

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	40	4.20	24.40	3.20	131.00
2 Hrs Before Workout	Banana	1	1.00	27.00	0.00	98.50
	Whole Eggs	1	6.50	0.50	5.00	72.75
	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Frozen Berries (g)	50	0.35	6.05	0.20	24.38
	Water (mls)	250	0.00	0.00	0.00	0.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Multi-Vitamin	1	0.00	0.00	0.00	0.00
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)	20	18.00	0.75	0.75	81.38
	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 2	Chicken or Tuna (g)	95	26.13	0.00	2.85	130.15
45 Mins After Workout	Pasta (g)	70	8.40	51.80	1.06	224.48
	Vegetables (g)	50	2.60	7.00	0.00	34.90
	Pasta Sauce (low fat) (g)	110	2.20	11.35	0.66	54.47
Meal 3	Red Meat (g)	110	19.36	0.00	11.00	176.44
2 Hrs After Workout	Vegetables (g)	50	2.60	7.00	0.00	34.90
	Butter or Oil (g)	10	0.00	0.00	10.00	90.00
4 Hrs After Workout	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Peanut Butter (g)	9	5.30	0.59	4.50	63.75
	Glutamine (g)	5	0.00	0.00	0.00	0.00
	Total		135.44	168.34	40.72	1497.44
	Ratio		39.31%	48.86%	11.82%	



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