

|                         |                           | 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)       | 140 | 38.50         | 0.00          | 4.20          | 191.80         |
|                         | 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)               | 24  | 4.72          | 1.10          | 13.12         | 140.80         |
|                         | Fish Oil or CLA (g)       | 3   | 0.00          | 0.00          | 3.00          | 27.00          |
| <b>Meal 3</b>           | Chicken or Tuna (g)       | 140 | 38.50         | 0.00          | 4.20          | 191.80         |
|                         | 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)              | 200 | 35.20         | 0.00          | 20.00         | 320.80         |
|                         | 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>271.81</b> | <b>179.02</b> | <b>79.74</b>  | <b>2431.46</b> |
| <b>Ratio</b>            |                           |     | <b>51.23%</b> | <b>33.74%</b> | <b>15.03%</b> |                |



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

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