

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	80	8.40	48.80	6.40	262.00
	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)	16	5.30	1.04	8.00	96.84
	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)	140	38.50	0.00	4.20	191.80
	Pasta or Brown Rice (g)	40	4.40	28.00	0.80	122.80
	Green Vegetables (g)	80	4.16	11.20	0.00	55.84
Meal 3	Chicken or Tuna (g)	140	38.50	0.00	4.20	191.80
	Pasta or Brown Rice (g)	40	4.40	28.00	0.80	122.80
	Green Vegetables (g)	80	4.16	11.20	0.00	55.84
Meal 4	Chicken or Tuna (g)	140	38.50	0.00	4.20	191.80
	Pasta or Brown Rice (g)	40	4.40	28.00	0.80	122.80
	Green Vegetables (g)	80	4.16	11.20	0.00	55.84
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 5	Red Meat (g)	200	35.20	0.00	20.00	320.80
	Pasta or Brown Rice (g)	40	4.40	28.00	0.80	122.80
	Green Vegetables (g)	80	4.16	11.20	0.00	55.84
Meal 6	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	16	5.30	1.04	8.00	96.84
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			328.60	324.59	89.85	3259.05
Ratio			44.22%	43.68%	12.09%	



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