

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	50	5.25	30.50	4.00	163.75
	Banana	1	1.00	27.00	0.00	98.50
	Whole Eggs	2	13.00	1.00	10.00	145.50
	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Frozen Berries (g)	60	0.42	7.26	0.24	29.25
	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)	2	0.00	0.00	2.00	18.00
	Meal 2	Chicken or Tuna (g)	100	27.50	0.00	3.00
Green Vegetables (g)		60	3.12	8.40	0.00	41.88
Fish Oil or CLA (g)		2	0.00	0.00	2.00	18.00
Snack	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Almonds (g)	16.8	3.30	0.77	9.18	98.56
	Fish Oil or CLA (g)	2	0.00	0.00	2.00	18.00
Meal 3	Chicken or Tuna (g)	100	27.50	0.00	3.00	137.00
	Pasta or Brown Rice (g)	30	3.30	21.00	0.60	92.10
	Green Vegetables (g)	60	3.12	8.40	0.00	41.88
Pre-Workout	Pre-Workout (g) - Approx.	10	2.80	0.40	0.00	12.60
	Creatine (g)	5	0.00	0.00	0.00	0.00
During Workout	BCAA's (g)	10	0.00	0.00	0.00	0.00
Post-Workout	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Carbohydrate Powder (g)	20	0.00	20.00	0.00	70.00
	Creatine (g)	5	0.00	0.00	0.00	0.00
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Meal 4	Red Meat (g)	140	24.64	0.00	14.00	224.56
	Green Vegetables (g)	60	3.12	8.40	0.00	41.88
Before Bed	Protein Powder (g)	20	18.00	0.75	0.75	81.38
	Peanut Butter (g)	12	5.30	0.78	6.00	77.93
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			195.37	136.91	59.02	1791.89
Ratio			49.93%	34.99%	15.08%	



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