

		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	2	13.00	1.00	10.00	145.50
	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Frozen Berries (g)	100	0.70	12.10	0.40	48.75
	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)	28.8	5.66	1.32	15.74	168.96
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
Meal 2	Chicken or Tuna (g)	170	46.75	0.00	5.10	232.90
	Pasta or Brown Rice (g)	50	5.50	35.00	1.00	153.50
	Green Vegetables (g)	100	5.20	14.00	0.00	69.80
Snack	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Almonds (g)	28.8	5.66	1.32	15.74	168.96
	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)	240	42.24	0.00	24.00	384.96
	Green Vegetables (g)	100	5.20	14.00	0.00	69.80
Before Bed	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	20	5.30	1.30	10.00	115.75
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			282.41	191.87	103.01	2728.30
Ratio			48.92%	33.24%	17.84%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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