

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	50	5.25	30.50	4.00	163.75
<b>2 Hrs Before Workout</b>	Banana	1	1.00	27.00	0.00	98.50
	Whole Eggs	2	13.00	1.00	10.00	145.50
	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Frozen Berries (g)	60	0.42	7.26	0.24	29.25
	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
<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)	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
<b>Meal 2</b>	Chicken or Tuna (g)	120	33.00	0.00	3.60	164.40
<b>45 Mins After Workout</b>	Pasta (g)	90	10.80	66.60	1.37	288.61
	Vegetables (g)	60	3.12	8.40	0.00	41.88
	Pasta Sauce (low fat) (g)	140	2.80	14.45	0.84	69.33
<b>Meal 3</b>	Red Meat (g)	140	24.64	0.00	14.00	224.56
<b>2 Hrs After Workout</b>	Vegetables (g)	60	3.12	8.40	0.00	41.88
	Butter or Oil (g)	15	0.00	0.00	15.00	135.00
<b>4 Hrs After Workout</b>	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Peanut Butter (g)	11	5.30	0.72	5.50	73.20
	Glutamine (g)	5	0.00	0.00	0.00	0.00
	<b>Total</b>		<b>159.25</b>	<b>196.97</b>	<b>56.80</b>	<b>1837.59</b>
	<b>Ratio</b>		<b>38.56%</b>	<b>47.69%</b>	<b>13.75%</b>	



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

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