	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
	Mass Gainer Powder (g)	80	33.60	33.60	4.00	288.00
	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
Snack	Mass Gainer Powder (g)	80	33.60	33.60	4.00	288.00
	Almonds (g)	25	4.92	1.15	13.67	146.67
Meal 2	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
Snack	Mass Gainer Powder (g)	80	33.60	33.60	4.00	288.00
	Almonds (g)	25	4.92	1.15	13.67	146.67
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	Mass Gainer Powder (g)	80	33.60	33.60	4.00	288.00
	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)	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
Before Bed	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
Total			301.59	302.84	110.96	3264.87
Ratio			42.16%	42.33%	15.51%	



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