

		QTY	Protein	Carbs	Fats	Calories
Meal 1 (Blender)	Oats (g)	70	7.35	42.70	5.60	229.25
	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)	80	0.56	9.68	0.32	39.00
	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
Meal 2	Chicken or Tuna (g)	133	36.58	0.00	3.99	182.21
	Green Vegetables (g)	76	3.95	10.64	0.00	53.05
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
Meal 3	Chicken or Tuna (g)	133	36.58	0.00	3.99	182.21
	Green Vegetables (g)	76	3.95	10.64	0.00	53.05
	Fish Oil or CLA (g)	3	0.00	0.00	3.00	27.00
Meal 4	Chicken or Tuna (g)	133	36.58	0.00	3.99	182.21
	Pasta or Brown Rice (g)	38	4.18	26.60	0.76	116.66
	Green Vegetables (g)	76	3.95	10.64	0.00	53.05
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)	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
Meal 5	Red Meat (g)	190	33.44	0.00	19.00	304.76
	Green Vegetables (g)	76	3.95	10.64	0.00	53.05
Before Bed	Protein Powder (g)	30	27.00	1.13	1.13	122.06
	Peanut Butter (g)	16	5.30	1.04	8.00	96.84
	Glutamine (g)	5	0.00	0.00	0.00	0.00
Total			274.16	184.36	68.03	2354.12
Ratio			52.07%	35.01%	12.92%	



IF YOU HAVE ANY QUESTIONS ABOUT YOUR DIET AND TRAINING

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