

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	50	5.25	30.50	4.00	163.75
	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
	Fish Oil or CLA (g)	2	0.00	0.00	2.00	18.00
<b>Snack</b>	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Almonds (g)	16.8	3.30	0.77	9.18	98.56
	Fish Oil or CLA (g)	2	0.00	0.00	2.00	18.00
<b>Meal 2</b>	Chicken or Tuna (g)	100	27.50	0.00	3.00	137.00
	Pasta or Brown Rice (g)	30	3.30	21.00	0.60	92.10
	Green Vegetables (g)	60	3.12	8.40	0.00	41.88
<b>Snack</b>	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Almonds (g)	16.8	3.30	0.77	9.18	98.56
	Fish Oil or CLA (g)	2	0.00	0.00	2.00	18.00
<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)	20	0.00	20.00	0.00	70.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Meal 3</b>	Red Meat (g)	140	24.64	0.00	14.00	224.56
	Green Vegetables (g)	60	3.12	8.40	0.00	41.88
<b>Before Bed</b>	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Peanut Butter (g)	12	5.30	0.78	6.00	77.93
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>186.06</b>	<b>130.04</b>	<b>65.96</b>	<b>1792.95</b>
<b>Ratio</b>			<b>48.70%</b>	<b>34.04%</b>	<b>17.26%</b>	



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

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