

		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)	175	48.13	0.00	5.25	239.75
	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)	30	5.90	1.38	16.40	176.00
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
<b>Meal 3</b>	Chicken or Tuna (g)	175	48.13	0.00	5.25	239.75
	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)	250	44.00	0.00	25.00	401.00
	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)	20	5.30	1.30	10.00	115.75
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>306.45</b>	<b>203.48</b>	<b>93.20</b>	<b>2776.75</b>
<b>Ratio</b>			<b>50.81%</b>	<b>33.74%</b>	<b>15.45%</b>	



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

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