

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	60	6.30	36.60	4.80	196.50
	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
	Fish Oil or CLA (g)	2	0.00	0.00	2.00	18.00
	<b>Meal 2</b>	Chicken or Tuna (g)	115	31.63	0.00	3.45
Green Vegetables (g)		70	3.64	9.80	0.00	48.86
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)	19.2	3.77	0.88	10.49	112.64
	Fish Oil or CLA (g)	2	0.00	0.00	2.00	18.00
<b>Meal 3</b>	Chicken or Tuna (g)	115	31.63	0.00	3.45	157.55
	Pasta or Brown Rice (g)	35	3.85	24.50	0.70	107.45
	Green Vegetables (g)	70	3.64	9.80	0.00	48.86
<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 4</b>	Red Meat (g)	160	28.16	0.00	16.00	256.64
	Green Vegetables (g)	70	3.64	9.80	0.00	48.86
<b>Before Bed</b>	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Peanut Butter (g)	13	5.30	0.85	6.50	82.66
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>210.84</b>	<b>152.10</b>	<b>64.67</b>	<b>1957.80</b>
<b>Ratio</b>			<b>49.31%</b>	<b>35.57%</b>	<b>15.12%</b>	



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

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