

		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)	90	0.63	10.89	0.36	43.88
	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)	150	41.25	0.00	4.50	205.50
	Green Vegetables (g)	90	4.68	12.60	0.00	62.82
	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)	25.2	4.95	1.16	13.77	147.84
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
<b>Meal 3</b>	Chicken or Tuna (g)	150	41.25	0.00	4.50	205.50
	Pasta or Brown Rice (g)	45	4.95	31.50	0.90	138.15
	Green Vegetables (g)	90	4.68	12.60	0.00	62.82
<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)	210	36.96	0.00	21.00	336.84
	Green Vegetables (g)	90	4.68	12.60	0.00	62.82
<b>Before Bed</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	17	5.30	1.11	8.50	101.57
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>281.48</b>	<b>188.05</b>	<b>82.63</b>	<b>2527.84</b>
<b>Ratio</b>			<b>50.98%</b>	<b>34.06%</b>	<b>14.97%</b>	



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

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