

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	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)	80	0.56	9.68	0.32	39.00
	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)	3	0.00	0.00	3.00	27.00
<b>Meal 2</b>	Chicken or Tuna (g)	135	37.13	0.00	4.05	184.95
	Green Vegetables (g)	80	4.16	11.20	0.00	55.84
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
<b>Snack</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Almonds (g)	22.8	4.48	1.05	12.46	133.76
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
<b>Meal 3</b>	Chicken or Tuna (g)	135	37.13	0.00	4.05	184.95
	Pasta or Brown Rice (g)	40	4.40	28.00	0.80	122.80
	Green Vegetables (g)	80	4.16	11.20	0.00	55.84
<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)	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
<b>Meal 4</b>	Red Meat (g)	190	33.44	0.00	19.00	304.76
	Green Vegetables (g)	80	4.16	11.20	0.00	55.84
<b>Before Bed</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	16	5.30	1.04	8.00	96.84
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>267.06</b>	<b>178.97</b>	<b>77.78</b>	<b>2394.68</b>
<b>Ratio</b>			<b>50.98%</b>	<b>34.17%</b>	<b>14.85%</b>	



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

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