

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	70	7.35	42.70	5.60	229.25
	Banana	1	1.00	27.00	0.00	98.50
	Whole Eggs	2	13.00	1.00	10.00	145.50
	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Frozen Berries (g)	90	0.63	10.89	0.36	43.88
	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
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
Snack	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Almonds (g)	25.2	4.95	1.16	13.77	147.84
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
Meal 2	Chicken or Tuna (g)	150	41.25	0.00	4.50	205.50
	Pasta or Brown Rice (g)	45	4.95	31.50	0.90	138.15
	Green Vegetables (g)	90	4.68	12.60	0.00	62.82
Snack	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Almonds (g)	25.2	4.95	1.16	13.77	147.84
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
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)	30	27.00	1.13	1.13	122.06
	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 3	Red Meat (g)	210	36.96	0.00	21.00	336.84
	Green Vegetables (g)	90	4.68	12.60	0.00	62.82
Before Bed	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	17	5.30	1.11	8.50	101.57
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			267.51	177.74	93.03	2529.42
Ratio			49.70%	33.02%	17.28%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

Like us @ www.facebook.com/MuscleCoachCooparoo

OR Text LIKE MUSCLECOACHCOORPAROO to 32665