

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	80	8.40	48.80	6.40	262.00
	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)	100	0.70	12.10	0.40	48.75
	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)	165	45.38	0.00	4.95	226.05
	Green Vegetables (g)	100	5.20	14.00	0.00	69.80
	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)	27.6	5.43	1.27	15.09	161.92
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
<b>Meal 3</b>	Chicken or Tuna (g)	165	45.38	0.00	4.95	226.05
	Pasta or Brown Rice (g)	50	5.50	35.00	1.00	153.50
	Green Vegetables (g)	100	5.20	14.00	0.00	69.80
<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)	230	40.48	0.00	23.00	368.92
	Green Vegetables (g)	100	5.20	14.00	0.00	69.80
<b>Before Bed</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	19	5.30	1.24	9.50	111.02
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>296.96</b>	<b>203.30</b>	<b>88.79</b>	<b>2698.47</b>
<b>Ratio</b>			<b>50.41%</b>	<b>34.51%</b>	<b>15.07%</b>	



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

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