

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	60	6.30	36.60	4.80	196.50
2 Hrs Before Workout	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)	70	0.49	8.47	0.28	34.13
	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)	40	0.00	40.00	0.00	140.00
	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)	150	41.25	0.00	4.50	205.50
45 Mins After Workout	Pasta (g)	100	12.00	74.00	1.52	320.68
	Vegetables (g)	70	3.64	9.80	0.00	48.86
	Pasta Sauce (low fat) (g)	170	3.40	17.54	1.02	84.18
Meal 3	Red Meat (g)	170	29.92	0.00	17.00	272.68
2 Hrs After Workout	Vegetables (g)	70	3.64	9.80	0.00	48.86
	Butter or Oil (g)	15	0.00	0.00	15.00	135.00
4 Hrs After Workout	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Peanut Butter (g)	14	5.30	0.91	7.00	87.39
	Glutamine (g)	5	0.00	0.00	0.00	0.00
	Total		176.74	227.77	63.37	2074.50
	Ratio		37.77%	48.68%	13.54%	



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