

| | | QTY | Protein | Carbs | Fats | Calories |
|-------------------------|---------------------------|---------------------|---------------|---------------|---------------|----------------|
| Meal 1 (Blender) | Oats (g) | 48 | 5.04 | 29.28 | 3.84 | 157.20 |
| | 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) | 105 | 28.88 | 0.00 | 3.15 |
| 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 |
| Meal 3 | Chicken or Tuna (g) | 105 | 28.88 | 0.00 | 3.15 | 143.85 |
| | 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 |
| Meal 4 | Chicken or Tuna (g) | 105 | 28.88 | 0.00 | 3.15 | 143.85 |
| | 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 5 | Red Meat (g) | 150 | 26.40 | 0.00 | 15.00 | 240.60 |
| | 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 | | | 210.37 | 142.57 | 53.38 | 1820.88 |
| Ratio | | | 51.77% | 35.09% | 13.14% | |



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

Like us @ www.facebook.com/MuscleCoachCooparoo

OR Text LIKE MUSCLECOACHCOORPAROO to 32665