

		QTY	Protein	Carbs	Fats	Calories
<b>Meal 1 (Blender)</b>	Oats (g)	60	6.30	36.60	4.80	196.50
	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)	70	0.49	8.47	0.28	34.13
	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)	119	32.73	0.00	3.57	163.03
	Green Vegetables (g)	68	3.54	9.52	0.00	47.46
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
<b>Meal 3</b>	Chicken or Tuna (g)	119	32.73	0.00	3.57	163.03
	Green Vegetables (g)	68	3.54	9.52	0.00	47.46
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
<b>Meal 4</b>	Chicken or Tuna (g)	119	32.73	0.00	3.57	163.03
	Pasta or Brown Rice (g)	34	3.74	23.80	0.68	104.38
	Green Vegetables (g)	68	3.54	9.52	0.00	47.46
<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 5</b>	Red Meat (g)	170	29.92	0.00	17.00	272.68
	Green Vegetables (g)	68	3.54	9.52	0.00	47.46
<b>Before Bed</b>	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	14	5.30	0.91	7.00	87.39
	Glutamine (g)	5	0.00	0.00	0.00	0.00
<b>Total</b>			<b>255.87</b>	<b>169.64</b>	<b>62.85</b>	<b>2182.80</b>
<b>Ratio</b>			<b>52.39%</b>	<b>34.74%</b>	<b>12.87%</b>	



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

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